

Chronic Pain Screening Guide to PROMIS29+

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 the most suitable patient reported measure, to serve 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, cognition, depression and anxiety, participation, sleep, fatigue and pain.

There are several PROMIS profile instruments for different ages and settings. For young people and adults from around 16 years, the PROMIS 29+ is used.

- 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 give to the person.
- 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 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 (if you don't have access to the electronic versions).
- 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.

These questions are just about how it's been for you in the last week.

Domain	PROMIS 29+ CLINICIAN SHEET	Scoring sets					
² These first questions are about how difficult you have found these tasks in the past week.		Without any D	With a little D	With some D	With much D	Unable to do	RAW SCORE TOTALS
Physical Function	1. Are you able to do chores such as vacuuming or yard work?	5	4	3	2	1	
	2. Are you able to go up and down stairs at a normal pace?	5	4	3	2	1	
	3. Are you able to go for a walk for at least 15 minutes?	5	4	3	2	1	
	4. Are you able to run errands and shop?	5	4	3	2	1	
The next few questions are about how hard these things have been in the past week.		Never	Rarely	Sometimes	Often	Always	RAW SCORE TOTALS
Participation	5. I have trouble doing all of my regular leisure activities with others.	5	4	3	2	1	
	6. I have trouble doing all of the family activities that I want to do.	5	4	3	2	1	
	7. I have trouble doing all of my usual work (including work at home)	5	4	3	2	1	
	8. I have trouble doing all of the activities with friends that I want to do	5	4	3	2	1	
The next few questions are about how hard these things have been in the past week.		Not at all	A little bit	Somewhat	Quite a bit	Very much	RAW SCORE TOTALS
e Cognitive	9. I have been able to concentrate	1	2	3	4	5	
	10. I have been able to remember to do things like take my medicine or buy something I needed	1	2	3	4	5	
These questions are about how often you might feel this way.		Never	Rarely	Sometimes	Often	Always	RAW SCORE TOTALS
Anxiety	11. I felt fearful...	1	2	3	4	5	
	12. I found it hard to focus on anything other than my anxiety	1	2	3	4	5	
	13. My worries overwhelmed me...	1	2	3	4	5	
	14. I felt uneasy ...	1	2	3	4	5	
Depression	15. I felt worthless....	1	2	3	4	5	
	16. I felt helpless....	1	2	3	4	5	
	17. I felt depressed...	1	2	3	4	5	
	18. I felt hopeless...	1	2	3	4	5	
The next questions are about how much you feel like this:		Not at all	A little bit	Somewhat	Quite a bit	Very much	RAW SCORE TOTALS
Fatigue	19. I feel fatigued...	1	2	3	4	5	
	20. I have trouble <u>starting</u> things because I am tired	1	2	3	4	5	
	21. How run-down did you feel on average?	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.

Domain	PROMIS 29+ CLINICIAN SHEET	Scoring sets										
	22. How fatigued were you on average?	1	2	3	4	5						
<i>Just wondering how good or bad your sleep has been this week:</i>		Very poor	Poor	Fair	Good	Very good	RAW SCORE TOTALS					
Sleep Disturbance	23. My sleep quality was...	5	4	3	2	1						
	<i>And how much these statements apply to you</i>	Not at all	A little bit	Some-what	Quite a bit	Very much						
	24. My sleep was refreshing...	5	4	3	2	1						
	25. I had a problem with my sleep...	1	2	3	4	5						
	26. I had difficulty falling asleep...	1	2	3	4	5						
<i>The next questions are about any pain you have had in the past week.</i>		Not at all	A little bit	Some-what	Quite a bit	Very much	RAW SCORE TOTALS					
Pain Interference	27. How much did pain interfere with your day to day activities?	1	2	3	4	5						
	28. How much did pain interfere with work around the home?	1	2	3	4	5						
	29. How much did pain interfere with your ability to participate in social activities?	1	2	3	4	5						
	30. How much did pain interfere with your household chores?	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	31. In the past 7 days, how would you rate your pain on average? (10 point scale)											0

References:

All scoring Manuals:

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

PROMIS Adult Profile Scoring Manual (2020):

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

Article:

Kisala, P., Boulton, A., Cohen, M., Slavin, M., Jette, A., Charlifue, S., Hanks, R., Mulcahey, MJ., Cella, D., Tulsky, 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. PROMIS 29+

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

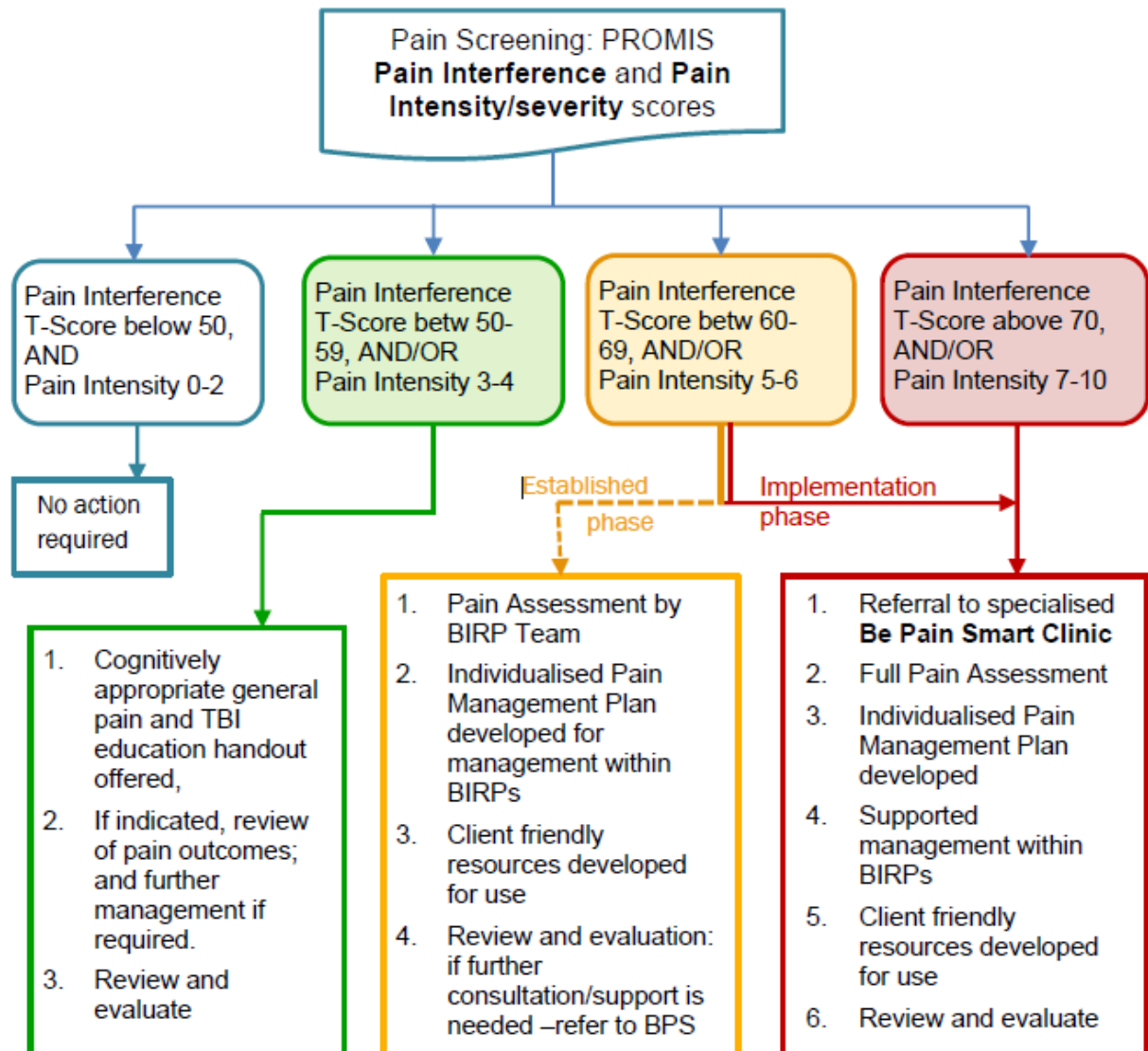
Record the person’s Name:		Date:			
Your name:		Proxy: yes/no who?			
Domain	Persons Domain Score Total	Acceptable/ mild	Moderate concern	Significant concern	ACTION?
1. Physical Function		15-20	7-15	4-6	
2. Ability to participate in social roles/activities		10-20	5-9	4	
3. Cognitive Function Abilities		5-10	3-4	2	
4. Anxiety		4-10	11-15	16-20	
5. Depression		4-10	11-16	17-20	
6. Fatigue		4-13	14-18	19-20	
7. Sleep Disturbance		4-15	16-19	20	
8. Pain Interference		4-11	12-18	19-20	
9. Pain Intensity		0-4*	5-6	7-10	

The raw score total for a domain is converted to T-score³. 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 PROMIS Adult Profile Scoring Manual 2020

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 Adult Profile Scoring Manual (2020):**

PROMIS 29 – PROFILE v2.1
PROMIS 29 + 2 PROFILE v2.1 (PROPr)

Adult v2.0 - Physical Function 4a		
<i>Short Form Conversion Table</i>		
Raw Summed Score	T-score	SE*
4	22.5	4.0
5	26.6	2.8
6	28.9	2.5
7	30.5	2.4
8	31.9	2.3
9	33.2	2.3
10	34.4	2.3
11	35.6	2.3
12	36.7	2.3
13	37.9	2.3
14	39.2	2.4
15	40.5	2.4
16	41.9	2.5
17	43.5	2.6
18	45.5	2.8
19	48.3	3.3
20	57.0	6.6

*SE = Standard Error on T-score metric

Adult v1.0 - Anxiety 4a		
<i>Short Form Conversion Table</i>		
Raw Summed Score	T-score	SE*
4	40.3	8.1
5	48.0	3.6
6	51.2	3.1
7	53.7	2.8
8	55.8	2.7
9	57.7	2.6
10	59.5	2.6
11	61.4	2.6
12	63.4	2.6
13	65.3	2.7
14	67.3	2.7
15	69.3	2.7
16	71.2	2.7
17	73.3	2.7
18	75.4	2.7
19	77.9	2.9
20	81.6	3.7

*SE = Standard Error on T-score metric

Adult v1.0 - Depression 4a		
<i>Short Form Conversion Table</i>		
Raw Summed Score	T-score	SE*
4	41.0	6.2
5	49.0	3.2
6	51.8	2.7
7	53.9	2.4
8	56.7	2.3
9	57.3	2.3
10	58.9	2.3
11	60.5	2.3
12	62.2	2.3
13	63.9	2.3
14	65.7	2.3
15	67.5	2.3
16	69.4	2.3
17	71.2	2.4
18	73.3	2.4
19	75.7	2.6
20	79.4	3.6

*SE = Standard Error on T-score metric

Adult v1.0 - Pain Interference 4a		
<i>Short Form Conversion Table</i>		
Raw Summed Score	T-score	SE*
4	41.6	8.1
5	49.6	2.5
6	52.0	2.0
7	53.9	1.9
8	55.6	1.9
9	57.1	1.9
10	58.5	1.8
11	59.9	1.8
12	61.2	1.8
13	62.5	1.8
14	63.8	1.8
15	65.2	1.8
16	66.6	1.8
17	68.0	1.8
18	69.7	1.9
19	71.6	2.1
20	75.6	3.7

*SE = Standard Error on T-score metric

Adult v1.0 - Fatigue 4a		
<i>Short Form Conversion Table</i>		
Raw Summed Score	T-score	SE*
4	33.7	4.9
5	39.7	3.1
6	43.1	2.7
7	46.0	2.6
8	48.6	2.5
9	51.0	2.5
10	53.1	2.4
11	55.1	2.4
12	57.0	2.3
13	58.8	2.3
14	60.7	2.3
15	62.7	2.4
16	64.6	2.4
17	66.7	2.4
18	69.0	2.5
19	71.6	2.7
20	75.8	3.9

*SE = Standard Error on T-score metric

Adult v1.0 - Sleep Disturbance 4a		
<i>Short Form Conversion Table</i>		
Raw Summed Score	T-score	SE*
4	32.0	5.2
5	37.5	4.0
6	41.1	3.7
7	43.8	3.5
8	46.2	3.5
9	48.4	3.4
10	50.5	3.4
11	52.4	3.4
12	54.3	3.4
13	56.1	3.4
14	57.9	3.3
15	59.8	3.3
16	61.7	3.3
17	63.8	3.4
18	66.0	3.4
19	68.8	3.7
20	73.3	4.6

*SE = Standard Error on T-score metric

Adult v1.0 - Ability to Participate in Social Roles and Activities 4a		
<i>Short Form Conversion Table</i>		
Raw Summed Score	T-score	SE*
4	27.5	4.1
5	31.8	2.5
6	34.0	2.3
7	35.7	2.2
8	37.3	2.1
9	38.8	2.2
10	40.5	2.3
11	42.3	2.3
12	44.2	2.3
13	46.2	2.3
14	48.1	2.2
15	50.0	2.2
16	51.9	2.2
17	53.7	2.3
18	55.8	2.3
19	58.3	2.7
20	64.2	5.1

*SE = Standard Error on T-score metric

Cognitive Function Short Form v2.0 - Abilities 2a (part of PROMIS-29+2 Profile)		
Raw Summed Score	T-score	SE*
2	29.5	6.4
3	34.4	5.9
4	38	5.7
5	41.2	5.7
6	44.3	5.8
7	47.3	5.8
8	50.5	5.7
9	54.7	5.9
10	61.2	6.9

*Standard Error on T-score metric