

## Why the AAPM&R Registry Utilizes Patient-Reported Outcomes

Mark Huang, MD, FAAPMR and Armando Miciano, Jr., MD, FAAPMR

The Patient Reported Outcome Measurement Information System (PROMIS®) is a National Institute of Health initiative to develop state-of-the-science self-report health measures assessing functioning and well-being in the physical, mental and social domains of health. The PROMIS® has been shown to be predictive of healthcare utilization and subsequent mortality. PROMIS® health items include pain intensity and seven health domains (physical function, depressive symptoms, anxiety, sleep disturbance, fatigue, ability to participate in social roles and activities, and pain interference). The strengths of PROMIS® comprise of having a wide set of measures studied across populations, being widely validated and free to use in English, having a uniform scoring system and covering a broad range of clinical domains. The PROMIS® can be utilized for screening for disability, identifying healthcare disparities, enhancing communication between patients and clinicians, and improving population health<sup>1,2</sup>.

Healthcare systems have been increasingly defined by value and open competition between providers. Proving value and establishing utility or superiority of particular care approaches is intimately linked to patient outcomes. The decision to collect patient outcomes becomes less and less optional for clinicians as patient-reported outcomes will be a fundamental expectation of healthcare systems. The AAPM&R Registry is one of the first specialty society clinical data registries requiring the collection of patient-reported outcomes at the organizational level.

Traditionally, objective measured outcomes for function such as, Medicare self-care and mobility measures (section GG), and outpatient measures, including items such as grip strength and Range of Motion, have been the gold standard to measure patient improvements. These tend to provide information about patients being better or worse following care based upon clinical assessments that are flawed with selective interpretation, subjective opinions and general misunderstanding of intent of care. Recently, information about patients via patient-reported outcomes are becoming an increasing area of importance and utilizing the PROMIS® measure involves an inherently vital variable, (i.e., not a clinician's perception of benefit but, rather, the patient's perception.)<sup>1,2</sup>



Mark Huang  
MD, FAAPMR



Armando Miciano, Jr.  
MD, FAAPMR

## aapm&r Registry

Better Practice. Better Outcomes.

Furthermore, standardized outcome measures may not be able to detect changes that are meaningful to patients. The use of the AAPM&R Registry, which collects patient-reported outcomes in specific domains, may help address this need. Having patients report their outcome at routine intervals can help track their progress in real-time across many domains without a return to the office. Analyzing trends via the AAPM&R Registry's pre-populated reports or via advanced export downloads can help a clinician determine the impact of treatment and interventions on day-to-day life and adjustment. While functional assessments can provide some information, the ability to show patient changes with their daily activities can help demonstrate the value of psychiatric interventions.

The AAPM&R Registry Steering Committee hopes that large scale data collection will help guide care and best practices in the future and lead to the development of quality measures that are more meaningful and representative of the care psychiatrists provide. While those larger objectives are in progress, integrating the PROMIS® instrument via the AAPM&R Registry into practice will help guide care in real-time<sup>1,2</sup>. This will provide members a way to track a patient's progression during a single episode of care, a patient's cohort progression and track a population's progress over time.

To learn more about AAPM&R's Registry and how to participate, visit [aapmr.org/registry](http://aapmr.org/registry).

### References:

- 1 Barr KP, Standaert CJ, Hanmer JZ. PROMIS for the PM&R clinician using patient-reported outcomes in clinical care. *PM R*. 2022 Nov;14(11):1406-1409. doi: 10.1002/pmrj.12855. Epub 2022 Jul 5. PMID: 35596586.
- 2 Hays RD, Spritzer KL, Schalet BD, Cella D. PROMIS®-29 v2.0 profile physical and mental health summary scores. *Qual Life Res*. 2018 Jul;27(7):1885-1891. doi: 10.1007/s11136-018-1842-3. Epub 2018 Mar 22. PMID: 29569016; PMCID: PMC5999556.