# The ASK & MEASURE system

**Utilising Patient-Reported Outcome Measures (PROMs) to help achieve Healthy Living with HIV***

**ZOOM OUT:** Overall QoL assessment

**START**
with overall Quality of Life (QoL) measure on first/next visit
**Recommendation: WHO-QoL HIV BREF**

**ASK**
based on the results of the overall QoL measure, which of the following domains are perceived as important for the patient?

**ZOOM IN:** Detailed assessment of factors that influence QoL

## Physical health

| QoL factor | Recommended PROM† |
|---|---|
| **Substance use** | **TICS** (Two-Item Conjoint Screen for Alcohol and Other Drug Problems)<br>**5A rule** for smoking cessation |
| **Frailty & resilience** | **PFFS** (Pictorial Fit-Frail Scale) |
| **Energy loss** | **FFS** (Fatigue Severity Scale) |
| **Sleep disorders** | **ISI** (Insomnia Severity Index) |

## Psychological health

| QoL factor | Recommended PROM† |
|---|---|
| **Anxiety & depression** | **HADS** (Hospital Anxiety & Depression Scale) |
| **Frailty & resilience** | **3 Screening Questions** from EACS Guidelines |

**MEASURE**
**the factors that may be affecting QoL**
(1-2 measures per visit)

## Relationships

| QoL factor | Recommended PROM† |
|---|---|
| **Sexual function** | **IIEF-5** (International Index of Erectile Dysfunction)<br>**FSFI** (Female Sexual Function Index) |
| **Sexual desire** | **SDI-2** (Sexual Desire Inventory 2)<br>**FSFI** (Female Sexual Function Index) |

## Environment

| QoL factor | Recommended PROM† |
|---|---|
| **Stigma** | **HSS** (Berger HIV Stigma Scale) |

**Feedback & discuss**
Agree factors to prioritise with patient + discuss appropriate interventions

**CONTINOUS ASK & MEASURE LOOP RECOMMENDED** to monitor effectiveness of chosen interventions to improve QoL

* This is a supplementary material based on the full publication from the Moving Fourth Steering Committee entitled 'Ask & Measure: A Practical Step towards Healthy Living with HIV.' As such, this material is meant to be used in conjunction with the content given within the full publication. Please refer to the full publication for more detail around the principles used in this proposed Ask & Measure System. †These recommendations are made as part of the Steering Committee's aim to provide practical guidance for the Ask & Measure System. PROMs were chosen from an audit of existing PROMs available in the public domain, as well as PROMs known to the Steering Committee Members based on their own clinical experience. As part of the recommendation selection process, PROMs were assessed and scored against three key criteria – Ease of Use, Validation and Availability. As with all research and review processes, while every effort was made to include all PROMs available under each factor, PROMs that are not widely used and not readily available may have been excluded in the process.

**Job code:** CP-175689 **Date of Preparation:** August 2020