

# Evaluating Group Medical Visits (GMVs) in a Clinical setting



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# Objectives

- Describe the benefits and limits of patient reported evaluations
- Describe how to use your questionnaire to answer clinical questions about your group
- List two instruments that could be used to evaluate groups

# Plan for today

- Why Evaluate Group Medical Visits (GMVs)
- Research vs. Quality Improvement/Initiatives (QI)
- How to Choose What to Measure
- What types of evaluation methods exist
- Q&A

# Why evaluate GMVs?

- Track impact of group on participants & providers
- Collect metrics for leadership buy-in
- Improve group content and processes (recruitment processes, in person vs virtual, etc.)
- Understand population, possibly improve recruitment

# Why evaluate GMVs?

- Help you plan that day's GMV session
- Assess feasibility and acceptability
- Assess outcomes (if able to do a randomized trial)
- Disseminate information/publish on the groups



# Clinical Research vs. Quality Improvement (QI)

Which are you doing?



Institution dependent—check with your IRB



Research goal: add new knowledge to what was previously unknown in literature through testing of a hypothesis or a scientific question



QI: improve a gap in performance at a specific site



Even if not needing IRB-approval, beneficial to get letter from IRB stating this definitively, especially if you have any plans to publish

# To IRB or Not?

Positives	Challenges
<ul style="list-style-type: none"><li>• Allowed collection of patient-reported outcomes</li><li>• Ensures that we can publish any data that we collect and distribute knowledge broadly to the scientific community</li></ul>	<ul style="list-style-type: none"><li>• Increased time for project start-up</li><li>• Increased steps for patients to participate</li><li>• Increased resources needed (e.g., research assistant, time for doing research aspects)</li></ul>

# Choosing what to measure and when

What are the outcomes you are trying to change? (e.g., pain, A1c)

What's important to your institution?

What's important to your funding body if you have one?

How long of a survey do you want?

Who is your population and what is their literacy level?

Burden of surveys on patient?

What supportive staff do you have to obtain these measures?



# Patient Reported Outcomes

# Check-in/Intake Form

- Can be relatively easy
- Completed prior to visit, often discussed during group
- Google survey or piece of paper
- Can be helpful to guide visit, also helpful for charting
- ICGMV samples (can be found on website)

# Check-in/Intake Form example from ICGMV website

\_\_\_\_\_ **GROUP VISIT**

**NAME:** \_\_\_\_\_ **SESSION #:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

1) Do you need to see the doctor privately today? **No / Yes**

2) How would you rate your pain today?

**No pain**

**0 1 2 3 4 5 6 7 8 9**

**Worst pain imaginable**

**10**

3) How would you rate your mood today?

**I feel happy**

**0 1 2 3 4 5 6 7 8 9**

**Worst mood imaginable**

**10**

4) Have you had any problems with the following:

- a. Trouble sleeping                       YES         NO
- b. Problems with constipation         YES         NO
- c. Headaches on a daily basis         YES         NO
- d. Problems urinating                     YES         NO

5) Have any of your medications changed since our last group visit? **No / Yes**

6) Have any of your dietary supplements changed since our last group visit? **No / Yes**

7) Did you visit the emergency room since our last group visit? **No / Yes**

8) What home practices did you do this past week? (Circle all that apply)

Tried New Foods

Yoga

Meditation/Mindfulness

Body scan

Journaling

Mindful eating

Other: \_\_\_\_\_

9) How many cigarettes do you smoke a day? \_ \_

10) Any other concerns?

**Vitals: please record in vitals tracker in binder**

**Blood Pressure:** \_\_\_\_\_

**Pulse:** \_\_\_\_\_

**Weight:** \_\_\_\_\_

Additional samples can be found on  
ICGMV website ([icgmv.org](http://icgmv.org))

# Pre and Post Surveys

- Could be similar questions to intake/check-in form
- Specific symptoms
- Post survey can include straightforward process improvement questions
  - What did you like
  - What didn't you like
  - How can we make the group better

# Patient-Reported Outcomes Examples (PROs)

<b>Construct</b>	<b>Measure</b>
<b>Symptom burden</b>	Edmonton Symptom Assessment System (E-SAS)
<b>Depression</b>	PHQ-9
<b>Anxiety</b>	GAD-7
<b>Pain</b>	Patient Reported Outcomes Measurement Information System-Cancer (PROMIS) Pain Interference-Short Form 4a
<b>Sleep Disturbance</b>	PROMIS Sleep Disturbance-Short Form 6a
<b>Fatigue</b>	PROMIS Fatigue 6a
<b>Coping Self-Efficacy</b>	Cancer Behavior Inventory-Brief
<b>Social Isolation</b>	PROMIS Social Isolation-Short Form 4a
<b>QOL</b>	Functional Assessment of Cancer Therapy-General
<b>QOL</b>	“How would you rate your overall QOL?” single-item question

# Qualitative Data Examples

- Written Feedback Surveys
- Focus Groups
- One-on-one interviews



# Limits to Patient-Reported Outcomes

- Can be burdensome for patients
- Can be hard to get patients to complete
- Doing the statistical analysis of the data
- Challenging for those whose primary language is not English



# Objective Measures

# Objective Measures Examples

- HgA1c (Diabetes)
- Body Mass Index (BMI)
- Blood pressure
- Blood tests
- Medications (e.g., naloxone)
- Vaccinations completed
- Advance Care Plan completed
- Attendance
- Referral to enrollment conversion



- Billing, RVUs

What evaluation methods  
have you used?

# Summary

- Evaluations can be used for **multiple purposes**
- Defining the **goals** of your assessment can guide **which** assessments to use and when
- You can use a **combination** of patient-reported outcomes and objective measures for evaluation
- Keep assessments targeted and short

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**THANK YOU!**

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# Q&A

# Thank you!

Please feel free to contact us with any questions or comments:

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