

# **Measuring outcomes of Health Promotion & Prevention Intervention**

## **Introduction**

**The goal of nursing in health promotion is to maintain or enhance the client's health status & well-being.**

**Florence .N ( the first who used outcome measures in health care , used mortality and morbidity statistics to measure the quality of care .**

## **Historical Perspective**

### **1 - Traditional outcomes measures:**

**Mortality rate**

**Morbidity rate**

### **2 - Current outcomes measures:**

**All factors that influence health outcomes including:**

**1- Client**

**2- Provider**

**3 - System characteristics**

**4 - The process of delivering the health-promotion interventions**

**Why is increased emphasis on outcomes measurement?**

**1 - To determine the most appropriate intervention**

**2 - To determine the most cost effective in the current competitive health care market with its fiscal restraints**

## **Definition of outcomes**

**They are the end results of the use of clinical services.**

**They refer to the consequences of a treatment or intervention**

## **Focuses of health outcomes**

**1 - Focus on the health status of individual**

**2 - Focus on the health status of families**

**3 - Focus on the health status of communities**

## **Variations of the health outcomes**

- 1 - Vary with the purpose of the intervention**
- 2 - Vary with the complexity of the intervention**
- 3 - Vary with the strength of the intervention**

**Ex : a physical activity intervention over 6 months period with weekly monitoring is anticipated (expected ) to result in significant changes in the client's level of activity comparing with a physical activity intervention which provides ,monitoring over 3 months period of time .**

## **The five Ds of health outcomes:**

### **Before expansion:**

- 1 - Death**
- 2 - Disease**
- 3 - Disability**
- 4 - Discomfort**
- 5 - Dissatisfaction**

### **After expansion of health outcomes:**

#### **They include:**

- 1 - Subjective health perceptions & appraisals ( as individual is considered an active participant in decision making related to his care ).**
- 2 - Functional measures**
- 3 - Preferences & satisfaction with services**

## **Categories of Health outcomes**

- 1 - Clinical endpoints related to the client's response to health intervention**
- 2 - Functional status related to the maintenance or improvement in physical , mental , social functioning .**
- 3 - Perceptual outcomes related to client's well-being and satisfaction with the care received .**
- 4 - Financial outcomes or the use of resources and costs .**

## **Factors that specify measuring the type of health outcomes**

- 1 - The goals to be attained**
- 2 - The ability to access the information needed to measure the results of the program**
- 3 - The type of program or intervention**

## **Challenges that encounter health care providers related to patient's outcomes :**

- 1 - High costs of health care**
- 2 - Increasing health care competition**
- 3 - The need to balance quality and costs**

## **Negative outcome & positive outcome :**

**Ex : A smoking cessation program - after application :**

- 1 - The number of persons who gave up smoking is positive outcomes**
- 2 - The number of persons who continued smoking is negative outcomes**

## **Types of health outcomes :**

- 1 - Short - term outcomes : Which they are measured immediately following the intervention ( such as knowledge , coping behaviors , readiness to change ) .**
- 2 - Intermediate outcomes : They are those targeted at a period of time following the intervention when a challenge is expected to have occurred ( such as attitude changes or attempts to change , although lifestyle change has not occurred yet ) .**
- 3 - Long - term outcomes : They are the ultimate outcomes the final or end results of the health promotion intervention ( such as behavior change , improved quality of life ) .**

## **Considerations during deciding what outcomes to be measured :**

- 1 - Costs**
- 2 - Time**
- 3 - Effort**