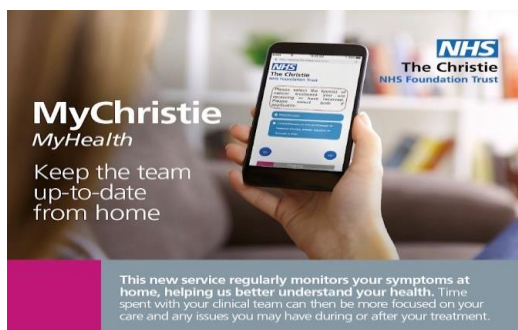


Colorectal ePROMS: An electronic patient reported outcome measures tool for monitoring and improving quality of life

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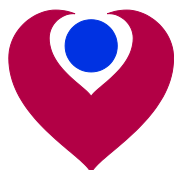
This new service regularly monitors your symptoms at home, helping us better understand your health. Time spent with your clinical team can then be more focused on your care and any issues you may have during or after your treatment.

Introduction

An ePROM is a questionnaire completed by the patient at home, prior to their consultation. It gives insight into their physical and mental health, their symptoms (short/long term, treatment/disease related), functional ability and quality of life. It is an opportunity to answer questions on their current health in their own time and signposts them to seek help at an earlier stage. During the consultation, it allows the medical professional to focus on main issues. It provides recorded data to improve patient outcomes during treatment and survivorship.

Method

ePROMS was rolled out in the peritoneal tumour service in January 2020 and is now in routine use, with successful outcomes and positive patient feedback. We wanted to replicate this for colorectal cancer patients, with the addition of the standardised CR29 colorectal quality of life questionnaire to ensure we are in line with National data. The questionnaire is completed at home using an online application. Answers are colour co-ordinated with a key providing patients with advice if they are having problems, which they should seek help for. The results are accessed by clinicians via individual patient records stored electronically.



Results

The colorectal ePROM was successfully piloted in a consultant clinic in November 2023. ePROMS has empowered patients to inform the clinicians of sensitive issues they may not have mentioned previously. Common themes have resulted in changing our practice, positively impacting patient care. Roll out to all clinics took place January 2024.

Do you have a parastomal hernia (a bulge or swelling under the skin around your stoma)?

No

Yes but I am still able to do my routine activities (for example light housework, deskwork or shopping)

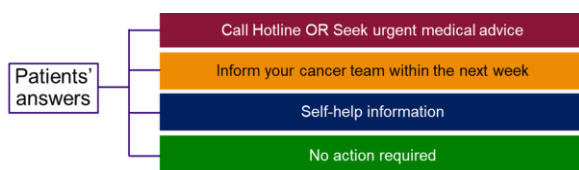
Yes and it limits me doing my routine activities (for example light housework, deskwork or shopping)

Yes and it limits me caring for myself (for example washing or dressing)

Yes and as a result I cannot leave the house

If you have persistent severe pain, your bowels have stopped working and/or are vomiting, this is an emergency situation and you should attend your local A&E

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Conclusion

ePROMS is an integral part of excellent clinical care which, is convenient and advantageous for both patients and clinicians. We look forward to the quality-of-life data we will receive in the future, to assist in improving patient care and survivorship.

"Makes you sit and think about things prior to the consultation, without being put on the spot"
C Smith

"Rather than being asked the questions in the clinic, it gives you chance to think about it. The questionnaire will then prompt what I would like to focus on in the clinic setting"
P Chadwick