Medicare Health Outcomes Survey Modified Instructions

This survey asks about your health, feelings, and ability to do daily activities. Please take the time to complete this survey. Your answers are very important to us. If you need help to complete this survey, a family member or a friend may fill out the survey about your health. If a family member or a friend is NOT available, please ask your nurse or other health professional to help.

Sample Questions:

- Answer the questions by putting an ‘X’ in the box next to the appropriate answer category like this:

  1. [ ] Yes
  2. [ ] No

- Be sure to read all the answer choices given before marking a box with an ‘X.’
- You may find some of the questions to be personal. It is important that you answer EVERY question on this survey. However, you do not have to answer a question if you do not want to. If you are unsure of the answer to a question or that the question applies to you, just choose the BEST available answer.

Please complete the survey within two weeks and return it in the enclosed postage-paid envelope.

IF YOU ARE FILLING OUT THIS SURVEY FOR SOMEONE ELSE

Please answer every question the way you believe best describes that person’s health, feelings, and ability to do daily activities. Answer each question the way you think the person you are helping would answer about him or herself.

All information that would permit identification of any person who completes this survey will be kept strictly confidential. This information will be used only for the purposes of this study and will not be disclosed or released for any other purposes without your permission. If you have any questions or want to know more about the study, please call [vendor name] at [toll-free number].
Medicare Health Outcomes Survey—Modified

1. In general, would you say your health is:

   Excellent  Very good  Good  Fair  Poor
   1          2          3          4          5

2. How much difficulty, if any, do you have lifting or carrying objects as heavy as 10 pounds, such as a sack of potatoes?

   No difficulty at all  A little difficulty  Some difficulty  A lot of difficulty  Not able to do it
   1          2          3          4          5

3. How much difficulty, if any, do you have walking a quarter of a mile—that is about 2 or 3 blocks?

   No difficulty at all  A little difficulty  Some difficulty  A lot of difficulty  Not able to do it
   1          2          3          4          5

4. Because of a health or physical problem, do you have any difficulty doing the following activities without special equipment or help from another person?

   a. Bathing
      No, I do not have difficulty  Yes, I have difficulty  I am unable to do this activity
      1          2          3

   b. Dressing
      1          2          3

   c. Eating
      1          2          3

   d. Getting in or out of chairs
      1          2          3

   e. Walking
      1          2          3

   f. Using the toilet
      1          2          3
5. Do you receive help from another person with any of these activities?

<table>
<thead>
<tr>
<th>Activity</th>
<th>Yes, I receive help</th>
<th>No, I do not receive help</th>
<th>I do not do this activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bathing</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dressing</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eating</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Getting in or out of chairs</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Walking</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Using the toilet</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

6. The following items are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much?

**ACTIVITIES**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Yes, limited a lot</th>
<th>Yes, limited a little</th>
<th>No, not limited at all</th>
</tr>
</thead>
<tbody>
<tr>
<td>Moderate activities, such as moving a table, pushing a vacuum cleaner, bowling, or playing golf</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Climbing several flights of stairs</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

7. During the past 4 weeks, have you had any of the following problems with your work or other regular daily activities as a result of your physical health? (If you are not able to do work or regular daily activities, please answer 'yes, all of the time' to both questions).

<table>
<thead>
<tr>
<th>Activity</th>
<th>No, none of the time</th>
<th>Yes, a little of the time</th>
<th>Yes, some of the time</th>
<th>Yes, most of the time</th>
<th>Yes, all of the time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Accomplished less than you would like</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Were limited in the kind of work or other activities</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>
8. During the past 4 weeks, have you had any of the following problems with your regular daily activities as a result of any emotional problems (such as feeling depressed or anxious)? (If you are not able to do work or regular daily activities, please answer ‘yes, all of the time’ to both questions.)

No, none of the time  Yes, a little of the time  Yes, some of the time  Yes, most of the time  Yes, all of the time

a. Accomplished less than you would like .........................

b. Didn't do work or other activities as carefully as usual ..............

9. During the past 4 weeks, how much did pain interfere with your normal work (including both work outside the home and house)?

Not at all  A little bit  Moderately  Quite a bit  Extremely

1  2  3  4  5

These questions are about how you feel and how things have been with you during the past four weeks. For each question, please give the one answer that comes closest to the way you have been feeling.

10. How much of the time during the past 4 weeks:

All of the time  Most of the time  A good bit of the time  Some of the time  A little of the time  None of the time

a. have you felt calm and peaceful? ....  

b. did you have a lot of energy? ..........  

c. have you felt downhearted and blue? ................................

11. During the past 4 weeks, how much of the time has your physical health or emotional problems interfered with your social activities (like visiting with friends, relatives, etc.)?

All of the time  Most of the time  Some of the time  A little of the time  None of the time

1  2  3  4  5
Now, we’d like to ask you some questions about how your health may have changed.

12. **Compared to one year ago,** how would you rate your **physical health** in general **now**?

   - [ ] Much better
   - [ ] Slightly better
   - [ ] About the same
   - [ ] Slightly worse
   - [ ] Much worse

13. **Compared to one year ago,** how would you rate your **emotional problems** (such as feeling anxious, depressed or irritable) in general **now**?

   - [ ] Much better
   - [ ] Slightly better
   - [ ] About the same
   - [ ] Slightly worse
   - [ ] Much worse

14. Do you experience memory loss that interferes with daily activities?

   - [ ] Yes
   - [ ] No

15. How often, if ever, do you have difficulty controlling urination (bladder accidents)?

   - [ ] Never
   - [ ] Less than once a week
   - [ ] Once a week or more often
   - [ ] Daily
   - [ ] Catheter

16. Who completed this survey form?

   - [ ] Medicare Participant ➤ **STOP HERE**
   - [ ] Family member, relative, or friend of Medicare Participant ➤ Go to Question 17
   - [ ] Nurse or other health professional ➤ Go to Question 17
17. What was the reason you filled out this survey for someone else? (Please answer ALL that apply.)

☐ Physical problems
☐ Memory loss or mental problems
☐ Unable to speak or read English
☐ Person not available
☐ Other

18. How did you help complete this survey? (Please answer ALL that apply.)

☐ Read the questions to the person
☐ Wrote down the person’s answers
☐ Answered the questions based on my experience with the person
☐ Used medical records to fill out the survey
☐ Translated the survey questions
☐ Other

FOR PROFESSIONAL STAFF (CAREGIVERS) ONLY

19. Which of the following best describes your position? (Please choose one answer.)

☐ Home Health Aide, Personal Care Attendant, or Certified Nursing Assistant
☐ Nurse (RN, LPN, or NP)
☐ Social Worker or Case Manager
☐ Adult Foster Care/Adult Day Care/Assisted Living/Residential Care Staff
☐ Interpreter
☐ Other

YOU HAVE COMPLETED THE SURVEY. THANK YOU.
"According to the Paperwork Reduction Act of 1995, no persons are required to respond to a collection of information that does not display a valid OMB control number. The valid OMB control number for this information collection is 0938-0701. The time required to complete this information collection is estimated to average 20 minutes including the time to review instructions, search existing data resources, gather the data needed, and complete and review the information collection. If you have comments concerning the accuracy of the time estimate(s) or suggestions for improving this form, please write to: CMS, 7500 Security Boulevard, C3-16-27, Baltimore, Maryland 21244-1850."

Insert Vendor Contact Information Here