

Patient Reported Outcome Measures (PROMs)

We have introduced a scheme to allow you to contribute to the assessment of your condition. This leaflet explains how Patient Reported Outcome Measures (PROMs) can help you, and us, monitor your Inflammatory Arthritis (IA).

What are PROMs?

Patient Reported Outcomes Measures (**PROMs**) are questionnaires or forms that ask you about your health and wellbeing. PROMs are used following some operations and during treatment for many different long term conditions, including IA.

Why should I complete them?

It is your chance to input directly to your care, as they are an evaluation of your health and condition made by you. They may include questions on your pain, quality of life, function, symptoms and other aspects of your health. Living with IA can affect people in many ways and completing these questionnaires regularly can help us to better understand how you are coping. These questionnaires can also:

- Guide the treatment you may require.
- Improve your care.
- Monitor your progress.
- Help you to discuss health issues with us.
- Help to improve the quality of health services.
- Help us understand how treatments help people.
- Help to improve future care.

How do I complete the PROMs?

If you have access to a smart phone or computer you will be sent the PROMs by text message or email. They will be sent out to you at intervals throughout the year, and usually also just before you have a clinic appointment. Complete the whole form or forms in one sitting to ensure that it is recorded on the system.

Sometimes, you may be asked to complete just one questionnaire. At other times, there may be a few questionnaires to complete. Please check to see if there is more than one form – do not just assume you are getting duplicate messages.

If you do not have access to a mobile telephone, tablet or computer, you may be asked to complete these questionnaires on paper when you attend your clinic appointment.

If you do not understand what the questions mean, you can ask your health professional at your next clinic appointment.

Compassionate

Aspirational

Resourceful

Excellent

Key points to remember:

- 1) PROMs are important – they help you and us to monitor your health.
- 2) Fill in your questionnaires as soon as possible after receiving them.
- 3) Complete the whole form all at once to ensure that it is recorded on the system.
- 4) There are no wrong answers.
- 5) Be honest about how you feel.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

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