

# Using Alberta population norms as a benchmark in primary care

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## RATIONALE

The EQ-5D-5L measures health status from the patient's perspective. It is routinely collected in population-level surveys in Alberta which allowed

the estimation of population norms. It is also routinely collected in primary care for informing clinical practice, enhancing patient-centered care, and supporting health services programming.

**Objective:** This project aimed to demonstrate the use of the EQ-5D-5L Alberta population norms as a benchmark within the context of program evaluation at the Edmonton O'day-min Primary Care Network (EOPCN).

## METHODS

**Data Source:** 2021-2022 EQ-5D-5L data collected by the Edmonton O-day'min Primary Care Network in the kinesiology (n=113), nutrition (n=219), and mental health programs (n=472) was used at two time points. Descriptive analyses were conducted.

**EQ-5D-5L Alberta Population Norms:** estimated with survey data from Alberta Health and the Health Quality Council of Alberta (n=60,447). Repeated cross-sectional sampling and analysis represents reference values based on age and sex.

- EQ-5D-5L:**
- A generic measure of health-related quality of life (HRQL)
  - Five **dimensions** (mobility, self-care, usual activities, pain/discomfort, and anxiety/depression) with five levels of problems; an overall **index score** is calculated from the five dimension scores (Canadian value set used).
  - Visual analogue scale** (EQ VAS) of 0 (worst health) to 100 (best health)

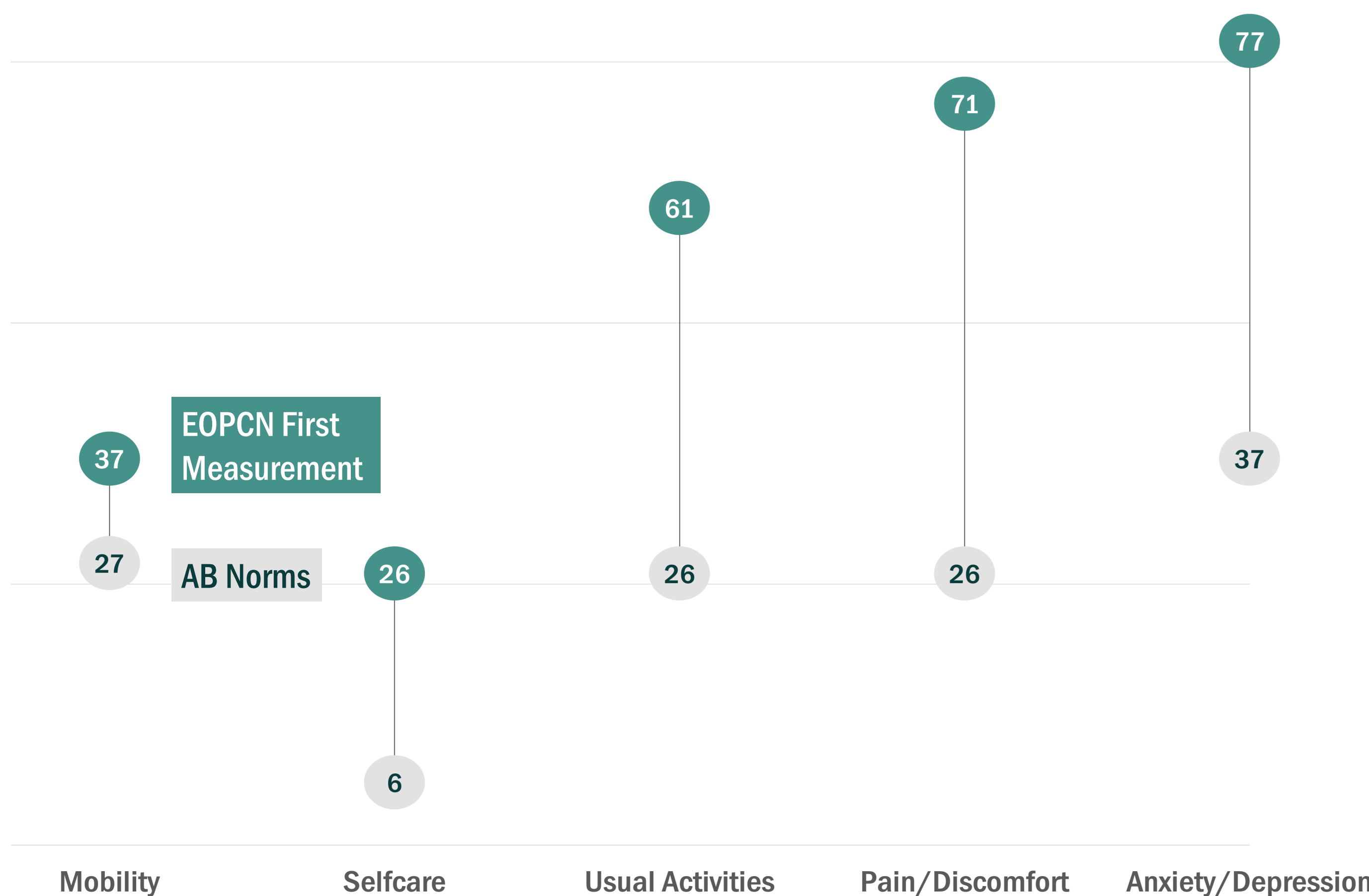
## HRQOL:

	Score	Lower HRQL	Higher HRQL
<b>EQ-5D-5L Dimensions</b>	1 = none 2 = mild 3 = moderate 4 = severe 5 = extreme / unable to	Higher level category (5) = more problems	Lower level category (1) = fewer problems
<b>Index score</b>	-0.148 - 0.949	Closer to -0.148	Closer to 0.949
<b>EQ VAS</b>	0 - 100	Closer to 0	Closer to 100

## RESULTS

At first measurement, participants in the three EOPCN programs reported more problems (levels 2-5) across all EQ-5D-5L dimensions compared to the general Alberta population. Despite small improvements, these remained lower over time for the index score and EQ VAS across all programs.

EOPCN program participants (%) had more problems (levels 2-5) when examining the EQ-5D-5L DIMENSIONS compared to AB Norms



## SUMMARY

The EQ-5D-5L is commonly used to measure of health-related quality of life worldwide. Applicable to a wide range of health conditions, it provides a simple description of health status among populations. Normative data for the Alberta general population provided EOPCN with a baseline reference value used to benchmark patients' outcomes as well as describe the burden of illness among their program participants. Overall, health status of EOPCN program participants was lower and remained lower than that of the general Alberta population norms. This may inform future programming.

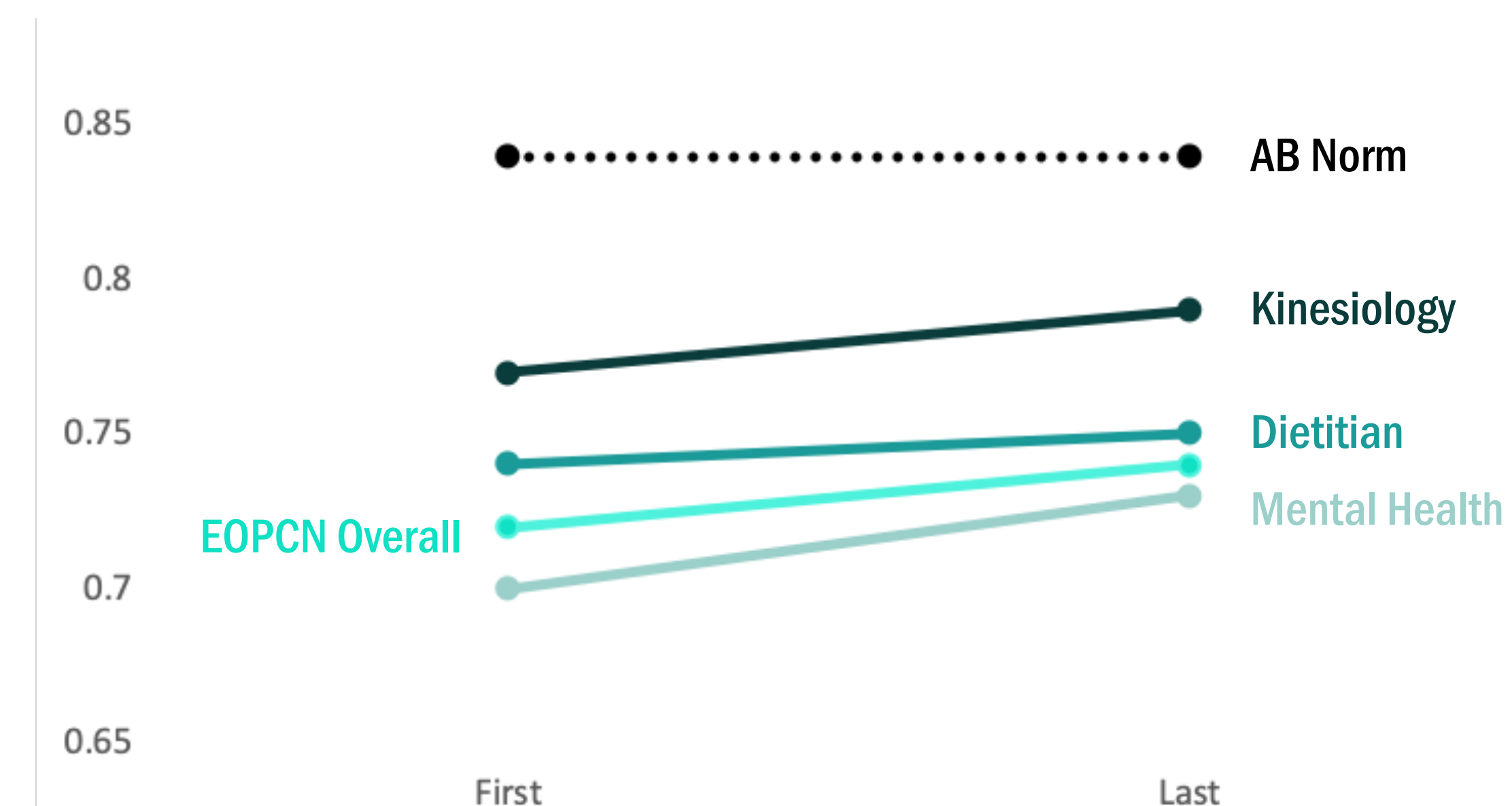
## HIGHLIGHTS

- The EQ-5D-5L integrates the patient's perspective in health programming decisions.
- We used the Alberta-based population norms to compare participants in different EOPCN programs.
- Overall health status of program participants was lower and remained lower than the general Alberta population.

## ACKNOWLEDGEMENTS

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EQ-5D-5L INDEX SCORES (mean) were lower for EOPCN program participants than AB Norm



EQ-5D-5L VISUAL ANALOGUE SCALE (EQ VAS) (mean) was lower for EOPCN program participants than AB Norm

