PROMs in clinical diabetes practice
Routine assessment of Patient-Reported Outcome Measures (PROMs) in the DiaPROM trial.

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Background
Routine assessment of diabetes-related distress and psychological well-being is recommended in clinical diabetes practice. Patient-Reported Outcome Measures (PROMs) are considered beneficial and feasible for assessing emotional problems, but details on how to capture such self-report data electronically is limited.

Objectives
1) Investigate willingness to complete PROMs on a touchscreen computer in the outpatient clinics' waiting area.
2) Estimate the proportion of participants with elevated PROMs scores in need of additional follow-up.
3) Examine the association between diabetes-related distress and psychological well-being.

Methods
149 adults (18-74 years) with type 1 diabetes (T1D) completed PROMs electronically at Haukeland University Hospital. The data was transferred to the electronic patient records:

- The Problem Areas in Diabetes Scale (PAID) maps diabetes-related distress (20 items). Scores ≥30 or minimum one item scored ≥3 qualify for extra follow-up. ≥40 suggest serious distress.
- The WHO-5 Well-being Index (WHO-5) measures psychological well-being (5 items). Scores ≤50 indicate suboptimal well-being and ≤28 suggest depression.

Results

Aim 1: Willingness to complete PROMs on a touchscreen computer in 143 adults with T1D (%):

Aim 3: The association between PAID and WHO-5 scores in 148 adults with T1D is moderate.

Conclusion
Using PROMs may help clinicians to identify emotional problems and become aware of diabetes-related challenges, and then again to facilitate targeted follow-up for adults with elevated scale scores.

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