

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.

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 assesses 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.

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 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:

Secondary HealthMeasures	Description
PROMIS Anxiety 8-item short form or CAT	Self-reported fear, anxious misery, hyperarousal, and somatic symptoms related to arousal.
PROMIS Physical Function 10-item short form or CAT and PROMIS Physical Function 7a Upper Extremity short form	Self-reported functioning of one's upper extremities, lower extremities, and central regions, as well as activities of daily living.
PROMIS Sleep Disturbance 8-item short form or CAT	Perceptions of sleep quality, sleep depth, and restoration associated with sleep.
Cognitive function – NIH Toolbox cognitive battery Alternatively PROMIS Cognitive Function 8-item short form or CAT	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.

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.

Primary HealthMeasures in Post-Acute Care

- PROMIS Pain Intensity 3-item short form or CAT
- PROMIS Pain Interference 6-item short form or CAT
- PROMIS Depression 8-item short form or CAT

Learn More!

You can read about CATs and watch a video tutorial at the HealthMeasures.net website [here!](#)