



Bridgepoint Collaboratory for Research & Innovation



*The electronic Patient Reported Outcome
(ePRO) Project: User Guide for the ePRO
Provider Web-based Tool*



Introduction

The *electronic Patient Reported Outcome (ePRO) Tool* has been designed to assist patients with complex care needs and their primary care providers develop and monitor patient SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goals and patient outcomes. The solution has been developed in collaboration with patients with complex care needs, their caregivers and primary care providers. As such, the tool's design has considered patient, caregiver and provider workflows, abilities, and preferences.

The *ePRO Tool* consists of:

1. *ePROs Provider Web-based Tool*
2. *ePROs Patient Web-based Tool*
3. *ePRO Patient Mobile Application*

In this manual, we will be using the term *ePRO Tool* to refer to all three tools collectively; however this manual is focused on how to use the *ePRO Provider Web-based Tool*.

About this User Guide

This user manual has been prepared as a short instructional guide for you. The contents of each section of the *ePRO Provider Web-based Tool* are outlined and briefly discussed. Information on how to use the solution, along with screen shots (images of what is seen on a computer screen) is provided to aid you in navigating the tool.

This manual was prepared in August 2015 by Sue Bhella, Project Manager, *QoC Health Inc.* Review of the manual was conducted by Carolyn Steele Gray, Post-doctoral fellow and Parminder Hans, Research Coordinator, *Bridgepoint Collaboratory for Research and Innovation, part of the Lunenfeld-Tananbeaum Research Institute in Sinai Health System.*

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Overview of the ePRO Tool

The *ePRO Tools* have been developed by Drs. Carolyn Steele Gray and Cheryl Cott and their research team at the *Bridgepoint Collaboratory for Research and Innovation, Complexity Lab* in the *Lunenfeld-Tanenbaum Research Institute, Sinai Health Systems* in partnership with the development company *QoC (Quality of Care) Health Inc.* The research was funded through the *Health System Performance Research Network (HSPRN)* at the *University of Toronto* through the *Health System Research Fund* from the *Ontario Ministry of Health and Long-term Care*.

The *ePRO Tool* has been in development since September 2013 and has undergone several phases of development including, a usability pilot that was conducted in the winter of 2014-2015. The tool is now being tested in an exploratory trial. Patients, caregivers, and primary health care providers involved in the exploratory trial will all have access to the *ePRO Tool*. In addition, patients and their caregivers will have access to the mobile application. All patient participants will be provided with a Samsung smartphone by *QoC Health* for the duration of the study to use the *ePRO Patient Mobile Application*.

The *ePRO Tool* features allow providers to:

- Set up SMART goals in collaboration with their patients
- Set up monitoring protocols to track patient progress against SMART goals
- Monitor patients progress on goals using the web-based tool between visits
- Use goal tracking data during in-person visits to help guide clinical and collaborative decision-making about patient care

Providers will have access to their patient's information by logging into the *ePROs Provider Web-based Tool*. Having access to their patient's monitoring information will keep providers up to date on their patient's progress on their SMART goals and additionally allows providers to track important patient outcome data using validated measures (e.g. General Anxiety Disorder-7 scale). This information can help facilitate the delivery of person-centered care.

Patients will monitor progress using the *ePRO Patient Mobile Application*, which works seamlessly with both the *ePROs Provider Web-based Tool* and the *ePROs Patient Web-based Tool*. Information that is entered in the *ePRO Web-based Tool (either patient or provider version)* and the *ePRO Patient Mobile Application* is sent to a secure cloud connect server that ensures the information is automatically updated in each system.

Privacy and Security

Patient security and privacy is engineered into the system from the ground up, meeting the *Health Insurance Portability and Accountability Act* of 1996 (HIPAA) and the *Personal Health Information Protection Act*, 2004 (PHIPA) security standards.

All information in transit and at rest is encrypted to ensure security and privacy of information. Each patient is assigned their own unique encryption key, which cannot be used to decrypt any other data. Patients must successfully authenticate to retrieve the encryption key from the *QoC Health Cloud* servers. Additionally, in the case of a misplaced mobile handheld, the device can be disabled and wiped remotely.

Trouble Shooting

For General Support Regarding the ePRO Tools

If you have any questions, please contact the Research Team at *Bridgepoint Collaboratory for Research and Innovation* at:

Phone: 416-461-8252 x 2884

Email: Parminder.Hans@sinaihealthsystem.ca

The ePRO Research Team:

Dr. Carolyn Steele Gray	Co-Principal Investigator
Dr. Cheryl Cott	Co-Principal Investigator
Dr. Kerry Kuluski	Co-Investigator
Dr. Arlene Bierman	Co-Investigator
Dr. Ian McKillop	Co-Investigator
Dr. Renee Lyons	Co-Investigator
Parminder Hans	Research Coordinator
Sarah Sharpe	QoC Health Inc. Co-founder and Research trainee (PhD student)
Sue Bhella	QoC Health Inc. Project Manager

For Technical Support Regarding the ePRO Tools

If you are experiencing technical difficulties with the ePROs Tools, please contact the Research Coordinator, Parminder Hans via:

Phone: 416-461-8252 x 2884

Email: Parminder.Hans@sinaihealthsystem.ca

When emailing please specify what technical issue you are experiencing. If you are emailing on behalf of a patient who is experiencing technical issues with the *ePRO Patient Mobile Application*, please provide the patient's username, and their device number.

1.0 The Basics

Accessing the ePROs Solution

The *ePROs Web-based Provider Tool* can be accessed online through:

- Internet Explorer
- Safari
- Firefox
- Google Chrome

The web address of the *ePROs Web-based Provider Tool* is: <https://epros.bridgepoint.care>

Logging In

Once you arrive on the *ePROs Web-based Provider Tool* (website) (Figure 1.0), click on the “Login to ePROs Portal” button.

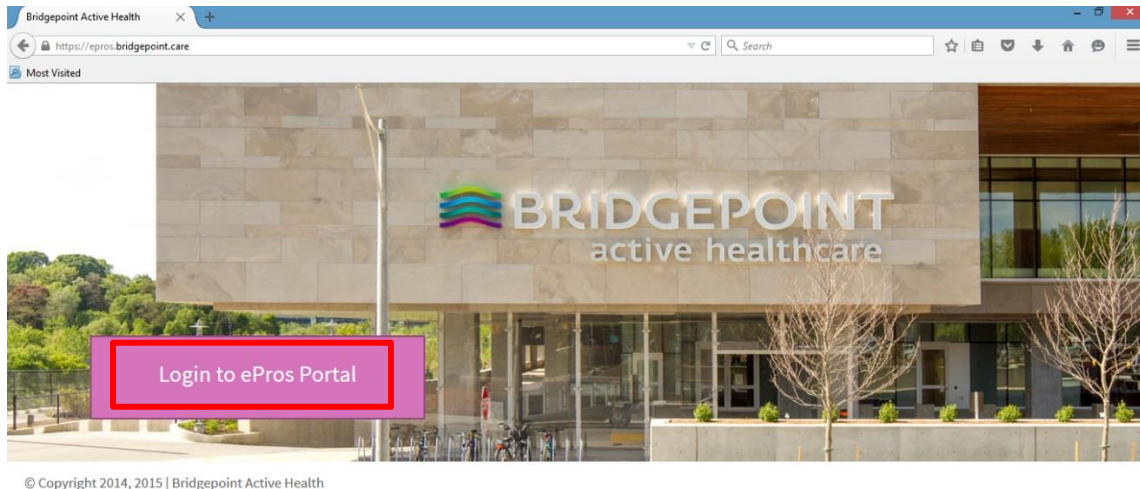


Figure 1.0 Homepage of the *ePROs Web-based Provider Tool*

You will be provided with user credentials (a user name and password) by the research coordinator. If you are logging in for the first time, you will be required to change your password.

Forgotten Passwords

If you have forget your passwords, please send an email to the Research Coordinator, Parminders Hans, requesting your password be reset.

Email: Parminder.Hans@sinaihealthsystem.ca

Changing your Password

To change your password, click on your user name located in the upper right hand side of the screen (Figure 1.1). From the screen that pops, select “*Manage Profile*” and follow the onscreen prompts to change your password



Figure 1.1: Changing your password

Logging Out

To ensure the privacy of your patients, please log out when you are not using the ePROs solution. To log out, click on your user name located in the upper right corner and click on “logout” (Figure 1.2).



Figure 1.2: Logging out of the *ePROs Web-based Provider Tool*

Navigating the Solution

When you log in, you will land on the *Dashboard*. On the right hand side of the screen, you will notice 4 tabs.

- The **Dashboard**, allows you to see all your patients who are currently partaking in goal monitoring that has been set-up by you. You may also search for a patient by entering the patient’s name in the *Patient Search* box (circled in red below)
- The **Purpose Statement**, allows you to create a new goal category or overarching goal theme for your patient (i.e. exercising, nutrition).
- The **Editor**, allows you to create and edit SMART goals; as well as maintain a library of questions/messages you have created for patients so you do not have to type them out each time.
- **Outcome Measures**, allows you to set up standardized assessments for your patients to answer at a frequency you feel reporting will be most appropriate.



Figure 1.3: Navigating the tool

2.0 Searching for ePROs Patients

On your “Dashboard”, you will be able to view all of your patients who are currently partaking in goal monitoring that has been set-up by you. The arrows in Figure 2.0 show where the patient’s name can be found on the “Dashboard”. Alternatively, you may also search for the patient by entering in their names in the “Patient Search” box

If you are yet to set-up goal monitoring for the patient, you may search for the patient by entering the patient’s name in the “Patient Search” box (shown in the red box in Figure 2.0).

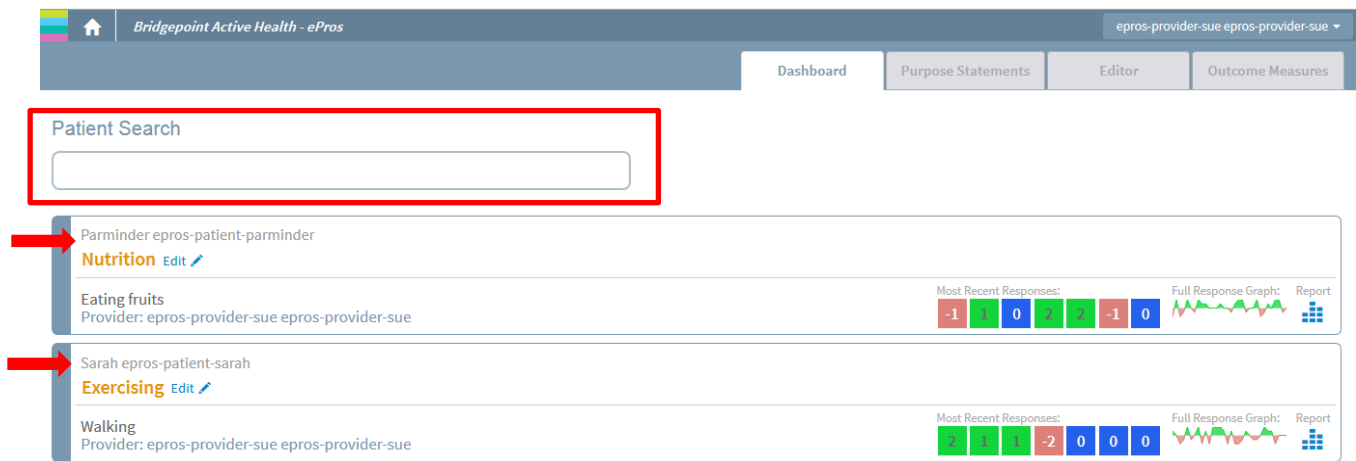


Figure 2.0: Provider Dashboard

3.0 Setting SMART Goal Monitoring

To Set-Up Goal Monitoring

You can only set up goal monitoring if a patient has been on-boarded on the system. This will be done by the Research Coordinator and QoC Health. Once a patient has been on-boarded, they are automatically linked to you as the provider.

In the “*Patient Search*” box (shown in blue), type in the patient’s name. The patients name should appear in the box below, as shown in the red circle (Figure 3.0). Click on the patient’s name that appears under the “*Patient Search*” box (shown in the red circle).

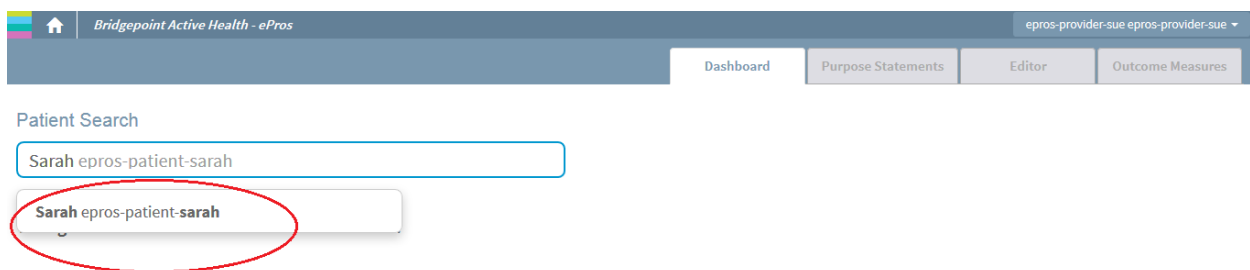


Figure 3.0: Searching for a patient

The next screen will open up the second tab in the *ePRO Provider Web-based Tool*, called “*Purpose Statements*”. You will notice in the upper left corner, the patient’s name will appear in an orange box (shown by the right arrow in Figure 3.1). This informs you that you have now opened up that respective patient’s file.

Click on “*Create new statement*” to begin setting up the patient’s goal (shown in the red circle in Figure 3.1).

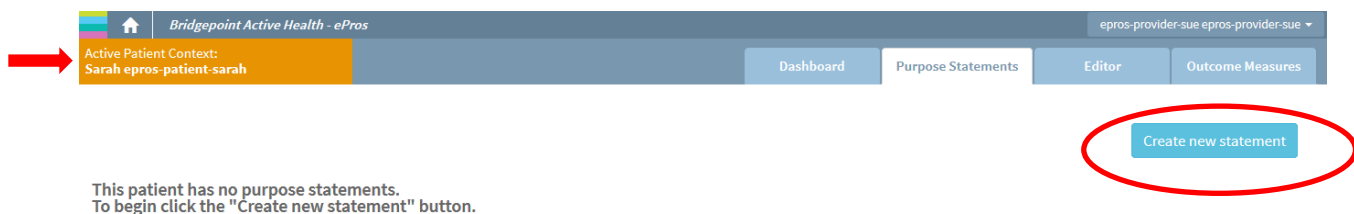
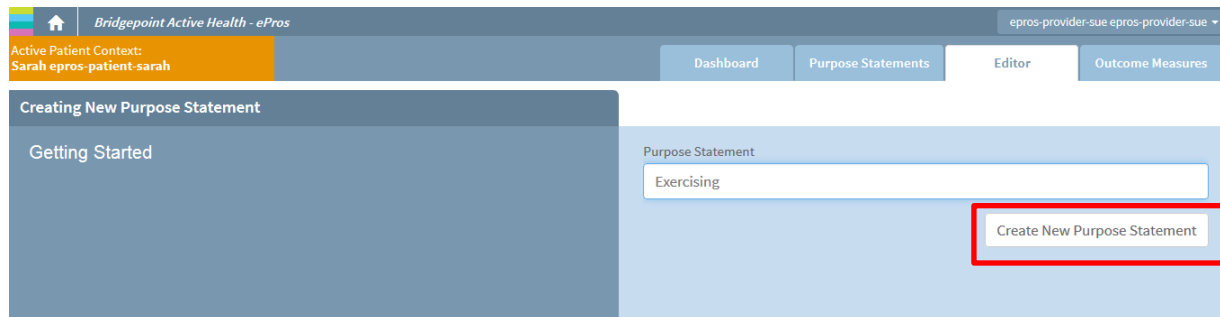


Figure 3.1: Purpose Statements – setting up the patient’s goal

After clicking on “*Create New statement*”, you will be taken to the third tab in the *ePROs Provider Web-based Portal*, called the “*Editor*” (Figure 3.2). Type in the “*Purpose Statement*”. The Purpose Statement is an overarching category the goal falls under; in the example below, the “*Purpose Statement*” is exercise.

Next click on *“Create New Purpose Statement”* (shown in the red box in Figure 3.2).



The screenshot shows the Bridgepoint Active Health - ePros interface. The top navigation bar includes a home icon, the text 'Bridgepoint Active Health - ePros', and a user dropdown menu 'epros-provider-sue epros-provider-sue'. Below this, the 'Active Patient Context' is 'Sarah epros-patient-sarah'. The main navigation tabs are 'Dashboard', 'Purpose Statements', 'Editor', and 'Outcome Measures'. The 'Purpose Statements' tab is active. The left sidebar shows 'Creating New Purpose Statement' and 'Getting Started'. The main content area has a 'Purpose Statement' field with the text 'Exercising'. A red box highlights the 'Create New Purpose Statement' button.

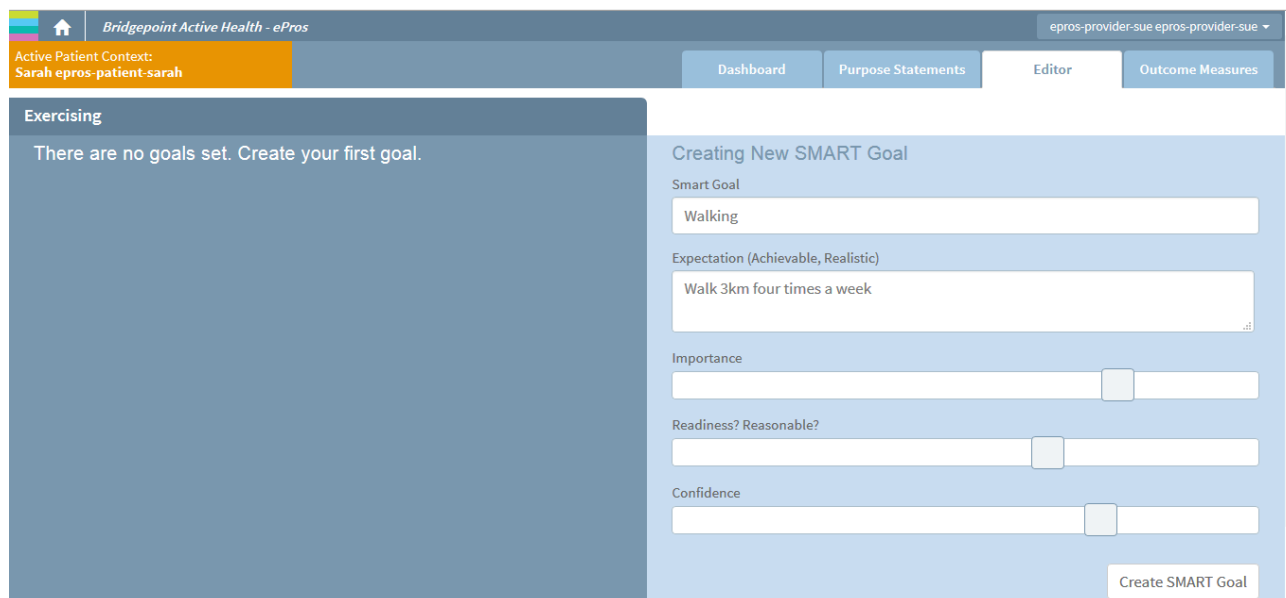
Figure 3.2: Creating a new purpose statement

A pop up window will appear asking you to confirm the creation of the new purpose statement. Click on *“confirm”* to continue. If you have made an error and do not wish to proceed with setting up goal monitoring for your patient, click on *“cancel”*.

Once you have confirmed you would like to proceed, the next screen allows you to add in details of your patient’s SMART goals (Figure 3.3).

We recommend keeping the title of the SMART goal fairly short as this title will appear on several screens and may block off the visibility of other features on the screens. You can add details pertaining to the SMART goal in the second field box titled *“Expectation”*.

For the Importance, Readiness and Confidence level, simply click on the slider bar and move to the right or left, dependent on how your patient feels. Click on *“Create SMART Goal”* located at the bottom of the right corner, once all the fields are filled in.



The screenshot shows the Bridgepoint Active Health - ePros interface. The top navigation bar includes a home icon, the text 'Bridgepoint Active Health - ePros', and a user dropdown menu 'epros-provider-sue epros-provider-sue'. Below this, the 'Active Patient Context' is 'Sarah epros-patient-sarah'. The main navigation tabs are 'Dashboard', 'Purpose Statements', 'Editor', and 'Outcome Measures'. The 'Purpose Statements' tab is active. The left sidebar shows 'Exercising' and 'There are no goals set. Create your first goal.' The main content area has a 'Creating New SMART Goal' form. The 'Smart Goal' field contains the text 'Walking'. The 'Expectation (Achievable, Realistic)' field contains the text 'Walk 3km four times a week'. The 'Importance', 'Readiness? Reasonable?', and 'Confidence' fields are sliders. The 'Create SMART Goal' button is at the bottom right.

Figure 3.3: Creating a SMART goal

Again, a pop up box will ask you to “*Confirm*” the new SMART goal to proceed.

Once you have created a SMART goal, a screen will appear in the “*Editor*” which allows you to view the questions that are tied in to the goal. You will see that there are three questions automatically attached to each goal and cannot be modified. These questions are part of the *Goal Attainment Scale*. You can also add customized questions for your patient, by clicking on “*Create new question*” (Figure 3.4).

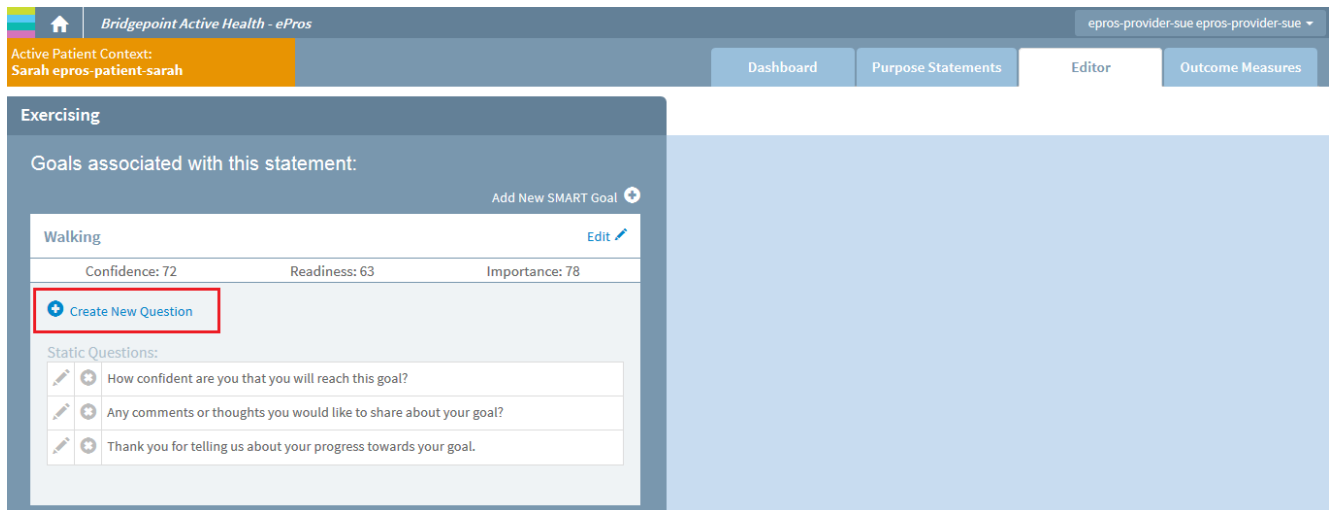


Figure 3.4: Create new question

Selecting “*Create new question*” opens a new section on the right which allows you to create a question to be added to the SMART goal monitoring (Figure 3.5).

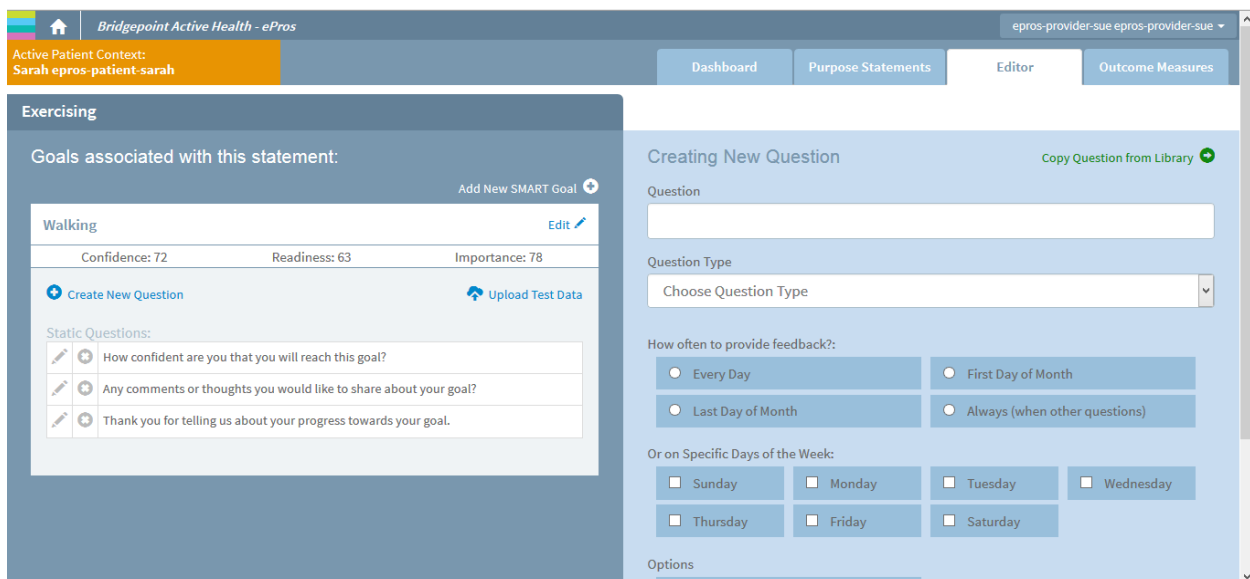


Figure 3.5: Creating customized questions

There are many options available to you in creating your question, and selecting the response style (i.e. multiple choice, open text, sliding bar) and frequency of responding (i.e. daily, bi-weekly).

Below, we will go through an example to demonstrate how you can create a question.

Nolan Alexander has been experiencing a lot of stress which is contributing to his anxiety, and high blood pressure. As his provider, Dr. Walker is concerned, and would like to assist Nolan in reducing his level of stress that is having negative implications on his health. Nolan has agreed that his health goal is to lower his stress.

To create a question:

1. Type in the question you'd like to ask (Figure 3.6)

Dr. Walker has entered "Did you practice yoga or meditation today?"

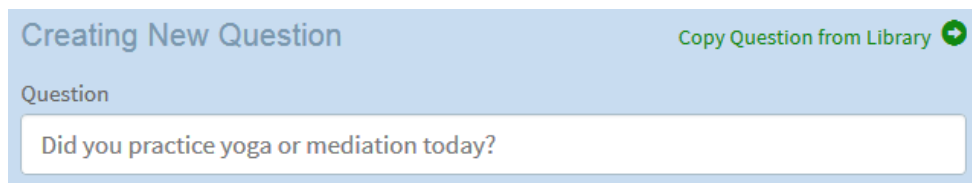


Figure 3.6: Entering in your question

You can also create a message if you would like (i.e. the next set of questions will ask about your pain or don't forget that ½ cup of veggies counts as one serving).

2. Select the question type (Figure 3.7)

Is the question best answered as a multiple choice, an analogue scale, open text to allow the patient to type their answer or through a photograph?

Dr. Walker has decided that he would like Nolan to answer this question as a multiple choice.

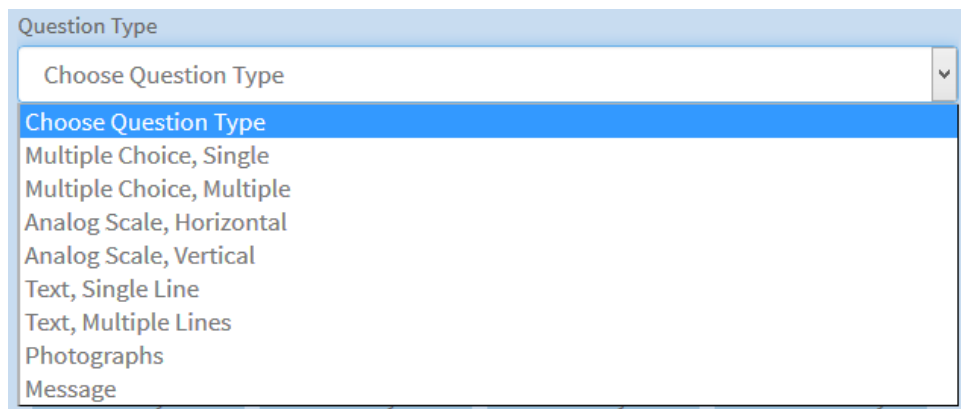


Figure 3.7: Selecting the question type

If you are entering in a message as opposed to a question, click on the option “*Message*” in the question type drop-down menu.

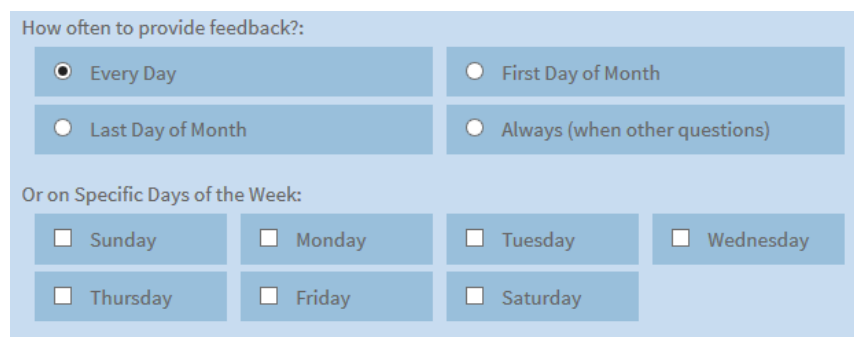
3. Select the response options under the question type that you have selected (Figure 3.8)
Mr. Walker has selected “*List: 1-2, Yes/No*”, as these response options are most applicable to his question.



Question Type	
Multiple Choice, Single	
<input type="radio"/>	List: 2,1,0, Yes / No / Unsure
<input type="radio"/>	List: 4-1, Strongly Agree / Strongly Disagree
<input type="radio"/>	List: 4-1, Extremely Satisfied / Not Satisfied
<input checked="" type="radio"/>	List: 1-2, Yes / No
<input type="radio"/>	List: 4-1, All / None

Figure 3.8: Selecting the response options

4. Select the frequency at which you would like your patient to answer the question (Figure 3.9)
Mr. Walker and Nolan have agreed that responding to this question daily would be most appropriate.



How often to provide feedback?:

☒ Every Day ☐ First Day of Month

☐ Last Day of Month ☐ Always (when other questions)

Or on Specific Days of the Week:

☐ Sunday ☐ Monday ☐ Tuesday ☐ Wednesday

☐ Thursday ☐ Friday ☐ Saturday

Figure 3.9: Selecting the frequency for answering the question

Once completed, you have the choice to save the question/message to your library. The library is your personal collection of questions/messages. To copy the question/message to your library, click on the “*Copy this question to Library*” option located towards the bottom of the screen (Figure 3.10).



Options

☒ Copy this question to Library

Figure 3.10: Selecting the frequency for answering the question

5. Click on “Create question” to create the question or message (Figure 3.11).



Figure 3.11: Confirming the creation of your question

6. Click on “Confirm” when the pop up appears to proceed (Figure 3.12)

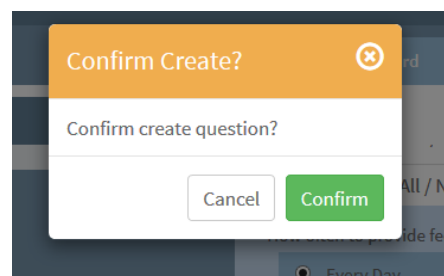


Figure 3.12: Confirming your question

Once you have confirmed you will see the question or message you have created appear on the left hand side of the screen (Figure 3.13).

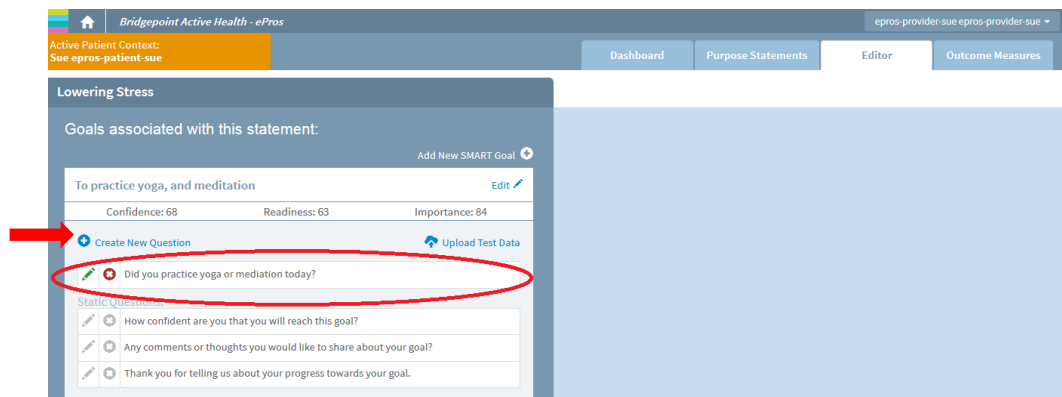


Figure 3.13: Confirmation that question or message has been created

If you would like to create another question or message, follow the same steps, beginning by clicking on the “Create new question” button (shown by the red arrow in Figure 3.13) then follow the above steps. Once you have added all the questions and messages you and your patient would like, your patient’s goal monitoring has been successfully set up and they can begin to track their progress on their goal(s) using the *ePRO Patient Mobile Application*.

If you would like to change the order of the questions you have created for the goal; put your cursor on the question you'd like to move and drag the question so it appears in the order you'd like them to be asked (Figure 3.14).

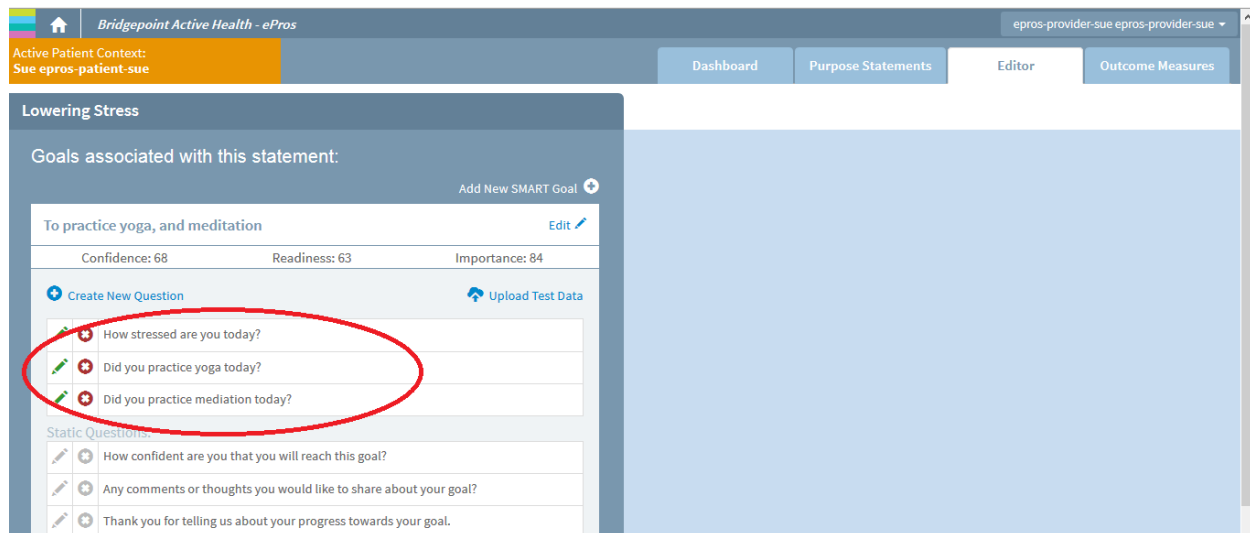


Figure 3.14: Changing the order of the questions

If you would like to set up another goal under the same Purpose Statement click on “*Add new SMART goal*” and follow the steps to create questions for that goal (Figure 3.15).

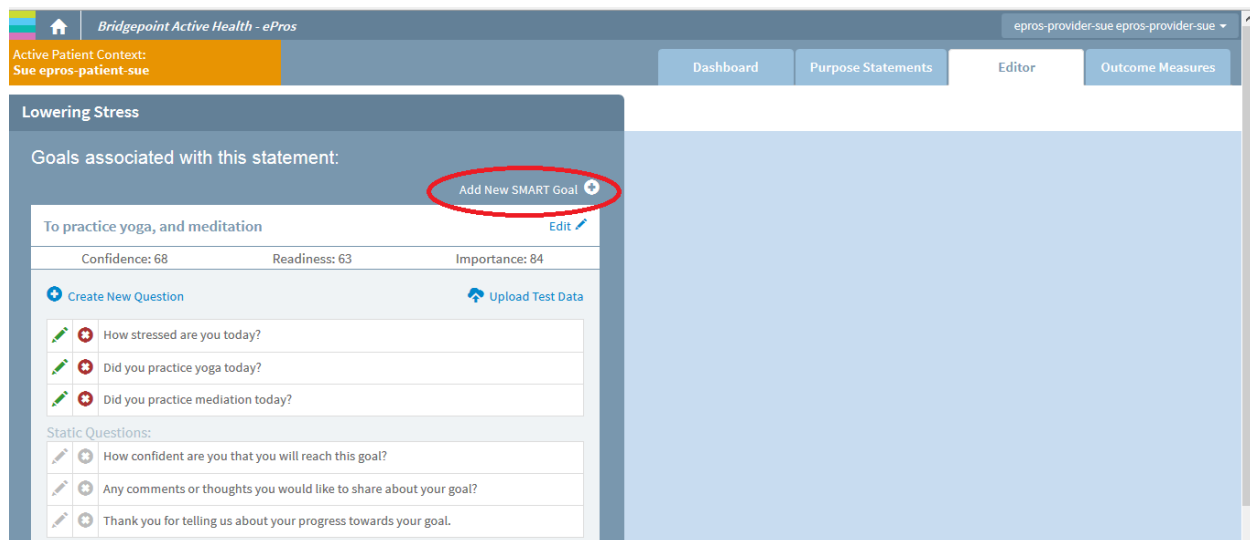


Figure 3.15: Adding another goal under the same Purpose Statement

Using a Question from Your Personal Library

If you already have the question/message you'd like to ask your patient saved to the library, click on the *"Copy question from the library"* option (shown in red) (Figure 3.16) and select the question.

The screenshot shows the Bridgepoint Active Health - ePros interface. The top navigation bar includes a home icon, the text "Bridgepoint Active Health - ePros", and a user dropdown menu showing "epros-provider-sue epros-provider-sue". Below this, a secondary navigation bar has tabs for "Dashboard", "Purpose Statements", "Editor", and "Outcome Measures". The "Editor" tab is active. On the left, a sidebar titled "Exercising" shows "Goals associated with this statement:" for a goal named "Walking". It includes metrics for Confidence (72), Readiness (63), and Importance (78), and buttons for "Add New SMART Goal", "Create New Question", and "Upload Test Data". Below these are "Static Questions" with three entries. The main content area is titled "Creating New Question" and contains a "Question" text field, a "Question Type" dropdown menu, and sections for "How often to provide feedback?" (with radio buttons for "Every Day", "First Day of Month", "Last Day of Month", and "Always (when other questions)") and "Or on Specific Days of the Week" (with checkboxes for "Sunday", "Monday", "Tuesday", "Wednesday", "Thursday", "Friday", and "Saturday"). A red box highlights the "Copy Question from Library" button in the top right corner of the "Creating New Question" section.

Figure 3.16: Using a question from the library

Once you have selected the question, click on *"Copy Selected Question"* (Figure 3.17).

The screenshot shows a "Library Questions" dialog box. It has a title bar with "Library Questions" and a "Close Library" button with a red asterisk icon. Below the title bar, it says "Select a Library Question". There are two radio button options: "How long did you walk today (in km)?" (which is selected) and "Did you practice yoga or meditation today?". At the bottom right, there is a button labeled "Copy Selected Question" which is circled with a red oval.

Figure 3.17: Using a question from the library

Note the question, along with the question type and frequency of responding will be copied.



If you'd like to make any changes to the question, click on the green pencil beside the question (shown in the red circle in Figure 3.18).

Figure 3.18: Editing a question from your library

Adding Outcome Measures

Under the “*Outcome Measures*” tab, you will find a selection of standardized measures that you can have your patients complete (Figure 3.19). To see a full list of all outcome measures available, see Appendix A.

To add an outcome measure, click on the green pencil beside the assessment of choice (shown circled in red).

Figure 3.19: Adding outcome measures

A screen asking you the frequency of responding to the outcome measure will appear, as shown in the red box below (Figure 3.20). Select the frequency of choice and click on “Attach Measure” and then “Confirm” to proceed.

Figure 3.20: Selecting the frequency for Outcome Measures

You will now see that the outcome measure selected has been attached to the patient (the box beside the outcome measure becomes green) (show by the arrow in Figure 3.21). To add another outcome measure, repeat the steps described above.

Figure 3.21: Attached outcome measures



To delete an outcome measure, click on the red circle with the X to the left of the question and follow the on screen prompts.



To modify the frequency of reporting, click on the green pencil and follow the screen prompts

Editing a Goal

To make changes to a goal once it has been set-up, go to the “*Dashboard*” tab, and click on the “*Edit*” button (shown in Figure 3.22 in the red box), under the patient whose goal you’d like to modify.

Bridgepoint Active Health - ePros

Active Patient Context: Sarah epros-patient-sarah

Dashboard Purpose Statements Editor Outcome Measures

Patient Search

Sarah epros-patient-sarah

Exercising Edit

Walking

Provider: epros-provider-sue epros-provider-sue

Most Recent Responses: 2 0 0 0

Full Response Graph: Report

Figure 3.22: Editing a goal

You will now be taken to the “*Editor*” tab, where you can make changes such as:

- Adding/editing/deleting a question
- Adding another SMART goal to the Purpose Statement

If you wish to add another question, click on the “*Create new question*” button and follow the steps described in section **Setting Smart Goal Monitoring**.



To delete a question, click on the red circle with the X to the left of the question and follow the on screen prompts.



To edit a question, click on the green pencil to the left of the question.

4.0 Viewing Patient Goal Monitoring Results

On your “Dashboard”, you will be able to view all of your patients who are currently partaking in goal monitoring that has been set-up by you and their results to the right of the screen.

To the right of the patients name you will see a number of colourful squares. These seven squares represent of the seven most recent responses to the *Goal Attainment Scale* tied to that particular goal (Figure 4.0). The score to each of the responses is indicated on the square itself. To determine the date of the response, simply hover your mouse on top of the score of interest. You will note that a blue colour is neutral, green is positive and red is negative.

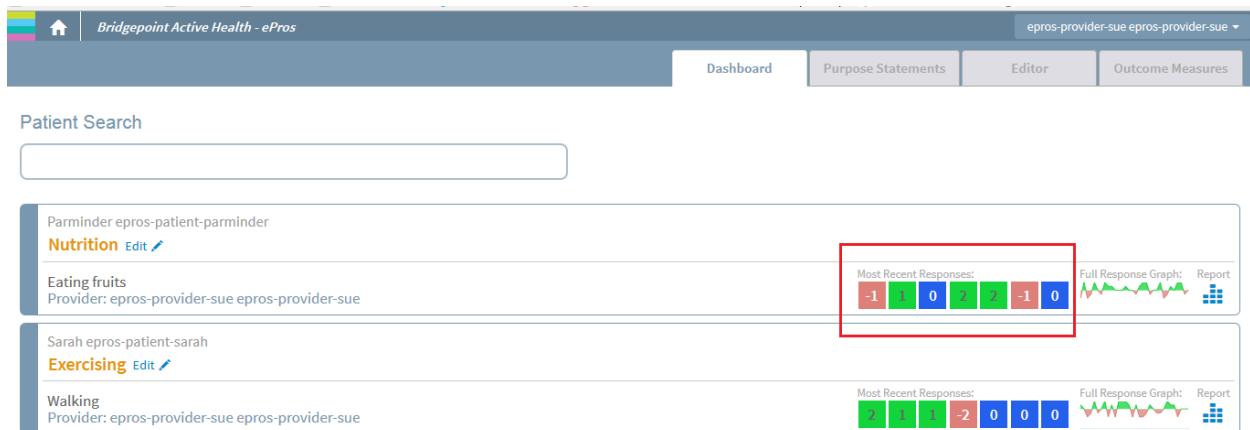


Figure 4.0: Summary of the Goal Attainment Scale for the most recent seven responses

To the right of the seven most recent scores on *the Goal Attainment Scale* is the spark line, which is the *Goal Attainment Scale* from the time the patient began goal monitoring (Figure 4.1). Again, by hovering over the spark line, you can see the date and score of the response.

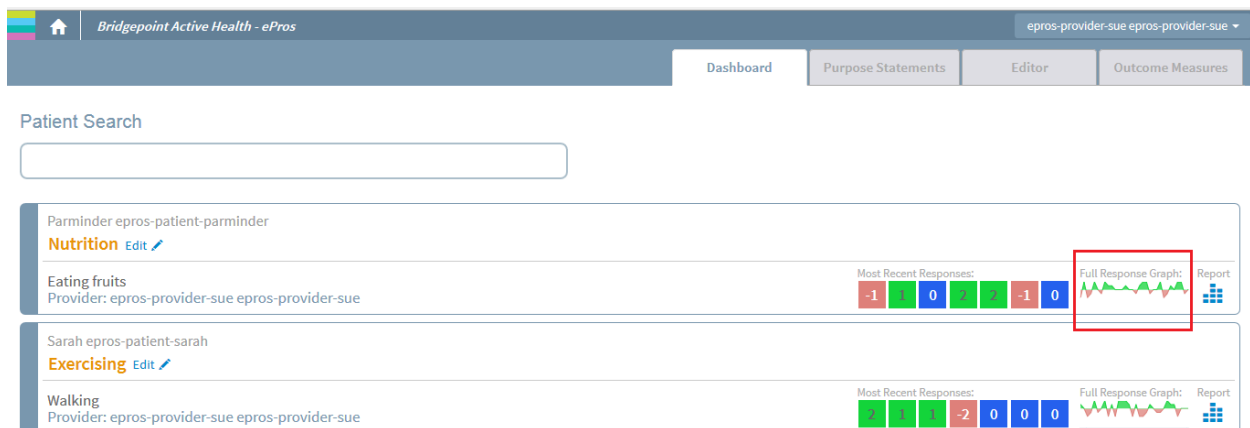


Figure 4.1: Spark line of the Goal Attainment Scale

To view a complete report, simply click on the reporting symbol on the far right (Figure 4.2).

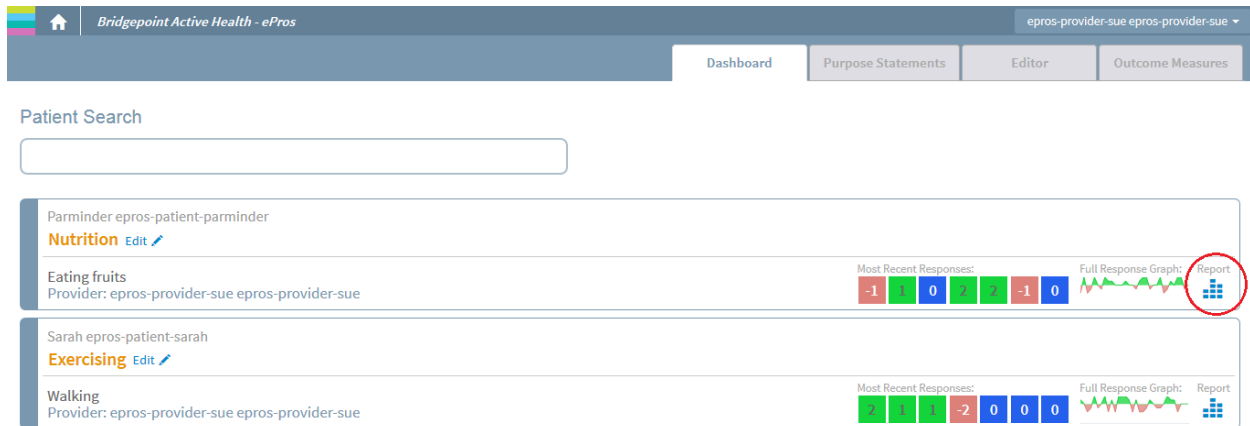


Figure 4.2: The reports symbol

Once you click on the reports symbol, you will be taken to the results page, where you may view the responses to questions in a larger graph format. To view if a patient has provided any additional information or context to their response, hover over the point of interest (i.e. orange circles) on the graph (4.3). A box with the patient's response will appear.

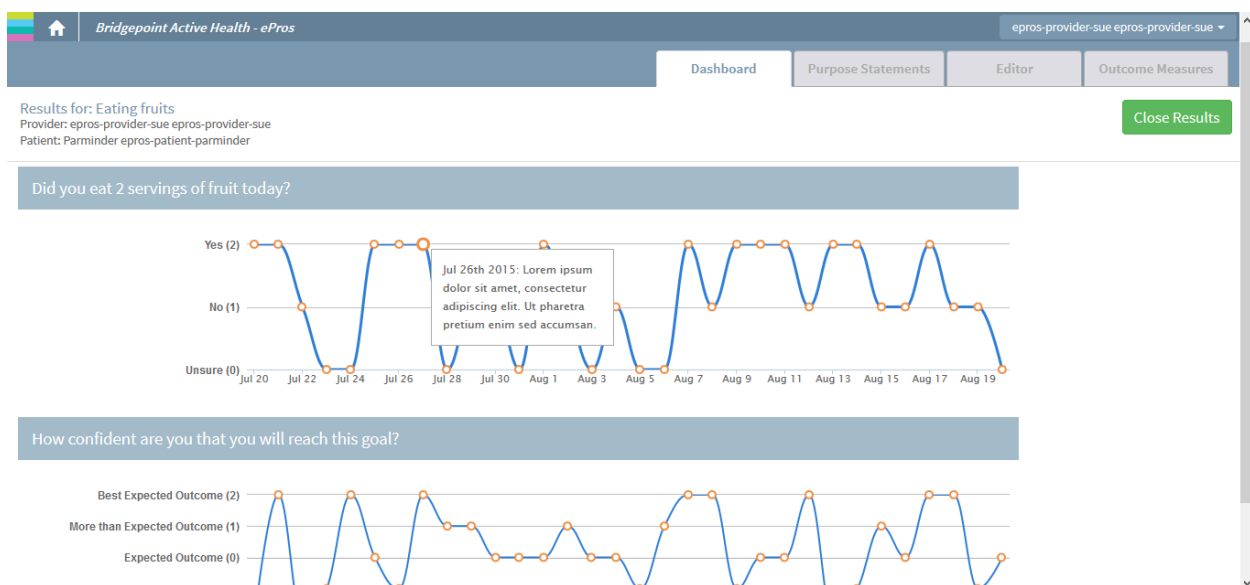


Figure 4.3: Viewing patient results with context

Viewing Patient Outcome Measures

To view the outcome measures results for a patient:

1. Select the patient from the dashboard
2. Click on the “*Edit*” beside the Purpose Statement (shown in the red box in Figure 4.4)
3. Check in the left orange box to confirm the patient’s name is present (shown by the red arrow in Figure 4.4).
4. Click on the “*Outcome Measures*” tab
5. Click on the reports symbol (shown in red circle in Figure 4.5)

Figure 4.4: Opening up a patient’s goal file

Outcome Measure	Status
PROMIS Global Health Scale Provider: epros-provider-sue epros-provider-sue	Attached
PROMIS Pain Interference Scale (Short Form 8a)	Not Attached
PROMIS Health Assessment Questionnaire (HAQ)	Not Attached
Generalized Anxiety Disorder 7-Item (GAD-7) Scale	Not Attached
PROMIS Health Assessment Questionnaire - 9 (PHQ9)	Not Attached

Figure 4.5: Viewing results from the patient’s outcome measures

Alternatively, you can also search for the patient by their name in the “*Patient Search*” box, and you will be taken into their file.

To confirm you are in the correct patient’s file, review the name in the orange box located in the upper left corner. Select the “*Outcome Measures*” tab, and the report icon beside the measure of interest (as shown in Figure 4.5).

APPENDIX A

PROMIS Global Health Scale

		5	4	3	2	1
		Excellent	Very Good	Good	Fair	Poor
[Global01]	In general, would you say your health is ...					
[Global02]	In general, would you say your quality of life is?					
[Global03]	In general, how would you rate your physical health?					
[Global04-A modified]	How would you rate your mood?					
[Global04-B modified]	How would you rate your ability to think?					
[Global05]	In general, how would you rate your satisfaction with your social activities and relationships?					

		5	4	3	2	1
		Completely	Mostly	Moderately	A little	Not at all
[Global 06]	To what extent are you able to carry out your everyday physical activities such as walking, climbing stairs, carrying groceries, or moving a chair?					

[Global07]	In the past 7 days, How would you rate your pain on average?	<div> <div>0</div> <div></div> <div>10</div> </div> <div> <div>No pain</div> <div></div> <div>Worst imaginable pain</div> </div>
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		1	2	3	4	5
		None	Mild	Moderate	Severe	Very severe
[Global08]	In the past 7 days, How would you rate your fatigue on average?					

		5	4	3	2	1
		Excellent	Very Good	Good	Fair	Poor
[PROMIS GHS, Global09 modified]	In general, please rate how well you carry out your usual social activities and roles?					

		1	2	3	4	5
		Never	Rarely	Sometimes	Often	Always
[PROMIS GHS, Global10]	In the past 7 days, How often have you been bothered by emotional problems such as feeling anxious, depressed or irritable?					

PROMIS Pain Interference Scale (Short Form 8a)

		1	2	3	4	5
		Not at all	A little bit	Somewhat	Quite a bit	Very much
[Painin9-1]	How much did pain interfere with your day to day activities?					
[Painin22-2]	How much did pain interfere with work around the home?					
[Painin21-3]	How much did pain interfere with your ability to participate in social activities?					
[Painin2-4]	How much did pain interfere with your enjoyment of life?					
[Painin12-5]	How much did pain interfere with the things you usually do for fun?					
[Painin26-6]	How much did pain interfere with your enjoyment of social activities?					
[Painin24-7]	How much did pain interfere with your household chores?					
[Painin12-8]	How much did pain interfere with your family life?					

PROMIS Health Assessment Questionnaire (HAQ)

	0	1	2	3	4
	Without any difficulty	With a little difficulty	With some difficulty	With much difficulty	Unable to do
Are you able to: Dress yourself, including shoelaces and buttons?					
Are you able to: Shampoo your hair?					
Are you able to: Stand up from an armless straight chair?					
Are you able to: Get in and out of bed?					
Are you able to: Cut your food using eating utensils?					
Are you able to: Lift a full cup or glass to your mouth?					
Are you able to: Open a new milk carton?					
Are you able to: Walk a block on flat ground?					
Are you able to: Climb up five steps?					
Are you able to: Wash and dry your body?					
Are you able to: Take a tub bath?					
Are you able to: Get on and off the toilet?					
Are you able to: Reach and get down a 5 pound object from above your head?					
Are you able to: Bend down to pick up clothing from the floor?					
Are you able to: Open car doors?					
Are you able to: Open previously opened jars?					
Are you able to: Turn faucets on and off?					
Are you able to: Run errands and shop?					
Are you able to: Get in and out of a car?					
Are you able to: Do chores such as vacuuming or yard work?					

		1	2
		No	Yes
Aids/ devices 1	To get around, do you usually need a cane, crutches, walker, wheelchair, or help from another person?		
Aids/ devices 2	To stand up from a sitting position, do you usually need a special chair, a raised toilet seat, or help from another person?		
Aids/ devices 3	To get dressed, do you usually need a buttonhook, zipper pull or other gadget, or help from another person?		
Aids/ devices 4	To reach something, do you usually use long-handled appliances or help from another person?		

		0	1	2	3	4
		Completely	Mostly	Moderately	A little	Not at all
Activities	Your ACTIVITIES: To what extent are you able to carry out your everyday physical activities such as walking, climbing stairs, carrying groceries, or moving a chair?					

	Open Text
Your PAIN: How much pain have you had IN THE PAST WEEK? On a scale of 0 to 100 (where zero represents “no pain” and 100 represents “severe pain”), please record the number below.	
Your HEALTH: Please rate how well you are doing on a scale of 0 to 100 (0 represents “very well” and 100 represents “very poor” health), please record the number below.	

Generalized Anxiety Disorder 7-item (GAD-7) Scale

		0	1	2	3
		Not at all sure	Several days	Over half the days	Nearly every day
1	Over the last 2 weeks, how often have you been bothered by feeling nervous, anxious, or on edge?				
2	Over the last 2 weeks, how often have you been bothered by not being able to stop or control worrying?				
3	Over the last 2 weeks, how often have you been bothered by worrying too much about different things?				
4	Over the last 2 weeks, how often have you been bothered by trouble relaxing?				
5	Over the last 2 weeks, how often have you been bothered by being so restless that it's hard to sit still?				
6	Over the last 2 weeks, how often have you been bothered by becoming easily annoyed or irritable?				
7	Over the last 2 weeks, how often have you been bothered by feeling afraid as if something awful might happen?				

		0	1	2	3
		Not difficult at all	Somewhat difficult	Very difficult	Extremely difficult
8	If you checked off any problems, how difficult have these made it for you to do your work, take care of things at home, or get along with other people?				

Patient Health Questionnaire – 9 (PHQ-9)

		0	1	2	3
		Not at all	Several days	More than half the days	Nearly every day
1	Over the last 2 weeks, how often have you been bothered by little interest or pleasure in doing things?				
2	Over the last 2 weeks, how often have you been bothered by feeling down, depressed, or hopeless?				
3	Over the last 2 weeks, how often have you been bothered by trouble falling or staying asleep, or sleeping too much?				
4	Over the last 2 weeks, how often have you been bothered by feeling tired or having little energy?				
5	Over the last 2 weeks, how often have you been bothered by poor appetite or overeating?				
6	Over the last 2 weeks, how often have you been bothered by feeling bad about yourself — or that you are a failure or have let yourself or your family down?				
7	Over the last 2 weeks, how often have you been bothered by trouble concentrating on things, such as reading the newspaper or watching television?				
8	Over the last 2 weeks, how often have you been bothered by moving or speaking so slowly that other people could have noticed? Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual?				
9	Over the last 2 weeks, how often have you been bothered by thoughts that you would be better off dead or of hurting yourself in some way?				

		0	1	2	3
		Not at all difficult	Somewhat difficult	Very difficult	Extremely Difficult
10	If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?				