Assessing Person-Centered Health Outcomes for Adults in Post-Acute Care

These recommendations are offered as a starting point for consideration. They are not necessarily the best choices for every application and do not substitute for a comprehensive literature review.

Key Domains to Consider in Post-Acute Care

Post-acute care regimens, settings, and limitations can have a significant impact on an individual’s symptoms and functioning, including pain, depression, anxiety, physical function, sleep disturbance, and cognition. Patient-reported outcome (PRO) assessments of these domains in post-acute care settings have been used successfully in research studies. More recently, there has been a move to use PRO assessments in quality improvement initiatives and healthcare delivery settings. This guidance includes relevant PROMIS® measures but does not include post-acute care-specific PRO measures.

Summary

- Recommended primary domains for Post-Acute Care include pain intensity, pain interference, and depression.
- Recommended secondary domains for Post-Acute Care include Anxiety, Physical Function, Sleep Disturbance, and Cognition.
- HealthMeasures offers brief, psychometrically sound measures for these domains.
- Recommended assessment times include those scheduled to capture the effects of treatment and disease course.

Suggested HealthMeasures for Primary Domains in Post-Acute Care

**Pain Intensity**

Pain, as a result of disease, injury, or the resulting care, is one of the primary issues for patients in post-acute care settings. The PROMIS Pain Intensity short form can help to quickly assess how much a person hurts or to identify change in pain levels across treatment periods if repeated periodically. The PROMIS Pain – Intensity measure is available as a 3-item short form.

**Pain Interference**

Pain interference, or the extent to which pain hinders engagement with social, cognitive, emotional, physical, and recreational activities, is another area of concern in post-acute care. The Pain – Interference measure is available as a 6-item short form or via computer adaptive test (CAT) based assessment.

**Depression**

The combination of pain, illness, and loss of independence for individuals in post-acute care settings can lead to the development or exacerbation of depression. Consider using the PROMIS Depression 8-item short form (or CAT) to assess depressed mood, views of self and social cognition, as well as decreased positive affect and engagement.
Suggested HealthMeasures for Secondary Domains in Post-Acute Care

Post-acute care may impact many aspects of a person’s physical, emotional and social functioning, and therefore other health status domains may also warrant assessment:

<table>
<thead>
<tr>
<th>Secondary HealthMeasures</th>
<th>Description</th>
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<tbody>
<tr>
<td>PROMIS Anxiety 8-item short form or CAT</td>
<td>Self-reported fear, anxious misery, hyperarousal, and somatic symptoms related to arousal.</td>
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<tr>
<td>PROMIS Physical Function 10-item short form or CAT and PROMIS Physical Function 7a Upper Extremity short form</td>
<td>Self-reported functioning of one’s upper extremities, lower extremities, and central regions, as well as activities of daily living.</td>
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<tr>
<td>PROMIS Sleep Disturbance 8-item short form or CAT</td>
<td>Perceptions of sleep quality, sleep depth, and restoration associated with sleep.</td>
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<td>Cognitive function – NIH Toolbox cognitive battery</td>
<td>The NIH Toolbox Cognitive Function Battery is best for assessing cognitive function. However, for those lacking the time to complete a full battery, the PROMIS Cognitive Function 8a short form or CAT is an alternative.</td>
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<tr>
<td>Alternatively PROMIS Cognitive Function 8-item short form or CAT</td>
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Assessment Times

Ideally, a pre-intervention assessment should be captured to serve as a reference point (i.e., baseline) for monitoring response to treatment, with a follow-up assessment post intervention. Assessment can also be used to measure stability and improvement in people with ongoing post-acute care.

Additional Information

The www.HealthMeasures.net website includes more information about measurement selection, data collection tools, scoring, and interpretation. Its Search and View Measures tool includes access to all HealthMeasures described here. A Forum allows for questions and responses from the HealthMeasures community. The HealthMeasures team is also available for collaboration or consultation via help@healthmeasures.net.