The CCG believes that patients should have the chance to talk to their doctor about the different care and treatment choices that are available for their condition so they can consider the options and make the best decision about what is the right treatment for them personally.

Often such decisions can affect a patient for the rest of their life, so support from a GP is very important.

What are Patient Reported Outcome Measures (PROMS)?
Before any operation, a useful piece of information is knowing what other patients who have had the same procedure thought, after they had the surgery. This information is called PROMS, Patient Reported Outcome Measures.

Using PROMs to consider whether to have surgery for Hip and Knee replacement, Groin Hernias and Varicose Veins
PROMS are obtained by asking patients of these procedures to complete surveys on their symptoms, condition and overall quality of life, both before and after their surgery. This is used to measure the benefit or otherwise of the surgery.

Different questionnaires are used to provide information about the various conditions and operations. Some can be used for any condition and look at a persons’ health-related “quality of life”. While some are only used for specific conditions, such as the Oxford Hip and Knee scores and Aberdeen Varicose Vein Questionnaire.

The NHS Shared Decision Making tools uses a five step approach
NHS staff should help patients by encouraging them to work through their options with support from their family, friends and their clinicians.

1. Introducing patients to their health problem and briefly the treatment options
2. Comparing the treatment options with more detailed information
3. Consider the patients views and preferences
4. Consider the Trade-offs – the advantages and disadvantages of each option
5. Making a decision that’s best for the patient at this time

Shared Decision Making tools
One way to help patients is called Shared Decision Making. There are a number of these tools that can help patients understand more about their choices and options before making a decision that might affect the rest of their life. A list of currently available topics is at the end of this leaflet. They can all be accessed through the link on the CCG website.

- Visit www.valeofyorkccg.nhs.uk and click on the Shared Decision Making picture and PROMs button
Examples of York and Leeds hospitals PROMS scores

Included in the two charts (below) are the responses for all of the named procedures that were carried out at York Hospital Foundation Trust (top), and Leeds Teaching Hospital (bottom).

The green areas of the charts show the percentage of those individual who completed the questionnaires, who reporting an improvement (outcome) following the procedure.

The figures used for these charts cover the period 1 April 2012 to 31 March 2013 as these are the latest full year figures available.

PROMs scores for patient procedures at York Teaching Hospital between April 2012 – March 2013

<table>
<thead>
<tr>
<th>Procedure</th>
<th>EQ-SD</th>
<th>EQ VAS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Groin Hernia</td>
<td></td>
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<tr>
<td>Hip replacement</td>
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PROMs scores for patient procedures at Leeds Teaching Hospital between April 2012 – March 2013

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</table>

Legend: = unchanged/worsened  = Improved
Some of the conditions decision making tools are currently available for

Abdominal Aortic Aneurysm Repair  Heavy Menstrual Bleeding (Menorrhagia)
Abdominal Aortic Aneurysm Screening  Heavy Menstrual Bleeding
Acne  High Blood Pressure
Amniocentesis  High Cholesterol
Anal Fissure in Adults  High Risk Non Muscle Invasive Bladder Cancer
Angina  HIV Test
Atrial fibrillation - reducing the risk of stroke  Implantable Cardioverter Defibrillator
Atrial fibrillation: medicines to help reduce your risk of a stroke  Inguinal Hernia
Birth Options after Previous Caesarean Section  Irritable Bowel Syndrome
Bladder Cancer  Kidney Dialysis
Breast Cancer  Kidney Transplant
Breast Reconstruction  Language Options for Deaf Infants and Children
Carpal Tunnel Syndrome  Leg Cramps
Cataracts  Localised Prostate Cancer
Chronic Kidney Disease  Lower Urinary Tract Symptoms
Chronic Obstructive Pulmonary Disease  Lung Cancer
Contraceptive Choices  Menorrhagia
Coronary heart disease and stroke: statins to reduce risk  Multiple Sclerosis
Crohn’s Disease  Newborn Circumcision
Depression  Obesity
Diabetes: Additional Treatments to Improve Control  Oophorectomy
Diabetes: Improving Control  Osteoarthritis (OA) of the Knee
Diabetes: Insulin Treatment  Osteoarthritis of the Hip
Dialysis: Making the Right Choices for You (Kidney Research UK)  Plantar Fasciitis
Down’s Syndrome Diagnostic Testing  Prostate Specific Antigen (PSA) Testing
Down’s Syndrome Screening  PSA Testing (Patient.co.uk)
Employment and Mental Health  Rectal Cancer
End of Life: Place of Care  Recurrent Sore Throat
Enlarged Prostate  Rheumatoid Arthritis
Epilepsy Surgery  Sciatica
Epilepsy Treatments and Pregnancy  Smoking Cessation
Established Kidney Failure  Sore Throat
Established Kidney Failure (Kidney Dialysis)  Spinal Stenosis
Established Kidney Failure (Kidney Transplant)  Stable Angina
Fluid in the Middle Ear  Statins
Gallstones  Stroke Prevention for Atrial Fibrillation or Atrial Flutter
Glue Ear in Children  Tennis Elbow
Tonsillectomy  Warts and Verrucas