

A Self-Reported What Matters Index (WMI)

Measures	Importance
Insufficient Health Confidence How confident are you that you can manage and control most of your health problems? <i>(Not very confident or somewhat confident scored as 1, versus very confident scored as a zero)</i>	Health confidence is a proxy for a person's capacity to manage health problems. This capacity is the final common pathway for successful chronic care management. A low level of patient self-management capacity predicts poor involvement in self-care and is associated with increased use of costly health care services.
Pain During the past 4 weeks how much bodily pain have you generally had? <i>(Extreme or moderate pain scored as 1, versus none, very mild or mild scored as a zero)</i>	Emotional problems and level of pain have a significant adverse impact on the attainment of health confidence and are fundamental to the human condition regardless of disease. Pain and emotional problems may respond to simple behavioral interventions. Patients' pain and emotional problems are often assessed as "vital signs" in clinical settings.
Emotions During the past 4 weeks how much have you been bothered by emotional problems such as feeling anxious, irritable, depressed, or sad? <i>(Extremely or quite a bit scored as 1, versus not at all, a little or some- what scored as a zero)</i>	
Polypharmacy How many prescription medicines are you taking more than 3 days a week? <i>(More than five scored as 1, versus 5 or less scored as a zero)</i>	A high number of medications and adverse effects can give rise to harmful interactions and reduced adherence. Polypharmacy and medication side effects account for a very large percentage of preventable hospital and emergency department uses.
Adverse Effects from Medications Do you think any of your pills are making you sick? <i>(Yes or maybe scored as 1, versus no scored as a zero)</i>	
Financial Status Do you have enough money to buy the things that you need to live everyday such as food, clothing, or housing? Yes, Always versus Sometimes or No	This measure for financial stress is strongly associated with differences in health-related services and management after adjustment for patient demographics, behaviors, and illness burden.
Health Service Quality When you think about your health care, how much do you agree or disagree with this statement: I receive exactly what I want and need exactly when and how I want and need it. <i>Strongly Agree versus Somewhat Agree, Somewhat Disagree, Disagree Strongly</i>	Validated against CAHPs and provides identical rankings of patient-reported health service quality.

In contrast with other patient surveys and formulas for estimating risk and stratifying patients, each of the 7 questions identifies a specific issue that the clinician or staff can take action on to help improve a patient's health and quality of life. The sum of first five measures stratifies for subsequent risk of hospital and emergence care in community and Medicaid populations. (www.HowsYourHealth.org offers a free automated version)