Using PROMs data to help patients make informed decisions

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What is needed?

- Evidence on *all* outcomes including their health-related quality of life (HRQoL)
- Lay-friendly presentation
- Personalised information

(Source: http://www.cardiffandvaleuhb.wales.nhs.uk/the3questions)
What are the effects of surgery on how well you can get around?

Most people can get around much better after surgery than before the operation. You may not move as freely as people who haven’t had hip arthritis. [25]

Immediately after the surgery you are likely to have pain and stiffness from the operation.

Before the operation, you may have a visit from an occupational therapist to check whether you will need adaptations to your home to help you while you are recovering from surgery. This could include handrails by the stairs.

An artificial hip has some limitations. For example, positions such as squatting aren’t recommended because of the risk of dislocation.

If you are suitable for resurfacing, you may have a greater range of movement than if you have hip replacement.
English PROM programme

- Started April 2009
- Collects HRQoL data + basic demographics before and after surgery
- All NHS patients undergoing hip/knee/hernia surgery

Complete pre- and post-operative PROMs collected 2009/10 to 2013/14

- Hip Replacement: 225,000
- Knee Replacement: 257,000
- Hernia Repair: 139,000
The EuroQol-5D (EQ-5D)

- Measures limitations in five dimensions of HRQoL

- Can be scored using UK tariff (0=dead, 1=full health)
Developing a tool to inform patients

- Uses anonymised EQ-5D data
- Regression tree analysis (CART) groups patients with similar post-operative health levels
- Based on 8 factors: age, sex, symptoms, five HRQoL items
Making the data meaningful to non-technical audiences

Minimally important difference (MID)
Additional detail by HRQoL domain

- Mobility After Surgery
- Self Care
- Usual Activities e.g. work
- Pain and Discomfort
- Anxiety and Depression

Numbers represent the count in each category.
Next steps

- Finish beta testing with local GPs and patient representatives
- Promote to GPs in Vale of York
- If you want to try: http://goo.gl/7QpBxA