



What are Patient-Reported Outcome Measures and why use them?

- They are **questionnaires that ask about your feelings, daily functioning and more.** They help you and your care team understand how to take the best care of you.
- PROMs put the **patient first.** They make sure your voice is heard, focusing on your unique needs.

Patient Reported Outcome Measures



Improve communication for better care

Patient-reported outcome measures (PROMs) allow you to share symptoms that might not come up naturally in conversation.

Patient-reported outcome measures (PROMs) impact your care by letting you share your care priorities and what matters most to you.



Compare and track changes over time

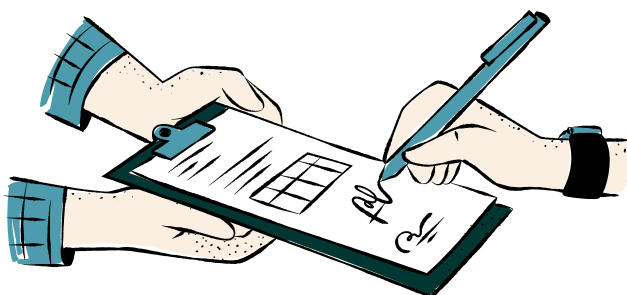
The results let you compare yourself with other people in similar situations and/or with similar conditions. They let you track your own progress over time.





Tip Sheet

Patient Reported Outcome Measures



How do your responses make a difference?

- Feel free to ask your care team how your data is used and request access to track it yourself if you want. (micro)
- Sometimes patient-reported outcome measures (PROMs) help guide decisions in health programming, along with other information. (meso)
- At a larger level, provincial level data may identify vulnerable groups, offering a systems perspective. (macro)

How your responses shape care with sensitivity and respect

- There are no right or wrong answers, and your responses won't negatively impact your care.
- Patient-reported outcome measures (PROMs), along with other tools (like blood pressure for example), help providers make better decisions and be more aware of each patient's unique background and experiences, using respectful language and recognizing diverse backgrounds.



Patient input into the development of PROMs is the next step