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Summary

The use of PREMs and PROMs to improve the care of patients with liver disease

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Nurses

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Patient reported experience measures (PREMs) and patient reported outcome measures (PROMs) are essential tools for patient-centred care in liver disease but face significant implementation challenges across European healthcare systems due to lack of standardisation and resource constraints.

KEY POINTS

- The speaker presented on the use and implementation of PREMs, which assess healthcare delivery aspects such as communication and access, and PROMs, which measure patient-reported health outcomes including symptom burden and quality of life.
- Patients with liver disease report insufficient education about their condition, experience stigmatisation in healthcare and social settings, and lack adequate support for disease management from healthcare services.
- The speaker evaluated a structured nurse-based intervention in outpatient clinics at six Swedish hospitals that improved patient access to care, involvement, and communication, but did not impact health-related quality of life measures.
- Chronic liver disease substantially impairs quality of life, with fatigue, anxiety, depression, and advanced liver fibrosis as the strongest predictors of poor outcomes, yet clinicians often fail to identify these issues without systematic inquiry.
- Major barriers to implementing PREMs and PROMs in Europe include lack of standardisation across countries and healthcare systems, variation in validated questionnaires, difficulties integrating into clinical workflows and IT systems, and low engagement due to resource constraints.

– The speaker recommends systematic implementation at the organisational level rather than individual professional level to reduce bias, with annual assessment as a baseline and more frequent evaluation for patients with high symptom burden.

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