



PRESS RELEASE

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For immediate release

Latest analysis of patient reported outcomes finds that women feel less healthy than men with age

Analysis of patient questionnaires at four hospital trusts by CHKS, the UK's leading independent healthcare information and improvement services provider, has found that women treated in hospital report feeling significantly less healthy than men as they get older.

The findings are based on an analysis of patient reported outcome measures (PROMS). PROMS attempt to find out whether a patient feels any better after treatment by comparing their perceived state of health before a procedure with afterwards. The generic measure is called EQ-5D and it captures data on five domains (mobility, self-care, usual activities, pain/discomfort and anxiety/depression). It includes a single index score where patients rate their health from 0 - 100.

CHKS has been working for over a year with a number of hospitals to build a single database based on this measure. Patients have routinely been asked to complete a baseline EQ-5D at the point of admission and then a follow-up at three months – for all procedures.

The latest analysis shows that both men and women feel less healthy with age. However, women report feeling less well as they get older. From an average score of 74 for under thirties, men reach a score of 68 by eighty and over. Women score 76 for under thirty falling to 56 by eighty and over.

Paul Robinson, Head of Market Intelligence, CHKS said: "It might seem fairly self-explanatory that perception of health falls with age. However, the fact that women feel significantly less healthy as they get older has implications for the NHS as a whole. It also clearly shows the importance of adjusting for age and sex when dealing with PROMS."

Notes to editors:

1. CHKS Group is the leading independent provider of healthcare information and quality improvement services to the NHS and independent healthcare sector. With over 18 years' experience and working internationally with 480 clients, CHKS has a portfolio of information products, internationally-recognised accreditation programmes and consultancy services which provide clinicians and managers with the information needed to drive improvements in patient care, financial efficiency, clinical effectiveness and quality.

2. From April 2009, all NHS hospital trusts will be required by the standard hospital trust contract to collect PROMs, both specific and non-specific outcome measures for: Primary Unilateral Hip Replacement; Primary Unilateral Knee Replacement; Groin Hernia Repair and Varicose Vein Procedures.

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