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OUTCOME MEASURES

What are Outcome Measures?

Outcome measures are all the possible measurements of results that may stem from exposure to a causal factor, or from preventive or therapeutic interventions.

All identified measurements of changes in health status arising as a consequence of the handling of a health problem

Types of Outcome Measures

Subjective

- Self-perceived pain
- Physical disability
- Psychological well-being
- Depression
- Mental status (dementia)

Objective

- X-ray
- MRI
- Body mass index
- Weight
- Blood pressure
- White blood cell count

Types of Outcome Measures

Qualitative

- Anything that can be described in words (usually in quotes)
- Examples
    - "I have not been able to sleep through the night in years!"
    - "I didn't know that back pain was also related to my fatigue."

Quantitative

- Anything that can be described in numbers (subjective or objective)
- Examples
    - Lab results
    - Height/weight
    - Pain levels on VAS

⬧ Quality of life on SF36

Which Outcome Measures should be used?

⬧ Look at which measures are consistently used in the literature
⬧ Read articles on new outcome measures
  ⬧ Reliability
  ⬧ Validity

Validity and Reliability of Outcome Measures

⬧ Need to do conduct literature search to determine the reliability and validity of the outcome measures used.
⬧ If you find that instruments used are not reliable or valid (or not enough literature) then that needs to be commented on in the discussion section.