

# Patient-Reported Outcome Measures (PROMs) to Support Adherence to Falls Prevention Clinic Recommendations

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## Introduction

- PROMs are increasingly recognized for their role in primary care clinical settings.<sup>1</sup>
- Patient benefits from interventions can be limited by failure to adhere to recommendations.<sup>2</sup>
- Patient-physician communication is a significant predictor of treatment adherence because it facilitates shared decision-making
- Can encapsulate the personal impact of conditions and provide an objective measure that can be used during discussions to set expectations

**Purpose:** We examined how patient-reported outcome measures (PROMs) support patients' adherence to fall prevention recommendations in a novel primary care setting – the Falls Prevention Clinic.

## Methods

### Setting

- Vancouver Falls Prevention Clinic

### Patient Partnership

- Involved in study design
- Have lived experiences in the Falls Prevention Clinic

### Study Design

- Focus groups of 4-6
- Semi-structured interviews

### Data Analysis

- Coded in 3 stages: 1) open 2) axial 3) selective

## Baseline Demographics

Variables	Mean (SD)
Age	81.1 (6.5)
SPPB	9.8 (1.6)
MMSE	28.9 (1.2)
EQ-5L-5D	0.8 (0.3)

## Results

### Theme 1: Usefulness of a patient-reported outcome measure (EQ-5D-5L) to patients

#### Opportunity

- Gaining the patient perspective
  - How patients are feeling
  - How patients' conditions affect their daily living
- Gaining self-awareness
  - Bringing issues to patient's attention
- For comparison
  - Follow up purposes
  - Possible trends

#### Development

- Care pathway
  - Role in provider's/physician's decision of treatment plan

### Theme 2: EQ-5D-5L administration and feedback timing

#### Frequency

- When to receive feedback
  - Real-time
  - Patient preference
- Administration of questionnaire
  - Often is more helpful

### Theme 3: Tracking health status over time – the relationship to adherence

#### Benefits

- Comparison
  - Able to see if there are changes throughout time
  - To understand the treatment process
- Motivation
  - Able to see improvements or declines

#### Challenges

- Data presentation
  - May be a cause for confusion
- Target audience
  - Patient vs Provider vs Research

#### Patients' understanding

- Interpretation of the graph
- Reasons for decline/incline

### Theme 4: Comparison of PROM data with peers

#### Relevance of data

- Relevance to self
  - Performance of others not relevant
  - Evidence for benefits from recommendations
  - Already knowing their own level of adherence
  - Need to be similar in demographics/conditions

#### Usefulness of data

- For Patient
  - For motivation
  - For self-awareness
  - Figure out why they are in a certain group
- For Provider
  - Find and provide reason for different levels of compliance

### Theme 5: Patient perspectives on promoting their own adherence

#### Performance

- Direct feedback from the provider
  - Report of/asking how compliant they were
- Resources
  - Lists
  - Recreation/exercise programs
  - Directly from provider
  - Ask what patients need

#### Knowledge

- Effect of comorbidities
  - How it can hinder compliance
- Self-reflection
  - Prompts to think about reasons they have not been complying

### Theme 6: Potential role for the EQ-5D-5L in promoting adherence

#### Role in behaviour change

- Not having a role
  - Already knowing own state of wellbeing
  - More important for provider
- Reasons for its ability to change behaviour
  - Improving self-awareness
  - Positive reinforcement

## Key Quotes

### Theme 1:

- Opportunity:* "I think it encourages us support that we see what's happening, we're improving or slipping and it might just give us a little kick in the back in the bottom."

### Theme 2:

- Frequency:* "I just found that [it is] helpful is to have the person tell me how I respond to them on that particular day."

### Theme 3:

- Benefits:* "I would expect... improvement... That's what I would like my graph to look like... My expectation would be, [that if] I am reasonably compliant, I'd progress. Hopefully, it would shame me, if I didn't progress."

### Theme 6:

- Reasons for ability to change behaviour:* "Well, and the reason I want to see the long-term answer sheets is, I'm curious to know whether the exercise program, that I've put myself through, is changing any of these answers, as the year progresses. And so that seems to me, that, that would give really good feedback to adherence..."

## Discussion

- Highlights the importance of productive provider feedback to facilitate patient understanding and to promote self-awareness
- Patient experiences are dynamic and should be recorded frequently to capture this
- Can be a useful tool for providers to gain a patient's perspectives on their conditions, record any trends, increase self-awareness and assist in directing the provider's treatment plan

## References

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