

How to use PRO-Psykiatri

You have chosen to work with PRO-Psykiatri. It is an instrument that makes it easier for you to actively participate in the decisions made regarding your treatment.

PRO stands for “Patient Reported Outcomes” – that means your information about how you are doing. You enter the information (PRO) in an electronic questionnaire before each of the scheduled appointments with your treating clinician.

When you fill in the questionnaire before the appointment, you become more aware of how you are doing and what is important for you to talk about when you meet your treating clinician.

are doing.

You can use the answers to structure the appointment – and to prioritize what in particular needs a follow-up.



GUIDE

You find the questionnaire at pro-psykiatri.dk. You start by entering your CPR-number and afterwards the code you receive (by SMS or from the staff).

The questionnaire includes 20 questions about how you are doing and how your everyday life is.

You answer each question by ticking off on a scale. The questionnaire also includes a text box where you can write what you find important for your case manager to know.

You can borrow a tablet for filling in the questionnaire. It takes about 5 – 15 minutes to fill in the questionnaire.

HOW PRO IS USED

PRO-Psykiatri is primarily a collaborative instrument used in the dialogue with your treating clinician.

You discuss your answers during the appointment. This gives both of you the same picture of how you

KEEP TRACK OF YOUR DEVELOPMENT

You can see your answers in your case record at Sundhed.dk. Please log in using your MitID.

If you have filled in the questionnaire several times, you can see how your health has developed over time. You can use your answers for self-management.

CONTACT AND HOW TO KNOW MORE

You can find more information at www.psykiatri.rn.dk – search for “PRO-Psykiatri”.



Contact

If you have any questions regarding PRO-Psykiatri, please contact your case manager.