

Chronic Pain Screening Guide to PROMIS25+ (paediatric SCI, self-report and proxy versions)

PROMIS¹ is the patient reported outcome measure used by health services in NSW. This measure, used in the NSW BIRP community settings, was identified as a convenient and appropriate screening tool for monitoring the level of interference of pain for people with a brain injury. The tool has a fixed number of items from eight PROMIS domains including physical function, depression and anxiety, participation, sleep, fatigue and pain.

There are several PROMIS profile instruments for different ages and settings. For children and young people from around 8 years to 16 years, the PROMIS 25+ is used. For children from 5 years of age, the *Parent Proxy* version may be used (same scoring, but remember that the prompts will be about their child). **For children with SCI, omit the mobility set.**

Why use it?

- Formalises the patient's own perceptions
- Measure change from person's perspective
- Helps prioritise rehab goals
- Identifies domains where the person would benefit from additional support or referral

How do you prepare to use the instrument before you talk to the person?

- Familiarise yourself with the survey form that you will use.
- They may complete by themselves by marking the form, or you can assist them by reading the questions/prompts to them (the following page). Their response, or the proxy person completing, needs to be recorded.
- Understand how to record and score the person's responses.
- The person may have also completed the questionnaire at another time. That doesn't matter. It is about how the person is thinking now.

How to administer:

- Introduce the concept to the person eg. *"I'd like you to complete this questionnaire so that I can understand more about how you feel you are going/recovering"*. You can provide more information.
- Let them know there are several questions about them.
- Give them a paper version to complete themselves, or for someone to help them complete if needed.
- You can use the framing prompts for each section if they need you to also read the questions to them
- Let them know that you will talk to them about their answers after you've [scored their answers/talked to the team and] worked out what areas (domains) might be a priority

Scoring:

- Add the scores together for each domain.
- Transcribe the responses to the Score Sheet.
- Match the raw score to the clinical flags
- Identify the pathway on the flow chart.
- Discuss proposed pathway with person/family and team
- Refer as appropriate

¹ PROMIS® (Patient-Reported Outcomes Measurement Information System).

Please respond to each question or statement by choosing one answer per row. If you are using the proxy version with the parent/carer, the responses are recoded the same way and their questions refer to “your child”.

These questions are just about how it’s been for you (or “your child” if Proxy version is used) in the last week.

Domain	PROMIS 25+ CLINICIAN SHEET	Scoring sets					
² These first questions are about how difficult you have found these tasks in the past week.		With no trouble	With a little trouble	With some trouble	With a lot of trouble	Unable to do	RAW SCORE TOTALS
Mobility	1. I could do sports and exercise that other kids his/her age could do	5	4	3	2	1	
	2. I could get up from the floor	5	4	3	2	1	
	3. I could walk up stairs without holding on to anything	5	4	3	2	1	
	4. I have been physically able to do the activities I enjoy most	5	4	3	2	1	
The next few questions are about how hard these things have been in the past week.		Never	Almost never	Sometimes	Often	Almost always	RAW SCORE TOTALS
Peer relationships	5. I felt accepted by other kids my age	1	2	3	4	5	
	6. I was able to count on my friends	1	2	3	4	5	
	7. My friends and I helped each other out	1	2	3	4	5	
	8. Other kids wanted to be my friend	1	2	3	4	5	
These questions are about how often you might feel this way.		Never	Almost never	Sometimes	Often	Almost always	RAW SCORE TOTALS
Anxiety	9. I felt like something awful might happen ...	1	2	3	4	5	
	10. I felt nervous	1	2	3	4	5	
	11. I felt worried ...	1	2	3	4	5	
	12. I worried when I was at home	1	2	3	4	5	
Depression	13. I felt everything in my life went wrong	1	2	3	4	5	
	14. I felt lonely	1	2	3	4	5	
	15. I felt sad	1	2	3	4	5	
	16. It was hard for me to have fun	1	2	3	4	5	
The next questions are about how much you feel like this:		Never	Almost never	Sometimes	Often	Almost always	RAW SCORE TOTALS
Fatigue	17. Being tired made it hard for me to keep up with my schoolwork	1	2	3	4	5	
	18. I got tired easily	1	2	3	4	5	
	19. I was too tired to do sports or exercise	1	2	3	4	5	
	20. I was too tired to enjoy the things I like to do	1	2	3	4	5	

² These prompts are not part of standardised testing, but are suggested to help frame the patients mind-set for each set of items.

<i>Just wondering how good or bad your general sleep has been this week:</i>		Never	Almost never	Sometimes	Almost always	Always	RAW SCORE TOTALS					
Sleep Disturbance	21. I had difficulty falling asleep	1	2	3	4	5						
	22. I slept through the night	5	4	3	2	1						
	23. I had trouble sleeping	1	2	3	4	5						
	24. I had a problem with my sleep	1	2	3	4	5						
<i>The next questions are about any pain you have had in the past week.</i>		Never	Almost never	Sometimes	Often	Almost always	RAW SCORE TOTALS					
Pain Interference	25. I had trouble sleeping when I had pain	1	2	3	4	5						
	26. It was hard for me to pay attention when I had pain	1	2	3	4	5						
	27. It was hard for me to run when I had pain	1	2	3	4	5						
	28. It was hard for me to walk one block when I had pain	1	2	3	4	5						
<i>The last question is about how bad your pain has been</i>		Where 0 is no pain.....to.....worst possible pain										
Pain Intensity	29. In the past 7 days, how would you rate your pain on average? (10 point scale)	0	1	2	3	4	5	6	7	8	9	

References:

All scoring Manuals:

https://www.healthmeasures.net/index.php?option=com_content&view=article&id=180&Itemid=994

Paediatric Profiles Scoring Manual (2020):

https://www.healthmeasures.net/images/PROMIS/manuals/PROMIS_Pediatric_and_Proxy_Profile_Scoring_Manual.pdf

Article:

Kisala, P., Boulton, A., Cohen, M., Slavin, M., Jette, A., Charlifue, S., Hanks, R., Mulcahey, MJ., Cella, D., Tulskey, D., Interviewer- vs. Self-administration of PROMIS Measures for Adults with Traumatic Injury. Health Psychol. 2019 May; 38(5): 435–444. doi:10.1037/hea0000685

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6506178/>

Scoring and Interpreting. PROMIS25+

Enter the person’s raw domain score total, then circle the range that represents the person’s score.

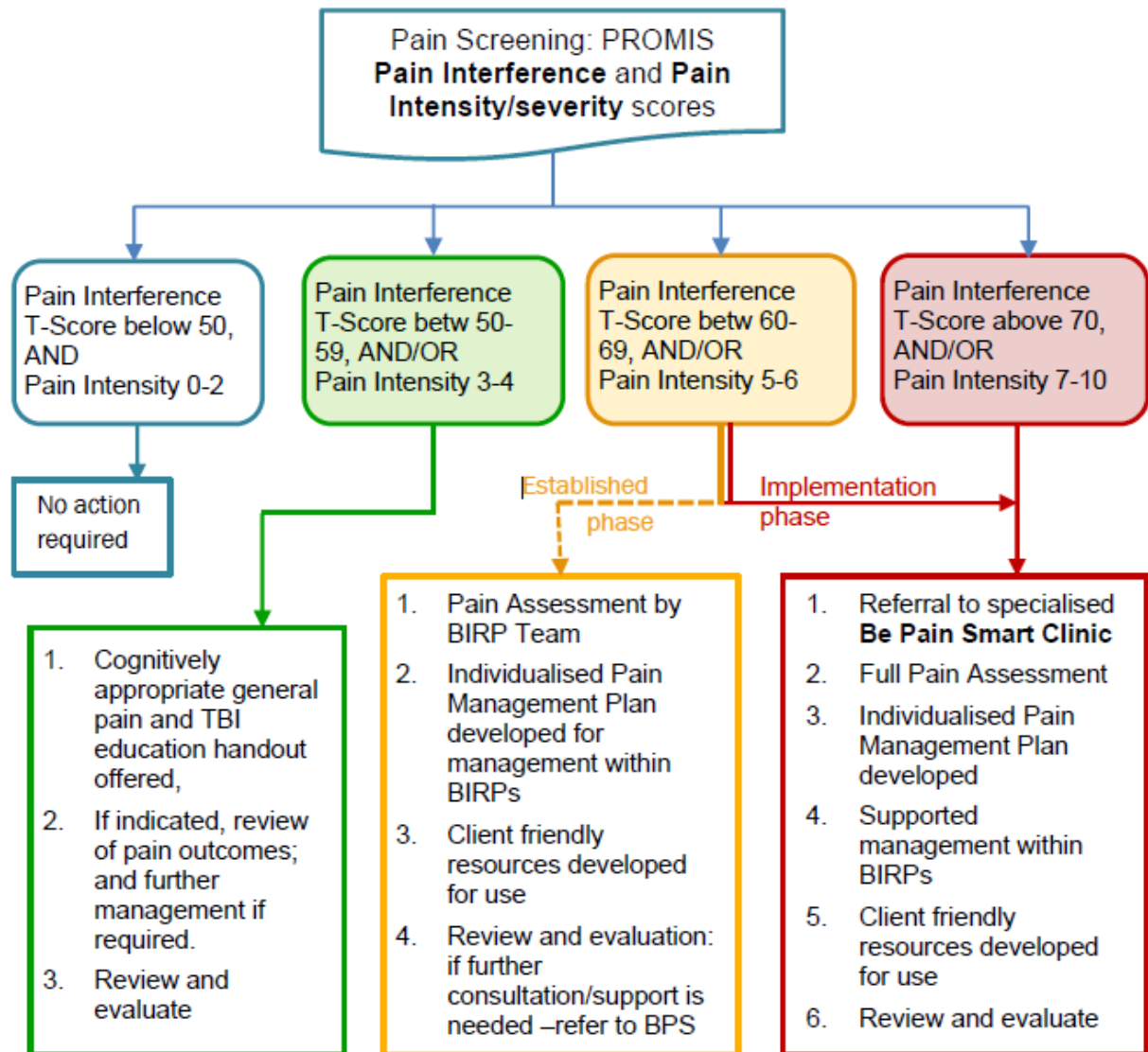
Record the person’s Name:		Date:			
Your name:		Proxy: yes/no who?			
Domain	Persons Domain Score Total	Acceptable/ mild	Moderate concern	Significant concern	ACTION?
1. Mobility		16-20	9-15	4-8	
2. Peer relationships		13-20	8-12	4-7	
3. Anxiety		4-12	13-16	17-20	
4. Depression		4-11	12-16	17-20	
5. Fatigue		4-12	13-17	18-20	
6. Sleep Disturbance		4-10	11-16	17-20	
7. Pain Interference		4-13	14-18	19-20	
8. Pain Intensity		0-4 ³	5-6	7-10	

The raw score total for a domain is converted to T-score. This correlates to a range designating Standard Deviations. The table above has accounted for the tabled raw scores, means, T-scores and Standard Deviations. This clinical decision tool has identified scores below 1 SD above the mean do not represent a problem for the person, or perhaps a mild concern. Between 1 and 2 SD reflect a MODERATE concern or interference in day to day function. Scores worse than 2SD beyond the mean score are considered to be significant.

CLINICAL DECISION TOOL COLOUR CODES	RECOMMENDED ACTIONS	
	Domains: 1-7	8. Pain Interference, and 9. Pain Intensity
Nil, or mild concern	<i>No action required</i>	<i>Support and information</i>
Moderate concern	<i>Monitor, provide information if required</i>	<i>Assessment, individualised plan, resources. Refer as noted on Pathway.</i>
Significant concern	<i>Intervention or referral required</i>	<i>Referral to Be Pain Smart Clinic, support management plan</i>

³ Check pathway criteria as there are different requirements for phases 1 and 2.

Pain Project BIRP Pathways



- Feedback and review loops if pain or management changes
- If an initial phase of treatment within the BIRP is unsuccessful the patient can then be referred to the specialised Be Pain Smart Clinic.

APPENDIX: reference tables from **PROMIS Paediatric and Proxy Profile Scoring Manual**

PROMIS Pediatric – 25 v2.0 scoring tables

Anxiety 4b <i>Short Form Conversion Table</i>			Depressive Symptoms 4b <i>Short Form Conversion Table</i>			Fatigue 4a <i>Short Form Conversion Table</i>			Mobility 4a <i>Short Form Conversion Table</i>		
Raw Score	T-score	SE*	Raw Score	T-score	SE*	Raw Score	T-score	SE*	Raw Score	T-score	SE*
4	35.6	6.4	4	37.7	6.4	4	35.4	6.5	4	20.1	4.4
5	40.9	5.6	5	43.5	5.2	5	40.6	5.6	5	23.1	4
6	44.1	5.4	6	46.8	5	6	44.1	5.4	6	25.1	3.9
7	47.2	5.2	7	49.8	4.6	7	47.2	5.2	7	26.9	3.9
8	49.9	5.1	8	52.3	4.5	8	49.8	5.1	8	28.4	3.8
9	52.4	5	9	54.6	4.4	9	52.2	5	9	30	3.8
10	54.8	5	10	56.7	4.4	10	54.4	5	10	31.5	3.8
11	57.2	5	11	58.8	4.3	11	56.5	4.9	11	32.9	3.8
12	59.5	5	12	60.7	4.3	12	56.6	4.9	12	34.4	3.8
13	61.8	5	13	62.6	4.3	13	60.6	4.9	13	35.9	3.8
14	64	5.1	14	64.6	4.3	14	62.6	4.9	14	37.6	3.9
15	66.3	5.1	15	66.6	4.3	15	64.7	4.9	15	39.3	4.1
16	68.7	5.1	16	68.6	4.3	16	66.9	4.9	16	41.2	4.4
17	71.1	5.1	17	70.7	4.4	17	69.1	4.9	17	42.9	4.2
18	73.7	5.2	18	73	4.5	18	71.5	5	18	45.5	4.4
19	76.3	5.1	19	75.4	4.5	19	74.1	5	19	48.9	4.7
20	79.5	5.1	20	78.7	4.8	20	77.6	5.2	20	57.1	7

*SE = Standard Error

Pain Interference 4a <i>Short Form Conversion Table</i>		
Raw Score	T-Score	SE*
4	36.7	6.1
5	42	4.9
6	44.4	4.6
7	47.2	4.4
8	49.3	4.3
9	51.3	4.1
10	53.2	4.1
11	55	4
12	56.7	4
13	58.4	4
14	60.1	4
15	61.8	4
16	63.6	4.1
17	65.5	4.1
18	67.7	4.2
19	70	4.3
20	74	4.9

*SE = Standard Error on T-score

Peer Relationships 4a <i>Short Form Conversion Table</i>		
Raw Score	T-Score	SE*
4	23	5.1
5	25.7	4.7
6	27.7	4.7
7	29.8	4.5
8	31.7	4.5
9	33.6	4.4
10	35.4	4.4
11	37.2	4.4
12	38.9	4.4
13	40.7	4.4
14	42.6	4.5
15	44.5	4.6
16	46.7	4.8
17	48.9	4.7
18	51.9	5.1
19	55.3	5.4
20	61.1	6.6

*SE = Standard Error on T-score

Pediatric v1.0 - Sleep Disturbance 4a <i>Short Form Conversion Table</i>			
Raw Summed Score	T Score	SE*	Theta Score
4	38.8	6	-1.12
5	45.4	4	-0.46
6	48.8	3.4	-0.12
7	51.5	3.1	0.15
8	53.7	3	0.37
9	55.8	3	0.58
10	57.9	3.1	0.79
11	60	3.1	1
12	61.9	3.1	1.19
13	63.7	3.2	1.37
14	65.5	3.2	1.55
15	67.5	3.1	1.75
16	69.3	3.1	1.93
17	71.2	3.1	2.12
18	73.3	3.3	2.33
19	75.5	3.4	2.55
20	79.1	3.8	2.91

*SE = Standard Error on T-score metric