

PACT PT Outcome Measures: PROMIS Tools

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VHA PRIMARY CARE PT NATIONAL DIFFUSION TEAM



Veteran Crisis Line Information

Veterans Crisis Line/Chat/Text

- **1-800-273-8255 and Press 1**
- VeteransCrisisLine.net
- Text to **838255**



VA Suicide Prevention Coordinators

- Each VA Medical Center has a Suicide Prevention Coordinator (SPC) to make sure Veterans receive needed counseling and services.
- Find your local SPC at VeteransCrisisLine.net/ResourceLocator



Course Objectives

1. Understand benefits of using PROMIS tools
2. Differentiate among the 3 tools recommend for VA rehab use
3. Demonstrate ability to interpret scores
4. Understand application of CPRS templates



PROMIS Tools

(Patient Reported Outcome Measurement Information System)

- ▶ Universally relevant vs. disease specific
- ▶ Provide a common metric/t-score (Mean = 50, SD = 10)
- ▶ Larger range of measurement than most conventional outcome measures (minimizing floor/ceiling effects)
- ▶ Fewer items than most conventional measures = decreased respondent burden
- ▶ Substantial qualitative and quantitative research continues to be published supporting the validity of these tools
- ▶ National VA movement to use PROMIS questionnaires within the VA and Community Care partners



Tools Recommend for VA Rehab

- ▶ PROMIS 6B Pain Interference
- ▶ PROMIS Function & Mobility 11a (short form)
- ▶ PROMIS Upper Extremity



PROMIS Pain Interference 6b

- ▶ 6 items
- ▶ 7-day recall period
- ▶ Self-reported impact of pain hindering social, emotional, physical and recreational activities
- ▶ Questions about sleep and enjoyment of life
- ▶ Strongly correlates with both NDI & ODI



Pain Interference – Short Form 6b

Please respond to each item by marking one box per row.

In the past 7 days...

| | | Not at all | A little bit | Somewhat | Quite a bit | Very much |
|----------|---|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|
| PAININ2 | How much did pain interfere with your enjoyment of life?..... | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| PAININ3 | How much did pain interfere with your ability to concentrate?..... | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| PAININ9 | How much did pain interfere with your day to day activities?..... | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| PAININ10 | How much did pain interfere with your enjoyment of recreational activities?..... | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| PAININ14 | How much did pain interfere with doing your tasks away from home (e.g., getting groceries, running errands)?..... | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |
| | In the past 7 days... | | | | | |
| | | Never | Rarely | Sometimes | Often | Always |
| PAININ25 | How often did pain keep you from socializing with others?..... | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 |



PROMIS Physical Function with Mobility 11a

- ▶ 12 items
- ▶ Self-reported capability of physical activities
- ▶ Walking/standing, transfers, ADLs
- ▶ Universal and inclusive (with or without AD)
- ▶ Based on mobility (ability to walk <25ft, some items may be skipped)



PROMIS Physical Function with Mobility Aid –Short Form

Please respond to each item by marking one box per row.

| | | | | | | |
|---|--|--|-------------------------------|-------------------------------|-------------------------------|-------------------------------|
| The following questions ask about your ability to stand and move with and without support. “Support” means using items such as canes, walking sticks, walkers and leg braces, or other people. | | Yes | No | | | |
| PF_Score 2 | Can you walk 25 feet on a level surface (with or without support)? | <input type="checkbox"/> | <input type="checkbox"/> | | | |
| | | Yes→ Participant receives all items No→ Participant proceeds to PFA55 through PF 53 | | | | |
| | | Without any difficulty | With a little difficulty | With some difficulty | With much difficulty | Unable to do |
| PFC6 | Are you able to walk a block on flat ground? | <input type="checkbox"/> 5 | <input type="checkbox"/> 4 | <input type="checkbox"/> 3 | <input type="checkbox"/> 2 | <input type="checkbox"/> 1 |
| PFC29 | Are you able to walk up and down two steps? | <input type="checkbox"/> 5 | <input type="checkbox"/> 4 | <input type="checkbox"/> 3 | <input type="checkbox"/> 2 | <input type="checkbox"/> 1 |
| PF_17 | Are you able to walk more than a mile? | <input type="checkbox"/> 5 | <input type="checkbox"/> 4 | <input type="checkbox"/> 3 | <input type="checkbox"/> 2 | <input type="checkbox"/> 1 |
| PFA55 | Are you able to wash and dry your body? | <input type="checkbox"/> 5 | <input type="checkbox"/> 4 | <input type="checkbox"/> 3 | <input type="checkbox"/> 2 | <input type="checkbox"/> 1 |
| PFC45 | Are you able to get on and off the toilet? | <input type="checkbox"/> 5 | <input type="checkbox"/> 4 | <input type="checkbox"/> 3 | <input type="checkbox"/> 2 | <input type="checkbox"/> 1 |
| PFC53 | Are you able to get in and out of bed? | <input type="checkbox"/> 5 | <input type="checkbox"/> 4 | <input type="checkbox"/> 3 | <input type="checkbox"/> 2 | <input type="checkbox"/> 1 |
| PFA9 | Are you able to bend down and pick up clothing from the floor? | <input type="checkbox"/> 5 | <input type="checkbox"/> 4 | <input type="checkbox"/> 3 | <input type="checkbox"/> 2 | <input type="checkbox"/> 1 |
| PFA20 | Are you able to cut your food using eating utensils? | <input type="checkbox"/> 5 | <input type="checkbox"/> 4 | <input type="checkbox"/> 3 | <input type="checkbox"/> 2 | <input type="checkbox"/> 1 |
| PFA12 | Are you able to push open a heavy door? | <input type="checkbox"/> 5 | <input type="checkbox"/> 4 | <input type="checkbox"/> 3 | <input type="checkbox"/> 2 | <input type="checkbox"/> 1 |
| PF_23 | Are you able to reach and get down an object (such as a can of soup) from above your head? | <input type="checkbox"/> 5 | <input type="checkbox"/> 4 | <input type="checkbox"/> 3 | <input type="checkbox"/> 2 | <input type="checkbox"/> 1 |
| PF_52 | Are you able to stand upright briefly without support? | <input type="checkbox"/> 5 | <input type="checkbox"/> 4 | <input type="checkbox"/> 3 | <input type="checkbox"/> 2 | <input type="checkbox"/> 1 |



PROMIS Upper Extremity 7a

- ▶ 7 items
- ▶ Focuses on activities that require use of the upper extremity including shoulder, arm, and hand activities.
- ▶ Writing, using buttons, or opening containers



Upper Extremity – Short Form 7a

Please respond to each question or statement by marking one box per row.

| | | Without any difficulty | With a little difficulty | With some difficulty | With much difficulty | Unable to do |
|---------|---|-------------------------------|--------------------------------|-------------------------------|-------------------------------|-------------------------------|
| PFA14r1 | Are you able to carry a heavy object (over 10 pounds /5 kg)? | <input type="checkbox"/> 5 | <input type="checkbox"/> 4 | <input type="checkbox"/> 3 | <input type="checkbox"/> 2 | <input type="checkbox"/> 1 |
| PFA34 | Are you able to wash your back? | <input type="checkbox"/> 5 | <input type="checkbox"/> 4 | <input type="checkbox"/> 3 | <input type="checkbox"/> 2 | <input type="checkbox"/> 1 |
| PFA36 | Are you able to put on and take off a coat or jacket? | <input type="checkbox"/> 5 | <input type="checkbox"/> 4 | <input type="checkbox"/> 3 | <input type="checkbox"/> 2 | <input type="checkbox"/> 1 |
| PFR13 | Are you able to carry a shopping bag or briefcase? | <input type="checkbox"/> 5 | <input type="checkbox"/> 4 | <input type="checkbox"/> 3 | <input type="checkbox"/> 2 | <input type="checkbox"/> 1 |
| PFR28r1 | Are you able to lift 10 pounds (5 kg) above your shoulder? | <input type="checkbox"/> 5 | <input type="checkbox"/> 4 | <input type="checkbox"/> 3 | <input type="checkbox"/> 2 | <input type="checkbox"/> 1 |
| PFR34 | Are you able to change a light bulb overhead? | <input type="checkbox"/> 5 | <input type="checkbox"/> 4 | <input type="checkbox"/> 3 | <input type="checkbox"/> 2 | <input type="checkbox"/> 1 |
| PFM16 | Are you able to pass a 20-pound (10 kg) turkey or ham to other people at the table? | <input type="checkbox"/> 5 | <input type="checkbox"/> 4 | <input type="checkbox"/> 3 | <input type="checkbox"/> 2 | <input type="checkbox"/> 1 |



Scoring Interpretation

- ▶ T-score metric (50 = mean, 10 = SD of relevant reference population)
- ▶ Higher score = more of the concept being measured (physical function, pain, etc.) – could be desirable or undesirable depending on what is being measured
- ▶ Meaningful change: 2–6-t-score point range
- ▶ [Interpreting PROMIS scores](#)
- ▶ [Meaningful Change Scores](#)



CPRS Template & Output: PROMIS Pain Interference

Baseline PROMIS Pain Interference 6b
PROMIS Pain Interference - short form 6b
In the past 7 days...

How much did pain interfere with your enjoyment of life?
A little bit (2)

How much did pain interfere with your ability to concentrate?
A little bit (2)

How much did pain interfere with your day to day activities?
A little bit (2)

How much did pain interfere with your enjoyment of recreational activities?
A little bit (2)

How much did pain interfere with doing your tasks away from home (e.g., getting groceries, running errands)?
A little bit (2)

How often did pain keep you from socializing with others?
Rarely (2)

RAW SCORE CONVERSION TO T-SCORE:
T-Score value indicates how score relates to normative samples (a standardized score with a mean of 50 and a standard deviation (SD) of 10).
T-Scores ≥ 60 indicate patient is outside the normal range, being 1+ SD worse than average.

| RAW | T-SCORE |
|-----|---------|
| 12 | 56.1 |

Health Factors: PAININ10-1 PAININ14-1 PAININ26-1 PAININ3-1 PAININ8-1 PAININ9-1 PROMIS BASELINE V23 CHRONIC PAIN



CPRS Template & Output: PROMIS Function & Mobility

PROMIS Physical Function with Mobility Aid - Short Form

23 CRH VEC IMAGING NC, CYNDIE PARKER, ADVA

Can you walk 25 feet on a level surface (with or without support)?

No

Are you able to wash and dry your body?
Unable to do (1)

Are you able to get on and off the toilet?
Unable to do (1)

Are you able to get in and out of bed?
Unable to do (1)

Are you able to bend down and pick up clothing from the floor?
Unable to do (1)

Are you able to cut your food using eating utensils?
Unable to do (1)

Are you able to push open a heavy door?
Unable to do (1)

Are you able to reach and get down and object (such as a can of soup) from above your head?
Unable to do (1)

Are you able to stand upright briefly without support?
Unable to do (1)

RAW SCORE CONVERSION TO T-SCORE:
T-Score value indicates how score relates to normative samples (a standardized score with a mean of 50 and a standard deviation (SD) of 10). T-Scores ≤ 40 indicate patient is outside the normal range, being 1+ SD worse than average.

| RAW | T-SCORE |
|-----|---------|
| 8 | 12.20 |

Reminder Dialog Tem

PROMIS Physical F

PROMIS

(one choice re)

☐ Baseline PRO

☐ Follow-up PR

☐ Discharge PR

Please respond

The following q

means using it

Can you walk 25

☐ No

☐ Yes



CPRS Template & Output: PROMIS Upper Extremity

Reminder Dialog Template: PROMIS Upper Extremity Short Form

Patient-Reported Outcomes Measurement Information System (PROMIS) Physical
Function Upper Extremity - Short Form

Baseline PROMIS Pain Upper Extremity

Are you able to carry a heavy object (over 10 pounds/5kg)?

With much difficulty (2)

Are you able to wash your back?

With much difficulty (2)

Are you able to put on and take off a coat or jacket?

With much difficulty (2)

Are you able to carry a shopping bag or briefcase?

With much difficulty (2)

Are you able to lift 10 pounds (5kg) above your shoulder?

With much difficulty (2)

Are you able to change a light bulb overhead?

With much difficulty (2)

Are you able to pass a 20-pound (10kg) turkey or ham to other people at the
table?

With much difficulty (2)

| RAW | T-SCORE |
|-----|---------|
| 14 | 27.00 |



* Indicates a Required Field



CPRS Templates

- ▶ Work with your facility Clinical Applications Coordinators (CACs) to import or create Reminder Dialogue templates to allow data collection using health factors
- ▶ Developed templates can be shared between CACs by contacting VISN23Informatics@va.gov (please include your local facility CAC VISTA email address to facilitate the transfer)



Patient Specific Functional Scale

- ▶ Consider combining PROMIS tools with Patient Specific Functional Scale
- ▶ Patient focused, individualized outcome data
- ▶ Reliable and valid measure of physical function in patients with musculoskeletal disorders and community dwelling older adults
- ▶ Broadly applicable
- ▶ Easy and quick to administer and score



The Patient-Specific Functional Scale

Initial Assessment:

I am going to ask you to identify up to three important activities that you are unable to do or are having difficulty with as a result of your _____ problem. Today, are there any activities that you are unable to do or having difficulty with because of your _____ problem? (Clinician: show scale to patient and have the patient rate each activity).

Follow-up Assessments:

When I assessed you on (state previous assessment date), you told me that you had difficulty with (read all activities from list at a time). Today, do you still have difficulty with: (read and have patient score each item in the list)?

Patient-specific activity scoring scheme (Point to one number):

0 1 2 3 4 5 6 7 8 9 10

Unable to perform
activity

Able to perform
activity at the
same level as
before injury or
problem

| Activity | Rating (from above) |
|----------|---------------------|
| 1. | |
| 2. | |
| 3. | |
| 4. | |
| 5. | |



References & Resources

- ▶ <https://www.healthmeasures.net/explore-measurement-systems/promis>
- ▶ Amtmann D, Cook KF, Johnson KL, Cella D. The PROMIS initiative: involvement of rehabilitation stakeholders in development and examples of applications in rehabilitation research. *Arch Phys Med Rehabil*. 2011;92(10 Suppl):S12-S19.
- ▶ Mathis RA, Taylor JD, Odom BH, Lairamore C. Reliability and Validity of the Patient-Specific Functional Scale in Community-Dwelling Older Adults. *J Geriatric Phys Ther*. 2019 Jul/Sep;42(3):E67-E72.
- ▶ Jennings S, Richardson G, et al. The Patient Specific Functional Scale: Psychometrics, Clinimetrics, and Applications as a Clinical Outcome Measure. *JOSPT*. 2012 Jan; 42(1): 30-42.



Contacts

- ▶ VHACIHPACTPTDiffusionTeam@va.gov
- ▶ <https://marketplace.va.gov/practices/pt-embedded-within-pact>

