ABSTRACT

Patient reports of the impact of Benign Prostatic Hyperplasia (BPH) symptoms on their lives are important for treatment decisions making and evaluating outcomes of new treatments. The relevance and importance of the impact of BPH symptoms on different aspects of patient’s lives are diverse and patterns of occurrence among the targeted patient group are unpredictable. Eliciting this information from patients using standardized response options tends to statistically ‘normalize’ them, leaving no room for individuality. Hence we developed a measure of BPH-specific patient impact that would benefit from both the statistical strength of a standardized measure as well as form the adaptability and high content relevance of an individualized measure.

Qualitative interviews and literature review provided an initial list of 71 different topic areas that were grouped in to 9 separate domains. The item generation process yielded an initial long-list of three types of questions: Functional impact items (n=13); BPH symptoms items (n=21); and Psychological impact items (n=13). An initial measure was drafted which incorporated these items into a standardized format with a five point Likert-type response scale. The content was duplicated in a prompter list followed by an individualized section for the top five individualized patient choices.

The two versions of the measure were pilot tested on 49 patients. Final designation of items to the standardized versus individualized versions was determined through a combination of qualitative and quantitative methods. This resulted in the development of the BPH Patient Impact Measure with 15 standardized items (highest frequency of reporting by the pilot group). Those items representing a lower report-frequency (yet still presented important and relevant data to a portion of the patient group) were assembled into a prompter list for the individualized portion of the measure.

METHODS

Step 1: 
1. Literature Review 
2. Qualitative Interviews 
3. Qualitative Analysis and Initial Item Generation

Results: 
- Qualitative data indicated a wide variety of types of QOL impact
- No area of impact had a clearly significantly predominance
- All areas expressed were extremely important to those who expressed the areas, but not necessarily of the same importance to others

Conclusions: 
While some items appeared to have relevance to most of the subjects, impact on some areas were relevant only for some individuals.

Step 2: 
1. Initial Item Generation (from Qualitative data) 
2. Sort ‘long list’ items by basic content and question-type

Results: 
- (34) FUNCTIONAL-RELATED ITEMS 
- (21) SYMPTOM-RELATED ITEMS 
- (13) PSYCHOLOGICAL-RELATED ITEMS

Step 3: 
1. Refine content 
2. Draft Standardized Items 
3. Draft Individualized Items

Step 4: 
1. Pilot Test on Patients (debriefing interviews with 8 patients with BPH) 
2. Review perceived meaning of items 
3. Review clarity of instructions 
4. Review acceptability of format

What Patients Had to Say About the Two Sections

Conclusions

While the symptoms of BPH have an impact on patients lives, the extent of the disruption to activities varies. A combination of standardized and individualized items would provide the best information regarding the impact of BPH symptoms on patients. The BPH Patient Impact Measure is an attempt to develop an instrument that would provide comprehensive information on the impact of urinary symptoms in patients with BPH. The results of preliminary testing indicate that the new questionnaire is acceptable to patients.

Objective

• To identify the optimal method for reflecting a wide range of QOL impacts on the lives of patients with urinary symptoms of BPH
• To develop a BPH-specific QOL measure