



Value-Based Health Care and Patient Reported Outcome Measures (PROMs)

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What does “Value-Based Health Care” mean?

Value-Based Health Care means that doctors and hospitals focus on helping patients achieve the best possible health results, not just performing more tests or procedures. The goal is better health outcomes for you, at a reasonable cost.

What are PROMs?

PROMs (Patient-Reported Outcome Measures) are short surveys or questionnaires where you report your own health condition — like pain levels, sleep, ability to work, or emotional well-being — before or after treatment. PROMs give your care team a clear view of how you feel and function.

Why are Patient Reported Outcome Measures (PROMs) important for your care?

PROMs help doctors understand if treatments are really improving your quality of life, not just your lab results. They bring your voice into your care and track progress over time.

When do you usually fill out Patient Reported Outcome Measures (PROMs)?

PROMs are often filled out before and after surgery or treatment to measure change. Some clinics also use them during regular checkups. This helps compare your health status over time.

Are Patient Reported Outcome Measures (PROMs) used only for physical health?

No! PROMs are also used in mental health, like tracking anxiety, depression, or sleep issues. They support whole-person care by covering both body and mind.

How does Value-Based Care benefit you as a patient?

You get more personalized care that focuses on what matters to you — like being pain-free, returning to work, or playing with your kids — not just treating a disease. It aims to improve your life, not just your diagnosis.

Is this new approach used in our country?

Yes! Many hospitals are starting to adopt Value-Based Health Care and Patient Reported Outcome Measures (PROMs), supported by digital tools and national health programs. Some clinics now give real-time feedback from PROMs to doctors.

Can my Patient Reported Outcome Measures (PROMs) data help improve care for others?

Absolutely. When many patients share PROMs data (safely and anonymously), health systems can learn what treatments really work best. This improves care for future patients like you.

What can you do?

- Fill out Patient Reported Outcome Measures (PROMs) honestly and regularly.
- Ask your doctor how your care fits into value-based care.
- Be part of the change toward more patient-centered health care.

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