

Outcome Measures

What are outcome measures?

Outcome measures are tools which can be used to describe the progress of care, support and treatment.

Prior to providing interventions, an outcome measure can provide baseline data.¹

An all Wales framework which describes the importance of effectively using 'patient' reported outcome and experience measures in mental health and learning disability services has been developed in consultation with service users, carers and practitioners. These tools are often known as Patient-Reported Outcome Measures (PROMs) and Patient-Reported Experience Measures (PREMs).

A number of tools have been agreed for consistent use across Wales – they were chosen because they can be used in different settings, are evidenced based, easy to use and available in English and Welsh.

The tools measure overall wellbeing, progress in achieving goals and service user experience.

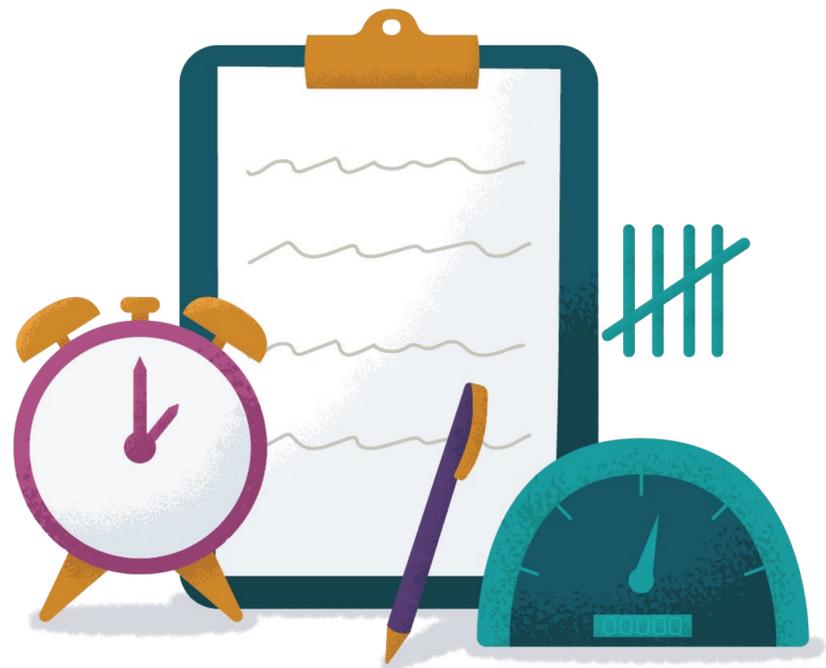
Why are we doing this?

Using outcome tools and gaining service user feedback supports:

- celebrating positive changes and improvement in mental wellbeing
- discussions about what matters to the person
- outcome-focused interventions.

Over time it will also allow us to:

- better understand the mental health needs of those we work with
- ensure we continue to have appropriate services.



Training and support

There will be one or two people from each team across Wales offered a 1-day training course to equip them with the understanding and resources to introduce the use of the tools into their team.

We have chosen to give teams this flexibility because we recognise that one size does not fit all and different teams will have different needs and pressures. More information on what is involved in the training is available on request.

Continued on overleaf

1. https://www.physio-pedia.com/Outcome_Measures#cite_note-:0-1

What tools have been chosen?

There are three clusters into which the agreed outcome tools have been placed.

For Mental Health Services	
Adults	Children and Young Adults
Cluster 1 - Improvement In My Wellbeing	
CORE	Young Person's CORE (YP CORE)
Warwick and Edinburgh Mental Wellbeing Scale (WEMWBS)	Short Warwick and Edinburgh Mental Wellbeing Scale (SWEMWBS)
Recovery of Quality of Life (ReQoL)	Strengths and Difficulties Questionnaire*
Cluster 2 - Being able to Set My Own Goals and Aspirations	
Goal Based Outcomes (GBOs)	Goal Based Outcomes (GBOs)*
Social Services and Wellbeing Care and Support Plan 10 Point Scale	Social Services and Wellbeing Care and Support Plan 10 Point Scale*
Recovery Star	
Goal Attainment Scaling (GAS)	
Cluster 3 - My Experience and Satisfaction	
My NHS Wales Experience	My NHS Wales Experience (including the Easy Read)*
Social Services Measuring Wellbeing	Experience of Service Questionnaire*

The Health Equalities Framework (HEF) is the overarching adult tool and can be found [here](#)

For Learning Disability Services	
Adults	Children and Young Adults
Cluster 1 - Improvement In My Wellbeing	
CORE LD	Strengths and Difficulties Questionnaire
World Health Organisation Quality of Life (WHOQoL-Bref)	
Mini-Mans LD ²	
Cluster 2 - Being able to Set My Own Goals and Aspirations	
Goal Based Outcomes (GBOs)	Goal Based Outcomes (GBOs)
Social Services and Wellbeing Care and Support Plan 10 Point Scale	Social Services and Wellbeing Care and Support Plan 10 Point Scale*
Cluster 3 - My Experience and Satisfaction	
My NHS Wales Experience (Easy Read)	My NHS Wales Experience (Easy Read)
	Experience of Service Questionnaire*

² Advised to be used with EQ-5-LD however should this be implemented in an electronic system please contact the Improvement Cymru team to advise further
* these tools are also suitable for CYP with a learning disability