

ABOUT PATIENT-REPORTED OUTCOME MEASURES

Your guide to assessing patient progress



PATIENT REPORTED OUTCOME MEASURES (PROMS)

PROMS are a great way track patient progress, show your treatment effectiveness and share this information with others. The questions on a PROM can provide you with valuable information about how your patient is really doing, and uncover details you may not realize with a brief face-to-face discussion in a busy AT facility.

By using PROMs, you may discover your patient is having knee pain while sitting in class or getting in and out of a car, or a soccer player with an ankle sprain that you cleared a week ago is still experiencing joint stiffness. However, many ATs don't use PROMs in their daily practice. A study of athletic trainers working in a variety of settings found only 26% use PROMs regularly, while secondary school ATs only use them 15% of the time.

GeniusTip

Acknowledge the patient's progress and limitations by making sure you have a face-to-face discussion about the results. Then adjust your treatment plan as necessary.

THE PROBLEM

- Many PROMs are time-consuming for clinicians to score or interpret
- Questions are often irrelevant to high school or collegiate athletes
- PROMs can be time-consuming for the clinician to administer and for the patient to complete



THE SOLUTION

With ATGenius you can easily practice like a pro with our built-in PROMs. We make it simple and fast to assess activities of daily living, rehabilitation progress, and sports readiness. Plus, you can send PROM results to others involved with the patient's care with the click of a button.

- Send a PROM right to a patient's phone via text message as often as needed
- PROMs are self-scoring, which means no hassle for you or your patients
- Our PROM questions address the issues you want to know regarding your patient's recovery
- The simple format provides a short completion time for your patients
- Email PROM results to a coach, parent, or the patient's physician

HOW TO & PRACTICAL USE



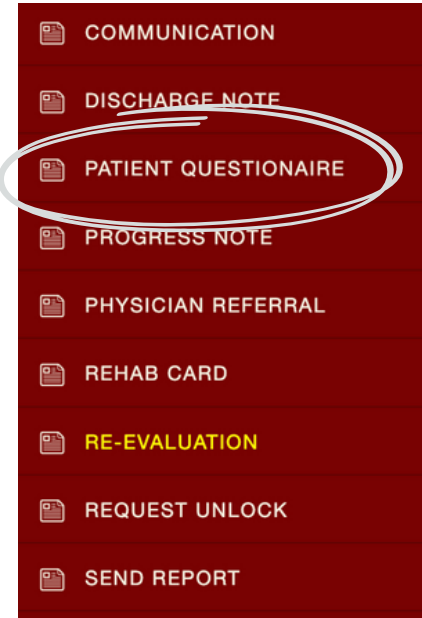
Send via text message & show treatment effectiveness

HOW TO USE

Click the More tab on a signed and locked injury record, then select Patient Questionnaire. Make sure your patient's cell phone number is in their profile. Repeat your PROM as often as necessary to track progress.

KEEP IT PRACTICAL

We understand you are not able to administer PROMs with every patient. We suggest you select patients who are unable to participate in sports for a week or longer in which you are providing multiple treatment and rehabilitation sessions.



GeniusTip

Use PROM results over time to show treatment effectiveness to patients, parents, school administrators and other stakeholders. Administer a PROM soon after the initial injury, once a few treatments sessions have been provided, and upon return to play.



REFERENCES

1. Snyder Valier AR, Jennings AL, Parsons JT, Vela LI. Benefits of and barriers to using patient-rated outcome measures in athletic training. *J Athl Train.* 2014;49(5):674-683.
2. Coulombe BJ, Games KE, Eberman LE. The use of patient-reported outcome measures: secondary school athletic trainers' perceptions, practices, and barriers. *J Athl Train.* 2019;54(2):142-151.