

# PATIENT-REPORTED OUTCOMES: Meaningful insights to improve patients' lives and patient involvement in health and well-being



## What are PROs?

- Patient-reported outcomes (PROs) are outcomes about the patient's health, quality of life or functional status.
- PROs are usually linked to care or treatments a patient has received, for example before and after having a treatment. PROs were reported by healthcare professionals.
- Today PROs are reported by the patient directly without any interpretation by professionals. They reflect the patient's personal view of their health and well-being.

## What are PROMs?

- PROMs (patient-reported outcome measures) are the tools used to measure PROs.
- They can be questionnaires that a patient is asked to fill in during a doctor's visit.
- PROMs can measure clinical aspects of health, like:
  - a patient's perception of their symptoms
  - quality of life like general health and well-being, tiredness, and side-effects
  - self-management, how closely they follow treatment recommendations
  - lack of access to treatment and medicines
  - emotional and social aspects, like fear, acceptance, loneliness, or quality of relationships
  - and the societal impact on their income, childcare, loss of jobs and stigma.

## PROMs may be very general, or specific to certain diseases

- Generic PROMs can be applied across all diseases and patient groups to measure different outcomes.
- Because they can be answered by anyone receiving medical treatment, they are easy to compare, but may not capture all aspects of patients' experiences with their condition.
- To capture specific aspects of a patient groups' health more accurately, there are also diseasespecific PROMs.
- Sometimes generic and disease-specific questions can be combined.

## How can patients benefit from PROMs?

- PROMs are important because they bring specific knowledge from the patients' perspective that would otherwise not be captured.
- PROMs can have a positive impact on the health system by making it more patient-centric, and ensuring that treatments bring real benefit to patients.
- Measuring outcomes is important because it provides information that can guide policymakers – leading to better policies.
- PROMs can help improve the quality of healthcare by incentivising healthcare providers, especially if health data is publicly reported. PROMs also help doctors have a full picture of their patients' health.
- Individual patients may also benefit from PROMs data; it can be used as part of informed, shared decision-making to show patients how a treatment has worked for other patients.
- PROMs data can allow for a better conversation between patients and health providers to make more tailored and effective treatment decisions.



