RESEARCH TO CLINICAL PRACTICE

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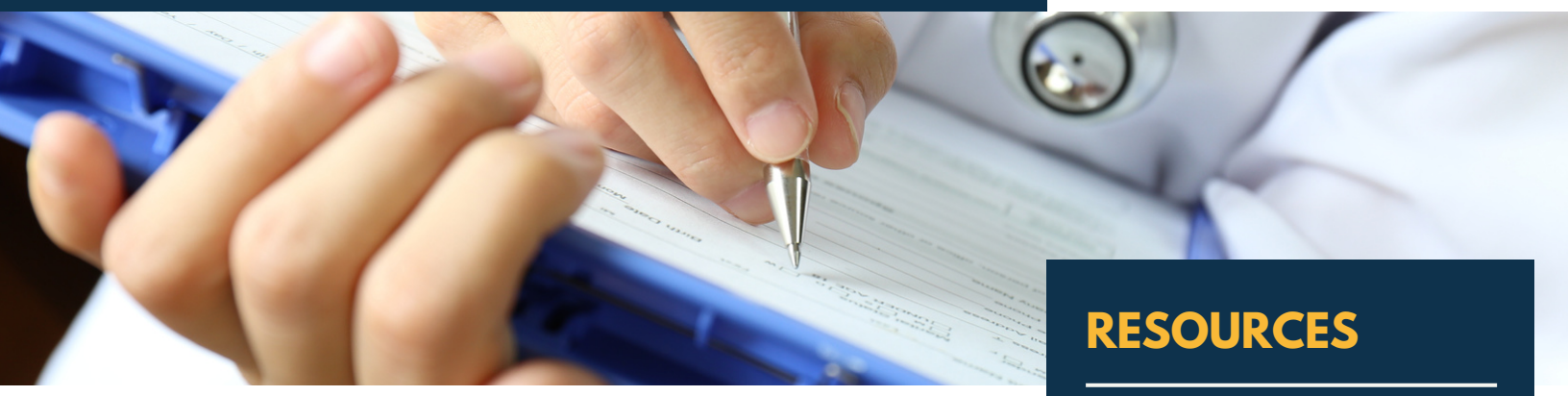
NATA RESEARCH & EDUCATION FOUNDATION



Patient Reported Outcome Measures (PROM)

PROMs are reports on the status of a patient's health condition or health behavior that come directly from the patient, without interpretation or influence by a clinician. Self-reported patient data provide a rich data source for outcomes that encompass the following key domains: [1]

- health-related quality of life (including functional status)
- symptoms and symptom burden (e.g., pain, fatigue)
- health behaviors (e.g., smoking, diet, exercise)

RESOURCES

Infographic

NATA: Disablement Model for the Athletic Trainer

PRO Measures & Tools

PROMIS

Orthopaedic Scores

Rehabilitation Measures Database

from Recent Articles

Region specific measures, International Knee Documentation Committee Subjective Knee Form (IKDC) and the Knee injury and Osteoarthritis Outcome Score (KOOS), demonstrated the strongest agreement between the content of the forms and the collegiate-athletes concerns. *Tinsley et al., 2022, JAT, Comparing the Primary Concerns of Injured Collegiate-Athletes to the Content of Patient-Reported Outcome Measures*.

Region specific outcome measures, KOOS and Foot and Ankle Ability Measure (FAAM), were more sensitive to degrees of change from initial injury to return to play. At return to play, a majority of athletes had scores well below the best possible score on the instruments, suggesting remaining health deficits. *Simon et al., 2019, JAT, Changes in Patient-Reported Outcome Measures from the Time of Injury to Return to Play in Adolescent Athletes at Secondary Schools With an Athletic Trainer*.

Athletic trainers working with pediatric populations need to choose measures that are age appropriate. *Marshall et al., 2022, JAT, Patient-Reported Outcome Measures for Pediatric Patients with Sport-Related Injuries: A Systematic Review.* View patient-reported outcome measures organized by type *here*.

Athletic trainers seeking to evaluate the whole person and further enhance patient centered care should implement a variety of PROMs as opposed to a single measure. Prior to selection of an instrument, athletic trainers should consider which domains of the ICF model warrant investigation in their individual patient and select instruments accordingly. *Lam et al., 2020, JAT, Patient-Reported Outcome Measures in Sports Medicine: A Concise Resource for Clinicians and Researchers.*

USES & BENEFITS IN PRACTICE

Gaining the patient's perception…

Allows the athletic trainer to gain a broader view of the patient's perspective of their injury and their perception of the care they are receiving.

Evidence suggests that many symptoms are missed in the evaluation process. Patients have reported the benefits of self-reflection. Using PROM can improve communication of their symptoms with their healthcare provider. [2]

Allows clinicians to create individualized functional goals that meet the needs of the individual patient, thereby allowing the clinician to better align and individualize their patient treatment plan.

For example, a patient-specific goal when using the DASH could be: Reduce the patient's perception of being limited in daily activities from very limited to slightly limited in 3 weeks as measured by the DASH.

Allows the athletic trainer to document and assess changes in outcomes over time.

Research supported by the NATA Foundation, found that high school athletes with a hamstring strain improve outcomes at return to play and 6-months post under the care of an athletic trainer.[3]

Provides a more comprehensive view of the totality of patient care. Additionally, the measures provide evidence of the need for athletic training services.

According to Dr. Kenny Lam's NATA Foundation funded study, Patients who received higher frequency and length of treatments through athletic training services reported a higher Global Rating of Function (GROF) at return to play.

References

1.CMS.gov. Patient Reported Outcome Measures. Published online 2022:9. https://mmshub.cms.gov/sites/default/files/Patient-Reported-Outcome-Measures.pdf

2.Carfora L, Foley CM, Hagi-Diakou P, Lesty PJ, Sandstrom ML, et al. (2022) Patients' experiences and perspectives of patient-reported outcome measures in clinical care: A systematic review and qualitative meta-synthesis. PLOS ONE 17(4): e0267030. https://doi.org/10.1371/journal.pone.0267030

3.Farraye BT, Wohl T, Criss CR, Haggerty A, Grooms DR, Simon JE. Changes in Patient-Reported Outcome Measures in Adolescent Athletes With Hamstring Strains. Presented at the National Athletic Trainers' Association Clinical Symposia & AT Expo: Philadelphia, PA. June 2022. Journal of Athletic Training. 2022; 57(6) S-18.