

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) 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) FSFI (Female Sexual Function Index)
Sexual desire	SDI-2 (Sexual Desire Inventory 2) FSFI (Female Sexual Function Index)

Environment	
QoL factor	Recommended PROM [†]
Stigma	HSS (Berger HIV Stigma Scale)

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

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

* 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.