

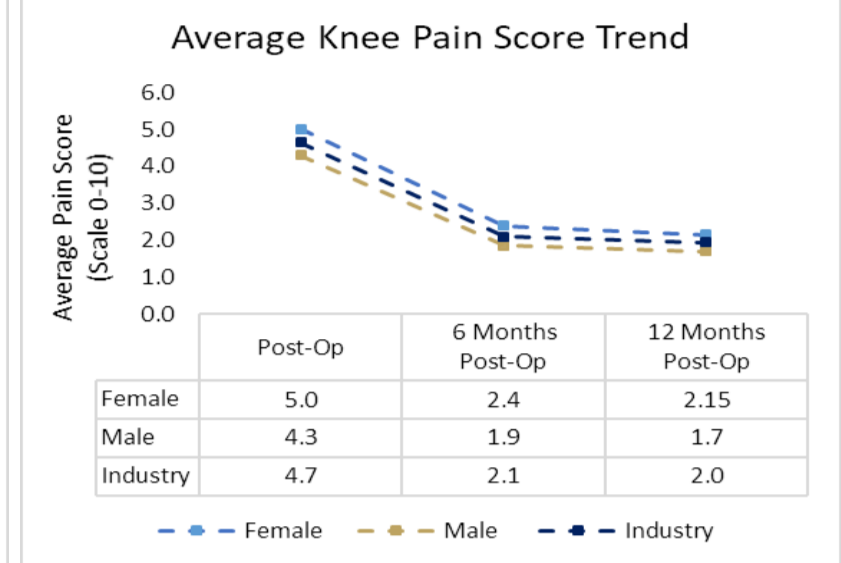
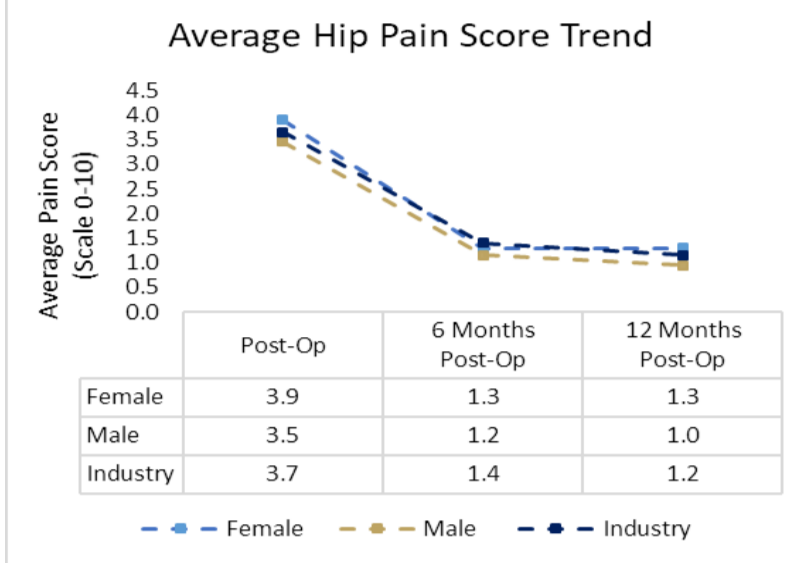
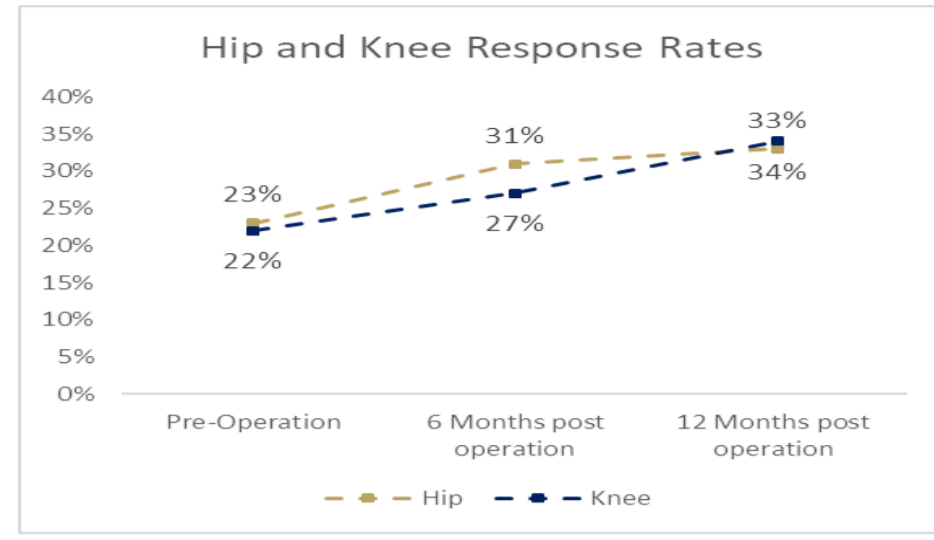
Background

Discovery Health (DH), is a private sector health insurer in South Africa (SA). As part of DH's drive towards value based care, measuring PROMs would give a lens on patient perspectives on quality of life as a health outcome, in addition to the existing more traditional process and clinical outcome measurements being used.

Despite an increase in arthroplasty surgery in SA, or the growing international drive to understanding outcomes that matter to patients, information related to PROMS after joint replacement is not readily available locally. DH, embarked on measuring PROMs for hip and knee replacement surgeries since 2017.



Results



- **Health gains** reported by a patient who has undergone either hip or knee replacements were **more in males than females** both at 6 & 12 months post arthroplasty surgery.
- **Improvement in pain scores** was reported for Hip & Knee replacement at 6 & 12 months post operatively with a **larger improvement** noted in the **Hip replacement cohort**
- Except for Kneeling & squatting, most candidates reported **no difficulty with activities of daily living** following their arthroplasty surgery.

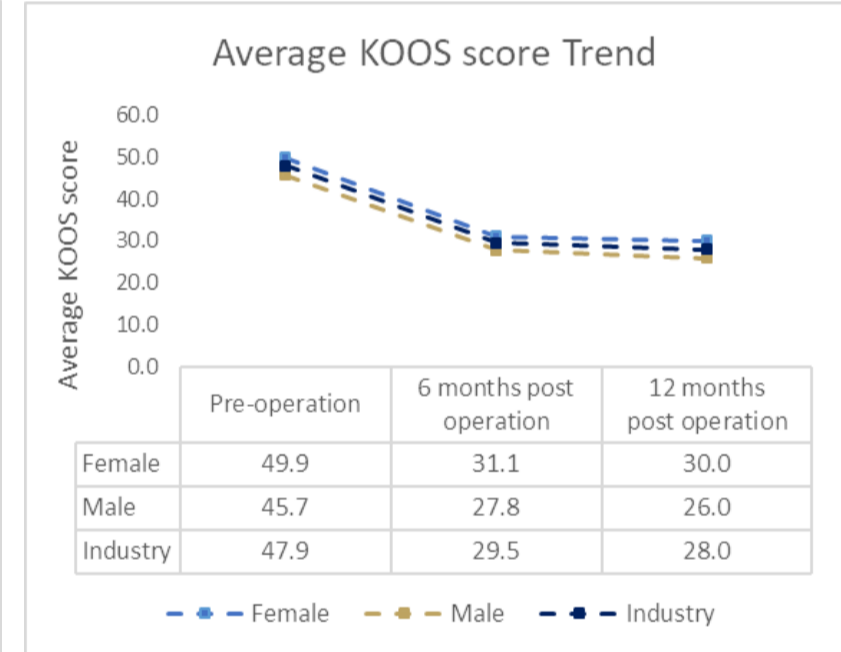
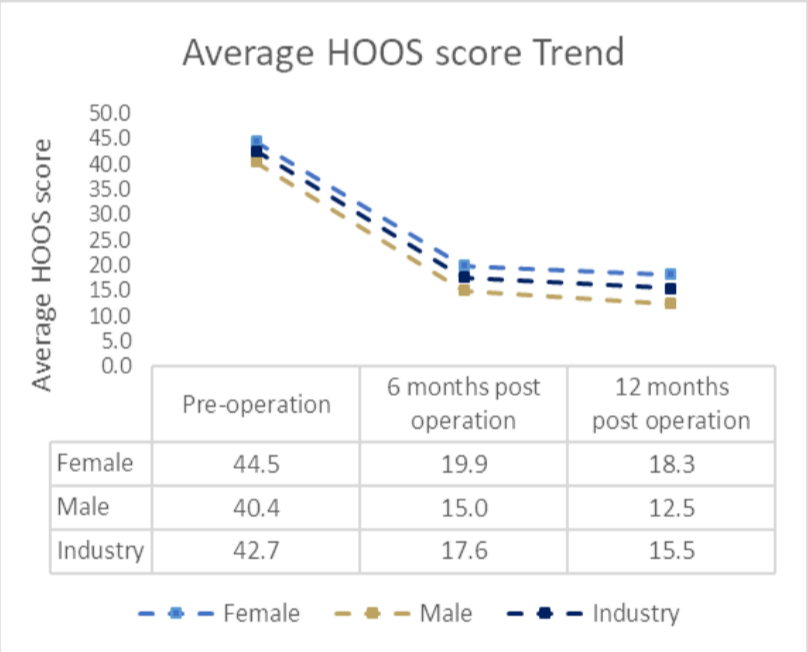
Methods

Using the ICHOM Standard Set as guidance Discovery Health sends email surveys to all relevant insured members (18y+) undergoing hip / knee replacement pre & post-operatively at recommended intervals

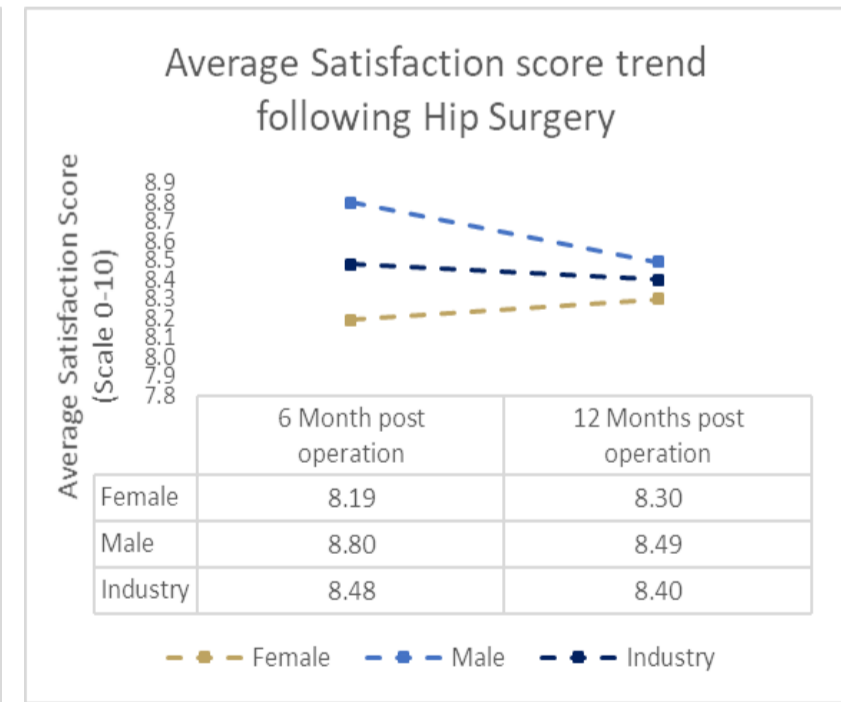
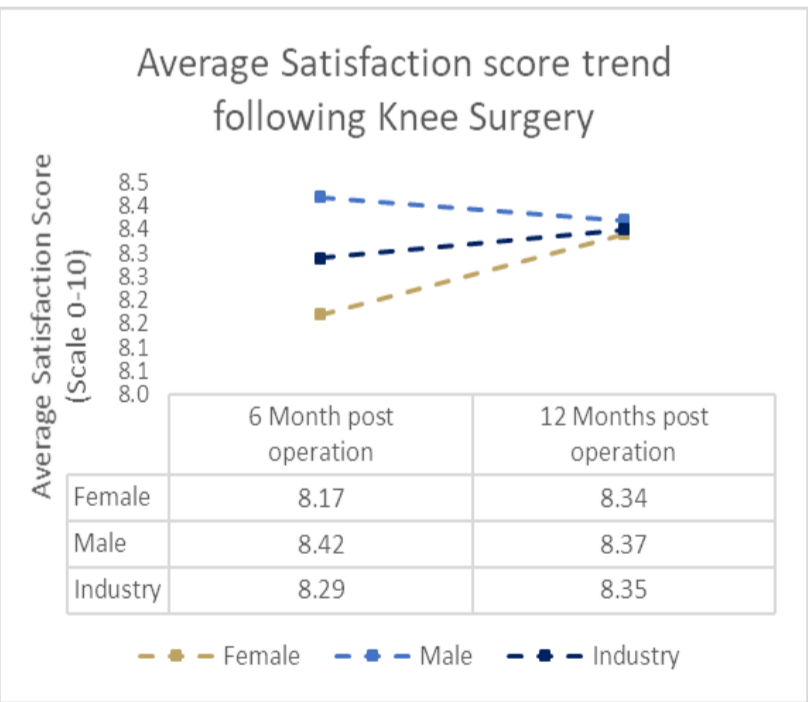
The tools adopted included the generic VR-12 tool and joint specific measures HOOS and KOOS

Survey covers:

- **General Health related Quality of Life (Physical & mental wellbeing)**
- **Joint specific aspects of pain & physical function**



Male HOOS & KOOS scores, improved by **63% & 40%** at 6 months post-operatively while female scores improved by **55% & 38%** respectively.



Treatment satisfaction reporting was **>8/10** for knee & hip surgeries

Conclusion

Whilst the Discovery Health PROMs database grows steadily over years, the insights gained show that PROMs can raise patient and clinicians' awareness of problems prompting discussion & shared decision making. This data may also assist clinicians in their self-assessment becoming an adjunct to their continuing professional development and determination of treatment effectiveness.

PROMs data collection in South Africa whilst still in its infancy may contribute to the comparison of costs and outcomes for different treatments in our local environment, becoming a key component of value based contracting. Finally as more PROMs data is collected, local predictive modelling can be undertaken to support patient empowerment by means of improved decision making.