

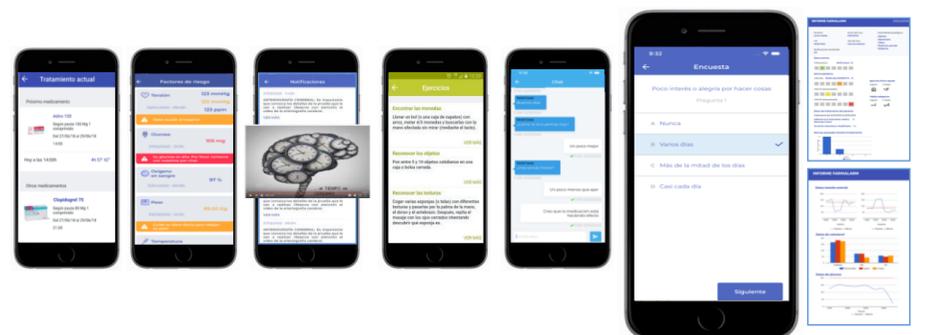
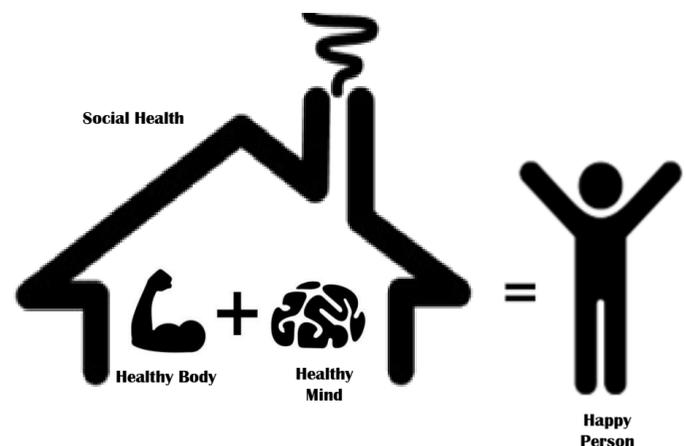
FARMALARM-App, a patient communication tool improves Patient Reported Outcomes

Rubiera, M. Montiel, E. Baladas, M. Sánchez-Gavilan, E. Molina, C. Ribó, M.

Introduction

The growing need for comprehensive care and the new vision of the patient as the main actor in the control of their health are widely recognized. Value-based health care (VBHC) is the new paradigm of clinical management that allows to identify problems from the subjectivity of the person (patient reported outcomes (PROMs)) in order to propose strategies and solutions that guarantee the beneficial use of health services throughout life.

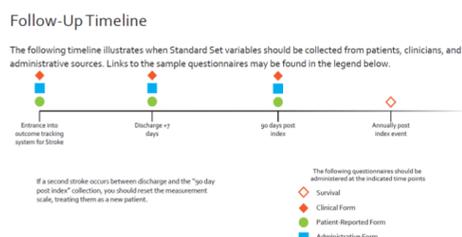
FARMALARM App is a validated tool designed to increase adherence to treatment, improve control of risk factors and promote healthy lifestyle habits in people who have suffered a stroke. Furthermore, it allows a direct communication with the medical staff and surveys collection.



We aim to study the impact of FARMALARM on several PROMs in stroke patients after discharge from a Comprehensive Stroke Center.

Methods

Consecutive stroke patients able to manage mobil applications and discharged home with a modified Rankin scale 0-1 were randomized to follow the 3 months-FARMALARM program Vs standard follow-up. Patients underwent web/phone-based PROMs collection at 90 days according to ICHOM Standards.



Main outcomes determined by PROMs involved depression (HAD), quality-of-life (EQ5D) and global physical/mental health (PROMIS). We defined a multifactorial PROMs indicator: **Optimal Perceived Outcome (OPO) as no depression, independent mobility+self-care and mental well-being.**

We compared individual PROMs and OPO between FARMALARM patients and controls.

Conclusions

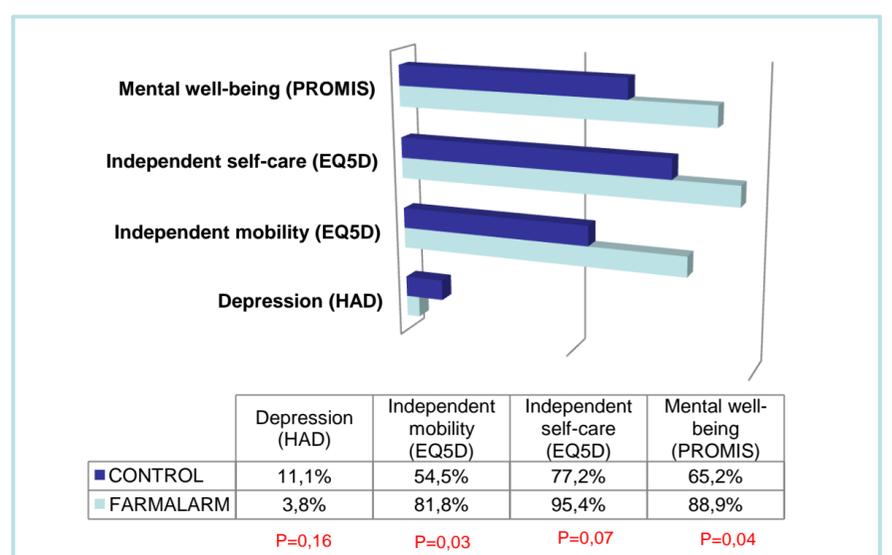
Individualized follow-up by **FARMALARM** is well accepted by patients and **improves individual and global self-perception outcomes.**

Patient-centered strategies aimed to increase communication between patients and health professionals are needed for value-based health care.

Results

During 14 months, 98 patients (68% male, 61±10 years) were randomized to FARMALARM (n=53) Vs standard follow-up (n=45). All FARMALARM included patients completed the 3-months program. No significant differences in baseline variables between groups were observed.

At 90 days, FARMALARM patients showed better PROMs:



The rate of patients achieving OPO at 90 days was doubled with FARMALARM (72.7% Vs 36.4; **p=0.02**).

A logistic regression analysis adjusted for relevant confounders showed that following FARMALARM was the only independent predictor of achieving OPO (OR: 6.3; 95% CI: 1.5-26.8; **p=0.01**).