

HEALTH-RELATED QUALITY OF LIFE

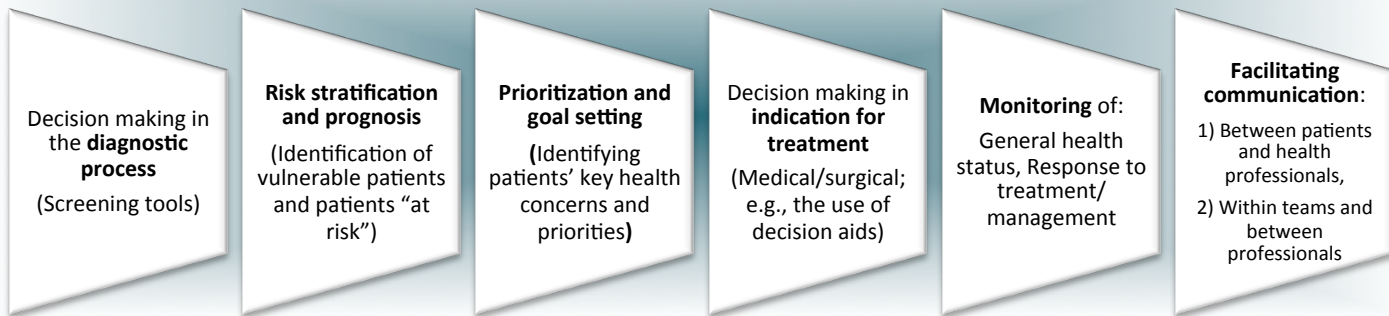
Why is it important to measure?

Measuring **health-related quality of life** is about understanding the **effect** of **health, illness and treatments** on physical, mental, emotional and social aspects of **quality of life**.

One of the most important aspects of health-related quality of life measurement is it being **patient-reported**; i.e., patients tell their care providers how they feel about their own health, which aligns with and enhances **patient-centered care**.



Using health-related quality of life measures (as well as other patient-reported outcome measures) in clinical practice is useful in all of the following:



The **EQ-5D** (presented below) is one of the most commonly used instruments to measure health-related quality of life in the world.

EQ-5D-5L Instrument (2 pages)

Under each heading, please tick the ONE box that best describes your health TODAY.

MOBILITY

I have no problems in walking about

I have slight problems in walking about

I have moderate problems in walking about

I have severe problems in walking about

I am unable to walk about

SELF-CARE

I have no problems washing or dressing myself

I have slight problems washing or dressing myself

I have moderate problems washing or dressing myself

I have severe problems washing or dressing myself

I am unable to wash or dress myself

USUAL ACTIVITIES (e.g. work, study, housework, family or leisure activities)

I have no problems doing my usual activities

I have slight problems doing my usual activities

I have moderate problems doing my usual activities

I have severe problems doing my usual activities

I am unable to do my usual activities

PAIN / DISCOMFORT

I have no pain or discomfort

I have slight pain or discomfort

I have moderate pain or discomfort

I have severe pain or discomfort

I have extreme pain or discomfort

ANXIETY / DEPRESSION

I am not anxious or depressed

I am slightly anxious or depressed

I am moderately anxious or depressed

I am severely anxious or depressed

I am extremely anxious or depressed

• We would like to know how good or bad your health is TODAY.

• This scale is numbered from 0 to 100.

• 100 means the **best** health you can imagine. 0 means the **worst** health you can imagine.

• Mark an X on the scale to indicate how your health is TODAY.

• Now, please write the number you marked on the scale in the box below.

YOUR HEALTH TODAY =

The best health you can imagine

100

95

90

85

80

75

70

65

60

55

50

45

40

35

30

25

20

15

10

5

0

The worst health you can imagine

Key features of the EQ-5D:

- 5 short questions
- 1 visual analogue scale
- Takes 2 minutes or less to complete
- Very strong evidence on its measurement properties
- Norms for the Alberta general population are available for comparative purposes
- Free license to use the EQ-5D can be obtained through APERSU*.

* The use of EQ-5D in Alberta is supported by a partnership between Alberta Health, Alberta Health Services, Health Quality Council of Alberta, and the EuroQol Research Foundation. This partnership supports the Alberta PROMs & EQ-5D Research & Support Unit (APERSU) at the University of Alberta.