

Do Patients Need Routine Follow-up? Using Patient-Reported Outcomes (PROs) to Limit Unnecessary Clinic Visits

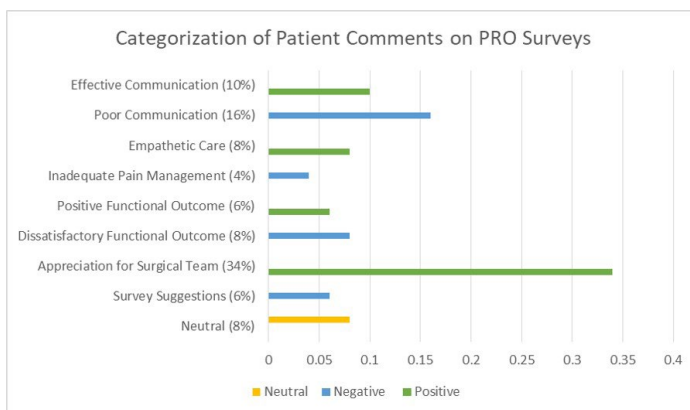
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Purpose: Traumatic injuries are costly to patients and society. Following the acute treatment phase, many patients lack the means for long-term follow-up. Utilizing electronic out-of-office patient-reported outcomes (ePROs), providers can gauge patient progress, thus providing the means to optimize the number of follow-up clinic visits while maintaining the quality of care.

Methods: 103 operatively treated ankle fractures were included. ePRO data were regularly collected at intervals of 6 weeks, 12 weeks, 6 months, and 1 year for the Foot and Ankle Ability Measure (FAAM) and Patient-Reported Outcomes Measurement Information System Global-10 (PROMIS-10). Patient-reported satisfaction was queried separately on a Likert scale. The recovery curves for FAAM and PROMIS were plotted to visualize the longitudinal patient progression. Average patient self-reported satisfaction was determined for each colored area.

Results: Patients requiring high attention were between the 5th and 25th percentile, urgent need for follow-up, designated in red. Patients requiring moderate attention, encouraged need for follow-up, were between the 26th and 50th percentile, designated in yellow. Patients requiring low attention, limited need for follow-up, were between the 51st and 95th percentile, designated in green. Patients in the green area reported satisfaction rates of 88% for FAAM and 93% for PROMIS. Patients in the yellow area reported satisfaction rates of 51% for FAAM and 50% for PROMIS. Patients in the red area reported satisfaction rates of 23% for FAAM and 14% for PROMIS.

Conclusion: PROs are the gold standard in evaluating the longitudinal outcomes of patient care. This study proposes an innovative way to monitor patients with ePROs and limit the need for clinic follow-up. This system could improve access to care, decrease total cost of care, and result in more convenient care for patients.



The FDA has stated that it is the responsibility of the physician to determine the FDA clearance status of each drug or medical device he or she wishes to use in clinical practice.