

ePRO Exchange

The official newsletter of the ePRO study
January, 2018



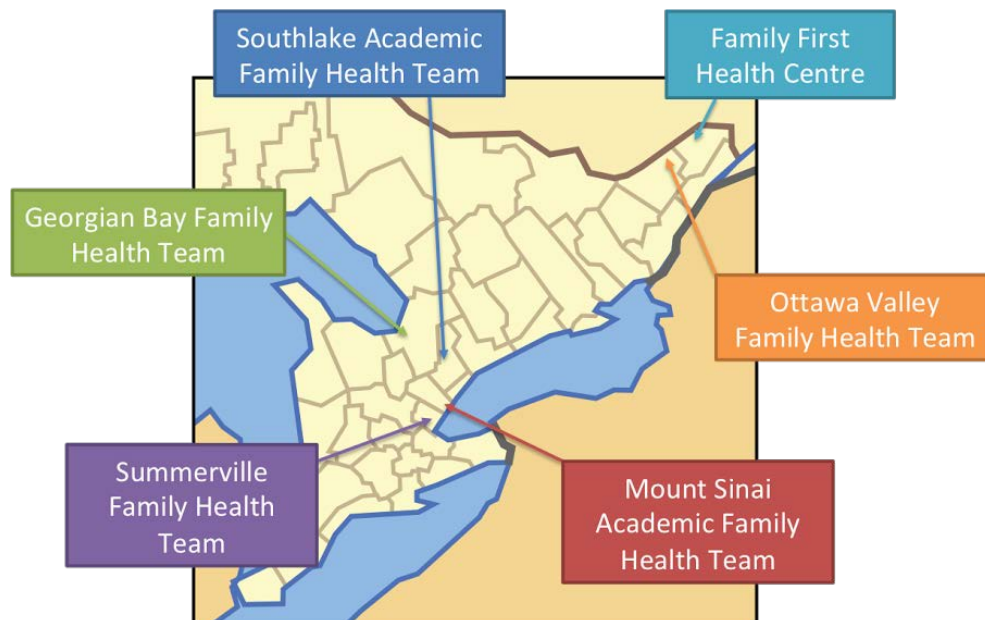
Welcome!

Happy New Year, everyone! It is with great pleasure that we welcome you to the ePRO study. You will be one of over 60 patients and 35 primary care providers from 6 Family Health Teams across Ontario taking part in this exciting research project. The ePRO exchange is our study newsletter that will be sent out monthly, providing you with project updates, patient and provider stories, and fun challenges. The ePRO exchange will also be a way for our participants to share thoughts and experiences with the research team and each other.

Beyond the study we will also be building a community of providers, patients, families, researchers and health system decision makers seeking ways we can use technology to improve care delivery, experience and outcomes. We hope you will join us in building this community.

From all of us on the study team, thank you for joining us. We are grateful for your time, insights and engagement in this study and we can't wait to learn together.

Carolyn Steele Gray, PhD



ePRO study sites

Meet the team



Dr. Carolyn Steele Gray
Principal Investigator



Parminder Hans
Project Coordinator



Tujuanna Austin
Research Assistant



Jason Nie
Research Coordinator



Candis Lepage
Research Assistant

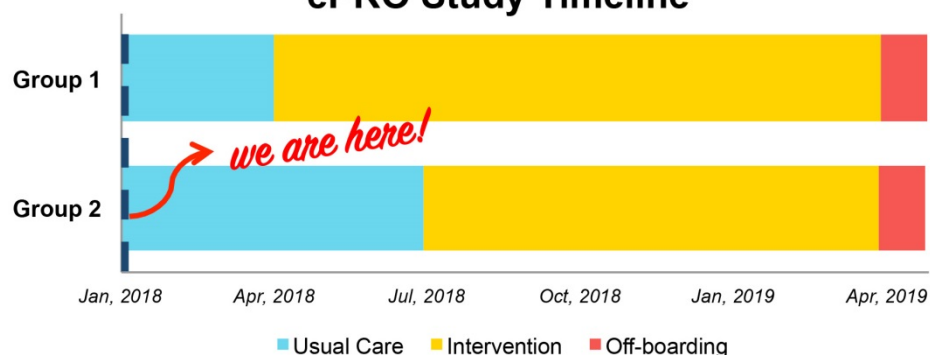
Your participation in the ePRO study will help us to answer our research questions, including:

1. Does ePRO improve patient quality of life, care experience, and self-management in older adults with complex needs?
2. Is ePRO cost-effective for older adults with complex needs from the perspective of the health care system? And
3. What are the most important implementation factors to effectively scale and spread ePRO in primary health care settings?

To address these questions, we will conduct a **pragmatic stepped-wedge randomized trial** with an embedded **case study of implementation** at four sites.

What happens now?

ePRO Study Timeline



The project is now officially underway

"On your mark, get set, GO!" So, what happens now? **Nothing - except for baseline questionnaires!** For the first 3 or 6 months of the study (depending on what group your Family Health Team will be randomized to - see below for more information about randomization), this will be the control period where we establish a baseline measure of you as per your survey responses. For now, everyone is now in the Usual Care period where you proceed as you would normally do.

Over the duration of the study, we will be sending out the same set of surveys every 3 months, which we will use to compare to the baseline and to see if the use of the ePRO mobile app led to any changes over time.

The 5 questionnaires that we ask you to complete at this time are:

1. Assessment of Quality of Life: AQoL-4D
2. Patient Activation Measure
3. Patient Experiences Measures
4. Patient/Caregiver Self-Reported Costs
5. Demographic information (1 time only)

****Please complete the surveys to the best of your ability and as early as possible. If you need any assistance completing the surveys, please do not hesitate to contact us and one of our research coordinators will assist you.**

At the beginning of the study, we asked your preference for receiving the surveys via email or by postal mail. We have sent out the surveys as per your original choice.

If you have chosen the **mail** option, all surveys (pre-labelled with your study ID) are included with this package along with a pre-stamped return envelope. If you have chosen the **e-mail** method, all survey links have been sent to the email address that you have provided us. Along with the surveys, you will be provided with a ID#. When filling out the surveys, please use the ID (in the format of: ##_##) and not your name; this will ensure that the surveys remain anonymous to anyone outside the research team.

If you wish to change your survey method option or have questions completing the surveys, please email us at epro@sinaihealthsystem.ca or call us at 416-461-8252 extension 2884.

We have a website! Check out information about the ePRO tool and learn all about its development and the team. The newsletter, videos and publications are up in the Resources section. Coming up: **ePRO Conversations!** This additional online resource will allow participants to connect and share their thoughts on the tool and working towards goals. While we will also create opportunities for participants to connect in person, this online resource will offer a peer support network for providers and patients.

URL: <https://eproapp.weebly.com/>



Older adults experiencing multiple chronic illnesses are at high risk of hospitalization and health decline. Person-centered goal-oriented care approaches can provide better care for individuals with complex care needs by helping them and their healthcare providers to prioritize competing issues.

The electronic Patient Reported Outcome (ePRO) mobile app and portal offers an innovative approach to creating and monitoring goal-oriented patient-care plans to improve individual self-management and shared decision-making.

The ePRO tool supports goal setting and proactive health monitoring by the individual, caregivers, and health care providers. It was developed with and for older adults with complex care needs as a means to improve their quality of life.

What's next?

Now that we are in month 1 of the study, we will be randomizing each of the 6 participating sites into either Group 1 or Group 2, and we do this by flipping a coin! You will be informed in next month's newsletter which study group your Family Health Team (FHT) - and therefore, you, will belong in.



Talk nerdy to me: The only difference between Group 1 and Group 2 is the length of the control period (either 3 months or 6 months long, for which you will be in your regular routine care) and the length of the intervention period (either 12 or 9 months where you and your healthcare provider use the ePRO app). This study methodology is called the pragmatic stepped wedge cluster randomised trial (say that 3 times fast!) where every participant provides data before and after the ePRO intervention, and everyone switches from usual care (control) to having the ePRO app (intervention), but not at the same point in time.



Once again, thank you very much from the ePRO team. We look forward to working with you. Next issue of the ePRO exchange will be February, 2018.

Visit our website at: <https://eproapp.weebly.com/>
Contact us at: epro@sinaihealthsystem.ca or 416-461-8252 extension 2884