

PROMs & person-centered care

According to CMS, a clinician provides person-centered care when we:

- Are guided and informed by our patient's goals, preferences, and values.
- Show success using patient-reported outcomes.
- Coordinate our care with other providers and settings.
- Manage chronic and complex conditions.
- Build relationships based on trust and a commitment to long-term well-being.

There are two kinds of standardized assessments: norm-referenced and criterion referenced

- Norm-referenced are standardized tests that we use to compare our patient's performance against the "norm group" of people
- Criterion-referenced are standardized tests that we use to compare our patient's performance against a predetermined standard.

Potential problems with norm-referenced tests

- Norm-referenced tests aren't generally normed on a diverse population.
- Support an impairment-based approach to therapy.
- Don't generally capture meaningful real-life improvements as a result of therapy.

What are patient-reported outcome measures (PROMs)?

- Standardized, validated criterion-referenced measures (questionnaires).
- Reflect our patients' lived experiences.
- Can be used to measure:
 - Confidence.
 - Participation.
 - Satisfaction.
 - Efficiency.
 - Quality of Life.
 - Use of strategies or supports.
 - Activities that are challenging.

What are the benefits of using PROMs?

- Our patient reports on their own experience, free from implicit bias from the clinician.
- The PROM gives some structure to our interview and can help us identify goals.
- Our patient has a better understanding of their choices for goals for therapy.
- Speech therapy goals make more sense to our patient.
- Therapy targets real-life activities meaningful to each specific patient.
- Helps SLPs discuss progress in relatable terms, making speech therapy more relevant to other medical providers.
- Last but not least, CMS is pushing for clinicians to use PROMs.

What if there's not a PROM for that? Self-anchored rating scales (SARS)

- SARS represent a tool we can use if a PROM is not available for the situation that is a concern for our patient.
- A SARS is a 1-10 scale in which our patient determines what is measured and what "1" and "10" mean. Our patient determines what progress looks like.
- Our patient can measure any factor they chose: skill, efficiency, use of strategies/supports, participation, satisfaction, quality of life, ease, or confidence.
- We can use their initial score as their baseline and write a goal to improve it by the end of therapy.
- Or if there is a progressive disease, the goal could be to maintain the score over time.

Where to find PROMs

- There are many PROMs online and in journals.
- Clearinghouse: PROMIS and Neuro-QoL PROMs on [HealthMeasures.net](https://www.healthmeasures.net).
- Eat, Speak, & Think: [9 free swallow assessment tools](#) and [35+ free cognitive tests, screeners, and questionnaires](#).

Sources:

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