



# AmbuFlex: One generic PRO system fits all?

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## INTRODUCTION

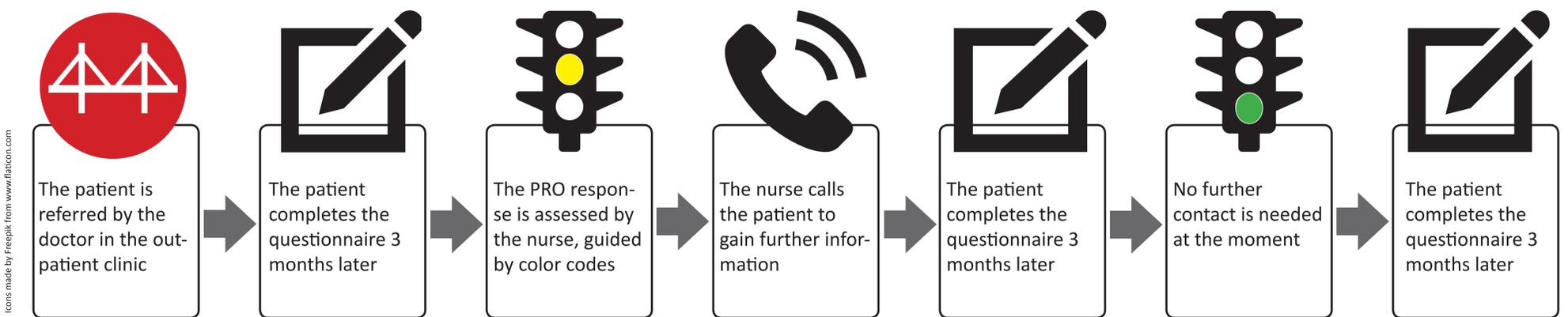
AmbuFlex is a generic patient-reported outcome (PRO) system specialised in tele-PRO, a model in which outpatients report symptoms and health status at home, before or instead of visiting the outpatient clinic. Every AmbuFlex project is developed in close cooperation with clinical staff.

The goal is to offer outpatients the best, individualised care by means of systematic and timely symptom assessment, patient-centeredness and efficient use of resources.

## AMBUFLEX IN NUMBERS

9 diagnostic groups, 20 clinics in Denmark, 13,880 patients, 29,444 questionnaires, initial response rate of 73-97 %

**AmbuFlex telePRO is implemented in the following diagnostic groups:** Epilepsy, narcolepsy, rheumatoid arthritis, sleep apnoea, prostate cancer, cancer (adverse events in chemotherapy), renal failure, chronic obstructive pulmonary disease, asthma.



In most telePRO projects PRO is used to evaluate the need for an outpatient visit. That means PRO is the basis for follow-up instead of pre-booked visits.

## GENERIC PRO SYSTEM

The AmbuFlex system consists of three generic and configurable elements used in every project.

### 1. PRO DATA COLLECTION

- Questionnaire
- Referral and schedule
- Data collection modes (paper and web)

### 2. PRO-BASED AUTOMATED DECISION ALGORITHM

- Thresholds defined by validated cut-off values
- Thresholds by clinical staff using red, yellow and green color codes

### 3. PRO-BASED GRAPHICAL OVERVIEW FOR CLINICAL DECISION SUPPORT

- Course-oriented graphical overview
- Configuration of PRO for clinical decision support

AmbuFlex / Epilepsy		CPR	CPR number	TIF	Phone	Age	
Mail link		HISTORY	SETTINGS*	DEMOGRAPHICS	SHOW PRO		
		Th03 maj 12	Th13 nov 12	We12 jun 13	Sa04 jan 14	We06 aug 14	Sa08 aug 15
<b>Seizures</b>	Overall 12 months	Number of days : 3	Number of days : 0				
	Absences 3 months	Number of days : 0					
	Szacuras 3 months	Number of days : 0					
<b>Symptoms</b>	Headache	1	1	1	1	2	1
	Dizziness	2	2	1	1	1	1
	Shaking / tremor	2	2	1	2	2	2
	Double vision	2	1	1	1	1	2
	Loss of appetite	1	1	1	1	1	1
	Memory	3	2	2	3	3	4
	Concentration	4	4	3	4	4	5
	Aggressiveness	5	3	4	4	5	5
	Lethargy	3	3	3	3	4	4
	Sadness	2	2	1	2	2	2
	Anxiety attack	3	3	3	3	4	4
	Presence of side effects	3	2	2	2	2	2
	Eating too much	2	2	2	2	2	2
<b>Compliance</b>	Forget medicine	4	4	4	4	3	2
<b>SF-36</b>	General health	4	4	3	4	4	3
<b>WHO-5</b>	Wellbeing index	64	48	76	48	48	60
	State of mind / mood	3	3	2	3	3	3
	Energy	2	3	3	3	4	2
	Interest	2	4	2	3	3	2
	Restless	4	5	2	5	5	5
	Relaxed	3	3	2	3	3	3
	Relaxed	3	3	2	3	3	3
<b>Self-measurement</b>		Kg : 73.5	Kg : 73	Kg : 69	Kg : 74	Kg : 74	

*"This is great. It is much easier for me to fit into my daily life. Before I just knew they'd call me – but never when..."*

(Cancer patient)

*"Using Ambuflex we can avoid unnecessary consultations, since the well-treated patients don't need to be seen in the outpatient clinic"*

(Nurse, Sleep Clinic Silkeborg)

## CONCLUSION

The results indicate that it is possible to successfully implement one generic PRO system in a variety of patient groups with chronic and malignant diseases. The key is to have a flexible system.

## CONTACT

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