

# MEASURING AND VALUING HEALTH

## Background

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The University of Sheffield, a highly renowned institution, offers a diverse selection of courses from leading universities and cultural institutions from around the world.

This presentation aims to resume the main contents of one of the available on-line courses provided by the University of Sheffield, taken by the speakers, entitled “**Measuring and valuing health**”. This course introduces health outcomes and explains how they can be measured and valued, to make more informed decisions about where to spend our limited healthcare budgets.

## Patient-Reported Outcomes Measures (PROMs)

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Patient-reported outcomes (PROs) or Patient-Reported Outcome Measures (PROMs) are reports coming directly from patients about how they feel or function in relation to a health condition and its therapy without interpretation by healthcare professionals or anyone else.

PROs can relate to symptoms, signs, functional status, perceptions, or other aspects such as convenience and tolerability.

Items reflecting the concepts included in a PRO questionnaire are elicited from the target population; patient involvement in questionnaire generation is essential for content validity.

PROs are not only important when more objective measures of disease outcome are not available but also to represent what is most important to patients about a condition and its treatment. PROs can be continuous or categorical. Techniques are available to pool both kinds of measures. (1)

We are going to see how PROMs or Patient Reported Outcome Measures can help us to understand the impact of a healthcare intervention or treatment on a patient’s quality of life. But can they also help us to make decisions about where to spend money in healthcare? We will be discussing their limitations and introducing the QALY or Quality Adjusted Life Year, a measure of disease burden which is used around the world to support healthcare decision-making. We will look at the EuroQol-5D (EQ-5D), the most commonly used measure in economic evaluation and recommended by decision-making bodies around the world. We will also take a look at two utility measures developed

at the University of Sheffield; the SF-6D which was developed using a selection of items from a generic PROM, the SF-36, and the Child Health Utility-9D (CHU-9D), a measure that was specifically developed for use with children. We will be discussing one of the biggest issues in valuing health; whose values should we use? The general population, healthcare professionals and policy makers will all value health states differently. (2)

#### References:

1. Donald L Patrick, Gordon H Guyatt and Catherine Acquadro on behalf of the Cochrane Patient Reported Outcomes Methods Group
2. Measuring and Valuing Health. University of Sheffield.  
<https://www.futurelearn.com/courses/categories>