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# Patient-Focused Quality Improvement in Primary Health Care: Opportunities with the Patient Evaluation Scale

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## **Keyword:**

Primary
health care,
Patient
evaluation,
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Scale, Nigeria.

#### **ABSTRACT**

**Background:** Patient evaluation of primary health care (PHC) is an evidenced-based approach to quality assessment but its use in Nigeria is still minimal.

**Objective**: This article explored approaches for using the patient evaluation scale (PES) for PHC performance measurement, ranking, comparing sub-national PHC systems and undertaking patient-focused quality improvement of PHC in Nigeria.

**Method:** Secondary analyses of data obtained from a cross-sectional national representative exit survey of patients' experiences of PHC which was conducted with the PES. The PES QUALISTAT is an array of analytic procedures and approaches for presenting data on PHC performance. Colour coding of performance (red colour = severe underperformance requiring urgent action, yellow = suboptimal performance requiring action and green = optimal performance) in relation to thresholds of a standard performance scale were illustrated. The implications of this for practice and policy which shows the opportunities for patient-focused quality improvement using the PES were discussed.

**Results:** Raw analysis shows red colours in 0-38%, 4-29% and 0-16% of attributes across the various health centres, Local Governments Areas and States, respectively. The most frequently rated attribute as being satisfactory was neatness reported in 20.8% of health centres. A preponderance of health centres had deficiencies in relation to availability of electricity (58.3%) and water supply (58.3%).

Conclusion: This study demonstrates the opportunities in patient-based review using the PES for the development of PHC in Nigeria. The use of simple, clear and actionable presentation of finding may make it suitable and attractive for use by researchers, practitioners and policy makers. Implications are the imperatives for administrative and policy support needed to institutionalised periodic nationwide patient surveys, benchmarking, performance ranking of PHC facilities and trend analysis to enhance timely identification and remediation of problems in Nigeria's PHC system.

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#### **INTRODUCTION**

The trend in the use of patient for the assessment of the quality of primary health care (PHC) in Nigeria is on the increase. 1 This partly demonstrates the effects of paradigmatic shift from paternalism to patient centricity and increasing awareness of accountability in PHC administration.2 Although, stakeholders hold different perspectives to the notion of quality, there are strong arguments that for the concept of health care quality to make adequate meaning, it must consider the views of those impacted or affected by the processes in health care.3 In this sense, patients' and caregivers' views of health care are important when defining quality of health care.

The need to improve patient participation in the delivery of health care is one of eight strategic goals for health system development in Nigeria. This goal is congruent with global reforms in service delivery which is aimed at reorganising health services especially at the primary level, in line with peoples' expectations. This is intended to make these services more socially relevant and responsive to the current and changing needs of the population.<sup>5</sup>

Integral to patient participation in health care is the requirement for periodic surveys of their views on health care. Patients' views on health care are often expressed in their preferences (expectations or ideas about what should occur), evaluations (judgments or perceptions of health care), and reports (more objective observations on the organization or process of care).<sup>6</sup> The patient evaluation of PHC is a recognised means of quality assessment and setting agenda for quality improvement in PHC.<sup>7,8</sup> Patient evaluation of health care can be conducted alone or alongside experts' assessment of health care quality. The involvement of patients or care-

seekers in the evaluation of health care quality is enhanced not only when valid and reliable tools are available but also when there are appropriate standards that would guide interpretation of evaluation findings and aid meaningful actions.<sup>6, 9</sup>

Despite the potential shortcomings, patient evaluation of health care is underpinned by established standards in ethics, philosophy, law, politics and evidence of immense derivable benefits.6, 10-12 The use of patient improvement evaluation quality depict a health system's interventions to patients' sovereignty,13 commitment autonomy14 and also demonstrates the level of democratic accountability in health care.15 Indeed, the extent of patient participation in health care mirrors political developments<sup>16</sup> and the level of modernisation of the society.<sup>17</sup> Furthermore, the level of patient participation in health care could predict their future behaviours with respect to health service utilization, compliance with treatment, continuity and the overall effectiveness of care. 10, 16, 18, 19

There are potential platforms for promoting large-scale patient evaluation of primary health care in Nigeria. One obvious platform is the state peer review mechanism designed to accelerate the pace of development in states through periodic performance reviews in various sectors.<sup>20</sup> To support such large-scale patient evaluation of PHC, the patient evaluation scale was developed in Nigeria.<sup>21</sup> It is envisaged that since the contents of the PES questionnaire were inductively generated from the expectations of the Nigerian PHC patients, it could be an effective tool in determining gaps in the quality of PHC.21, <sup>22</sup>The imperative for this is hinged not only on the fact that strengthening PHC services remains a key strategy for the development of Nigeria's health system but also because undertaking patient-focused quality improvement in PHC may substantially improve the social relevance and demands for PHC services. Currently, periodic patient-based evaluation of sub-national PHC systems is neither undertaken by the local stewards nor is a part of the states' peer review mechanism. There is also no effective policy support for periodic patient-based evaluation of sub-national PHC systems

This article demonstrates the opportunities in large-scale patient evaluation of PHC and presentation of actionable reports using the patient evaluation scale. Specifically, the analyses sought to demonstrate how PES survey may be used to provide answers to the following research questions: (a) What aspects of PHC are evaluated positively by patients? (b) What is the performance of single primary health centre or the cluster of primary health centres in a Local Government Area and State? (c) How do these performances compare with a reference? This article is intended to drum support for policies that would institutionalise the conduct of periodic national/sub national patient evaluation surveys as a necessary precursor for patientfocused quality improvement on PHC in Nigeria.

# METHODS

#### Study setting

Nigeria is located in West Africa sharing land borders with the Republic of Benin in the West, Chad and Cameroon in the east and Niger in the north. Nigeria is constitutionally subdivided into states, local government areas (LGAs) and wards. However, the six geopolitical zones are often point of reference in modern Nigeria. These geopolitical zones which contain between 5 states (in the South East) to 7 (in the North West) show greater

homogeneity in culture, religion and language of the populace.

Formal health care across the country is provided through tertiary, secondary and primary health facilities administered by Federal, States and Local Governments, respectively. About 90% of the facility density of 2.2/10,000 are primary health facilities which are manned by community health workers, nurses, doctors and other skill mix of staff. <sup>23</sup>, <sup>24</sup>

#### Study design

The study is a secondary research that involved the re-analyses of data obtained from a nationally representative patient exit survey.

#### **Primary study**

The primary study was conducted to uncover the predictors of patient evaluation of PHC in Nigeria.<sup>25</sup> The primary study recruited 1680 regular patients attending 24 health centres in 12 Local Government Areas in six states that represented each of the six geopolitical subdivisions in Nigeria. The 4-stage sampling approach involved the random selection of a state from each of the geopolitical zones in Nigeria in the first stage. Stratified random sampling was similarly used to select a rural and an urban local government area from each of the selected State and 2 primary health centres in each local government. The primary data was collected from regular adult visitors to selected primary health centres by trained research assistants using the PES.

#### The Patient Evaluation Scale

The Patients' Evaluation Scale (PES) was developed through multiphase, mixed method research which involved the generation of items from literature review and qualitative interviews with a broad range of

health centre users in Nigeria. Draft items were refined during the face and content validation by experts, cognitive testing with patients attending health centre and waves of quantitative surveys. The development resulted in the original PES and shortened (PES-SF) forms containing 27 and 18-items, respectively. The PES-SF was the product of item deletion following psychometric validation based on the classical test theory. The items deleted from the original PES did not meet the recommended Eigen value < 1, factor loading < 0.5, item-total, item-domain correlation < 0.4 and item-item correlation within domains of < 0.2. The internal consistency of the PES-SF measured by the Cronbach's alpha was 0.87 for entire questionnaire and 0.78, 0.79 and 0.81 for the domains' (code named 'facility', 'organisation', and 'health care'), respectively. The multi-dimensional PES with multi-point response format (1 = poor, 2 = fair, 3 = good, 4 = very good, 5 = excellent) was designed for exit assessment of patients' experiences with PHC in Nigeria.21

Ethical clearance for the collection of primary data was obtained from the research ethics Committee of the University of Port Harcourt. Permissions were also obtained from the Ministries of Health, Primary Health Care Boards or participating Local Government Areas depending on the requirements in each State. The time taken to obtain permissions in the six states ranged from 9 days in to 47 days. The patients recruited for this survey gave their consent after going through the details of the research and assurance of confidentiality.

#### **Statistical analyses**

The PES QUALISTAT is a combination of analytic techniques and reporting procedures on various attributes of PHC built around the levels of disaggregation of the data (e.g. facility, Local Government Areas and States).

This article highlighted the array of analytic and presentation techniques with items in the PES scale representing needed attributes of PHC in Nigeria. For ease of comparability, rating scores were transformed to percentages and analysis was done with the Statistical Package for Social Sciences (SPSS) version 20.26 The population reference was created from the entire dataset with missing data within cases substituted by linear interpolation.

### Performance assessment from PES survey

Performance assessment of PHC units was undertaken to answer the following questions:

What aspects of PHC are evaluated positively by patients? The percentage of patients who endorsed any of the three positive response options (good, very good and excellent) for each attribute was calculated.

What is the performance of single PHC or cluster of PHC in local government and states? Simple descriptive statistics was used for analysis and findings on the performance of hierarchical units were displayed in simple actionable formats similar to what was earlier reported in a European practice setting.27 Some of the available options for analysis and presentation are: Descriptive statistics (mean, standard deviation, median, and quartile deviation) of each unit with respect to attributes in the domain or entire PES scale. A distribution frequency table (with percent) of each response option in the 27 attributes contained in the PES questionnaire. An aggregated chart of the average value (mean ± SD or Median ± upper and lower quartile) for each attribute in the PES. The attributes are placed on the column and the PHC units on the row. The different level of performance on a particular attribute along various units is displayed horizontally while the level of

performance on all the attributes can be deciphered horizontally. An aggregated chart of the average value (mean ± SD or Median ± upper and lower quartile) for each of the eight domains (facility, geographic access, service organisation, financial access, staff, waiting time, consultation and benefits) of the PES questionnaire.

How do these performances compare with a reference performance? Performances hierarchical units were compared to reference for each attribute. This was achieved by calculating a reference performance on each attribute which then served as a standard for comparing the performances of the hierarchical units along the various PHC attributes. Some of the available options for computation performances of the hierarchical units relative to the reference are as follows: Calculating the percentage of patients who endorsed excellent (highest rating) on each attribute relative to the reference. A similar approach had been used earlier in Switzerland.<sup>27</sup> Calculating the unit's percentile ranking relative to the reference parameter with means (µ) and standard deviation (o). This was done by calculating their standardised score (Z) from the mean (x) of each attribute and transforming this result into percentiles of the standard normal cumulative distribution having a mean of 0 and a standard deviation of 1. Thresholds of 50 and 75 percentiles of this reference performance were then used to stratify units' performances as *red* = performance less than the 50th percentile of the reference indicating serious deficiencies; yellow = performance between 50 and 74th percentile of the reference indicating suboptimal performance; and green = units' performance equal to or above the 75th percentile indicating optimal performance. Simple colour-coded charts performance along each of the attribute were presented. A similar approach will be to compare units' (individual PHC or cluster of PHCs) performance in relation to the 25<sup>th</sup>, 50<sup>th</sup> and 75<sup>th</sup> percentile of the reference on the same vertical plane. This is more suitable where illustration of a particular unit's performance on each attribute relative to the reference is in focus.<sup>27</sup>

How can the PES be used to trend PHC performance? The trends in units' performance following longitudinal surveys can be illustrated for each attribute in a graph showing the change in performance over time with or without a comparison with the reference.

#### **RESULTS**

The questionnaire response rate was 98.2% for the entire study and ranged from 96.1% in Anambra State to 100% in Bayelsa State. Table 1 shows that more of the respondents were of young age being less than 40 years old (85%, range 76-99%), female (73%, range 63-95%), not working (49%, range 36-76%) and had to pay for PHC services at the point of accessing the service (76%, range 17-98%).

Table 2 shows the percentage of patients that rated the various attributes of separate or the cluster of PHCs in Local government and States as at least 'good' (good, very good & excellent). This raw analysis shows the colour coding of the performance of hierarchical units through the eyes of the patient and along all PHC attributes captured in the PES scale. Red-coloured cells depicting where less than 50% of the patients gave positive feedback were observed in 0 to 38% of attributes across the various PHC centres. Yellow and green colour-coded performances were similarly observed in 8 to 63% and 0 to 92% of attributes across PHCs, respectively. The colour-coded performances on the various attributes for the cluster of PHCs in the Local government and each State also presented in Table 2 shows 429% and 0-16% of PHC attributes in LGAs and State, respectively were red-coloured and would require improvements.

Table 3 shows the standardised mean performance scores on health centres' attributes along levels of disaggregation of the values reported data. standardised mean ratings on the scale of 0 to 100 and with respect to the reference population. A summary of the colour-coding shows 0-25% of attributes had the greencoloured card among the selected health centres, while 0-33% of attributes among LGAs and 0-13% of attributes among selected states showed adequate performance. The attributes with the worst rating can be observed from the frequency of red colour code along the columns. The preponderance of PHC units had deficiencies related to availability of electricity (58.3%) and water supply (58.3%). There was a paucity of greencoloured attributes suggestive of satisfactory performance on an attribute from the ratings the patients. The most frequently satisfactory rating of PHC attribute, reported in 20.8% of PHC facilities.

#### **DISCUSSION**

The article demonstrates opportunities for large-scale evaluation of PHCs against the expectations of the patients using the PES. Whilst there exists a number of approaches for analysis and presentation of data, the descriptive analyses presented here focused more on the performance of hierarchical PHC units along various attributes. This was to demonstrate to practitioners and policy makers how patients' needs are interpreted for PHC-based, patient-focused quality improvement.

The presentation and ease of interpretation of findings from patient evaluation of PHC is similar to the quick, simple and effective colour band Shakir strip used in the assessment of childhood nutritional status.<sup>28</sup> The Shakir strip can even be used by non-highly skilled professionals to measure the mid upper arm circumference, easily interpret findings and plan interventions. While there are enormous benefits in multi- periodic centre survey of patients' views on PHC, the few reports on patient evaluation of PHC in Nigeria were mostly conducted in single PHC practices.<sup>8, 29-32</sup>

The following response rates the administration of questionnaire across the various facilities were high. This is quite encouraging especially when viewed against the background of the direct relationship between the validity of survey research and the response rate.33 While the response rate is a reflection of participants' willingness and ability to participate on the survey, the mode of administration of survey questionnaire34 and the provision of incentives to responders can also influence the response rates. Indeed, administration of instrument to potential respondents which is a prevalent tradition in this setting could exert subtle urges on some participants to return completed questionnaire to the survey administrator who oftentimes are within their physical reach while waiting to retrieve them.

There was a preponderance of young and female participants in the survey across the states. While this is clearly a departure from the reported structure of the Nigerian population,<sup>35</sup> there is however no report on the socio-demographic profiles of users of PHCs in Nigeria to compare this finding with. It is also pertinent to uncover the preferred sources of care for non-users of PHC.

Worst-rated attributes from the result were the availability of electricity and water in the PHC centres. This is not surprising as only four-fifths of houses including health facilities in the entire country and one-third of those in rural areas are connected to the national electricity grid. The recent reforms involving unbundling and privatisation of public power infrastructure is yet to yield the expected results as power supply through the grid is still epileptic. Also, access to potable drinking water nationally stands at 60%36 but this may be worse with PHC facilities as findings from the assessment of the structural quality of PHC in a rural LGA in Lagos, Nigeria revealed that four-fifth of health centres did not have adequate water, electricity and toilet facilities37

Like this study, previous research on patients evaluation of PHC analysed ordinal data using frequency of endorsement of various categories, <sup>29, 31</sup> rating scores<sup>32</sup> or as a combination of ratings and categorical analyses.<sup>8</sup> The debate on the appropriate approach of handling multipoint responses from questionnaire survey is still on-going and some contentious issues include:

Whether analysis should be on single-items or summation of items? - Single-item analyses as done in these illustrations are useful for patient-focused quality improvement along the various PHC attributes. However, summing the scores of a particular respondent under domains or entire PES scale is of more advantages. This is because analyses based on single-items have considerable random measurement error; are less reliable and lack precision. Clearly, individual items lack the scope to fully represent complex theoretical constructs like perceived quality. It is known measurement error averages out when scores are summed to obtain total score for a PHC centre. In essence, single items rarely possess sufficient information for the estimation of validity, accuracy and reliability.38-40

The result also showed the performance of hierarchical units hosting a cluster of health centres. Patients recruited during national and sub-national surveys are nested in unique clusters such as health centres, governments or states. There are compelling reasons to apply multilevel analyses especially when exploring individual and practice-related predictors of patient evaluation. This is because attempts to explore patient-level predictors in the absence of group context known to influence survey findings would limit the value of such process.41 It is also useful to consider the validity of data from questionnaires administered by survey assistants. The use of bilingual research assistants the administration of questionnaires to patients who are not fluent in the English Language would be required for large-scale surveys in a setting like Nigeria where 38% of women and 21% of men still lacking literary skills.36 While the ability to communicate in the local dialect should be an important consideration when planning the skill mix of administrators, it is equally essential to train and conduct narrative accuracy checks using health staff with dual linguistic skills to validate translated data by team's interpreters in various study locations.

### *Opportunities with the use of the PES*

The PES is potentially useful for cross-sectional and longitudinal surveys of patients' evaluation of PHC. Data can be analysed and presented as individual item response which describes aspects of PHC or a summation of these items in domains or entire scale. The PES is also useful for periodic nation-wide patient surveys, benchmarking, trend analysis, performance ranking and timely identification of problem in PHC systems. The contents of the PES questionnaire inform its suitability for measuring the structure,

process and outcome of care and also some core defining characteristics of PHC such as: accessibility (geographic, financial, organisational); comprehensiveness, preventive focus and effectiveness of care.<sup>42</sup>

#### Limitations

Potential limitations of this study are the fact that there is yet no consensus on the definition and measurement of quality through the eyes of the patient. The PES is an evaluative tool but had also shown discriminative abilities by differentiating performances on various attributes in individual PHC or across PHCs. The discriminative quality of the PES had not been verified using an appropriately designed study. The patients in this study were recruited from the health facilities and not the communities. There are evidence that facilitybased patient survey show more positive feedback than community-based surveys.1 Finally, patient evaluations like most human judgments are influenced by factors that can either inhibit a negative evaluation or promote positive evaluation.43,44 This could pose further limitations to patient-based review of health care especially where adequate rigors were not applied during such research.

Implications of the findings of this study

The contents of PES capture what matters to PHC patients and are suitable for determining potential gaps between the expectations and perceptions of PHC users. However, because patients' expectations and needs change with time, periodic exploration of PHC patient needs and expectations is required for the PES to remain contextually relevant. The conduct of PES survey can support quality improvement initiatives that would positively influence demand and social relevance of PHC in Nigeria because it will guide the reorganisation of PHC services around the

peoples' needs and expectations. Importantly, patient evaluation can be the starting point of a cyclical process of continuous quality improvement of health care delivery systems and organisation. This is so because generated data can be used to facilitate choice of provider by other patients; for internal quality improvement by planners and clinicians; for setting standards for services and establishing relevant rules and regulations based on patients' values.<sup>45</sup>

This paper would be useful for local policy makers and practitioners who are interested in using clear and simple ways to identify gaps in quality through the eyes of patients, institute needed policies and practice in PHC. Critically important is the need to emphasise innovative home-grown approach to the quality quest that would guarantee better population health, improve responsiveness of PHC systems and optimise the use of resources especially in settings like Nigeria, where a significant proportion of the population use the health centres for their health needs.

#### **CONCLUSION**

This study demonstrates the opportunities in the use of PES for patient evaluation of PHC systems along various levels of health administration in Nigeria. The evaluative and discriminative properties of PES makes its use useful add-on during sub-national comparison of PHC systems including the state peer-review process in Nigeria. The establishment of a national reference for patient-reported experiences of PHC, conduct of periodic nationwide patient surveys, comparing quality of services between PHC providers and utilizing findings for improvement continuous quality are recommended.

#### **Conflict of interest**

The author declared no financial or personal relationship(s) that may have inappropriately influenced the writing of this article.

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Table 1: Characteristics of patients in the study

States	N	Response	Female	<sup>a</sup> Young	<sup>b</sup> Working	<sup>c</sup> Paid	dGood	eContact	fConsult Consult		
		(%)	(%)	(%)	(%)	for care (%)	health (%)	>1yr (%)	with Dr (%)		
Adamawa	274	97.9	67.7	85.2	36.8	89.8	76.5	67.3	23.5		
Kaduna	276	98.6	63.0	84.7	43.3	97.5	67.1	49.1	3.3		
Benue	277	98.9	73.3	83.3	36.4	83.3	63.3	60.9	4.7		
Lagos	273	97.5	68.0	75.9	76.3	16.8	91.5	47.9	36.5		
Anambra	269	96.1	69.0	82.1	53.5	87.3	94.1	32.3	1.9		
Bayelsa	280	100.0	95.4	98.6	45.7	82.1	75.4	24.6	50.0		
Total	1649	98.2	72.2	85.1	48.5	76.3	77.9	47.0	20.1		

<sup>-</sup>a (less than 40 years of age), b (paid employment, either working for self, private or government), c (paid for healthcare at the point of access), d (Perceived health status rated at least good), e (Duration of contact with index PHC centre), f (Had consultation with a doctor in index visit)

Table 2 Categorical performance of hierarchical units' along various PHC attributes

#### **PHC Performance Attribute** 12 13 14 15 Summary **Health Centres** Proportion of patients giving positive evaluation on each attribute in Health Centres AC AL AD Ipakodo Adeniyi j 52 88 Itaelewa 53 Alausa Kajuru Mika rido Gesi Kakau Agan 57 57 Wadata Amaladu Gboko Dasin Gurin Nana asman Shagari Isunocha Mgbachukwu Nibo Okpuno 67 79 Agudama Yenezue Otueke Emeyal **LGAs** Proportion of patients giving positive evaluation on each attribute in LGAs Ikorodu Ikeja Yenagoa Ogbia Awka South Awka North Yola South Fofore Makurdi Gboko 73 83 Kajuru Chikun States Proportion of patients giving positive evaluation on each attribute in LGAs Lagos Bavelsa Anambra 44 64 Adamawa 83 89 Kaduna 34 58 63 81 52 59 Benue

1 = power supply, 2 = water supply, 3 = waiting area, 4 = seats provisions, 5 = Internal temperature, 6 = Centre attractiveness, 7 = Neatness, 8 = Travel during 9 = Ease of coming, 10 = Staff availability, 11 = Ease of paying, 12 = Opening times, 13 = Staff receptiveness, 14 = Staff performance, 15 = Provider-patient relationship, 16 = Waiting time, 17 = View on waiting time, 18 = Safety of care, 19 = Consultation, 20 = Health information, 21 = Clarity of communication, 22 = orderliness, 23 = Resource availability, 24 = Health benefit. Red signify serious problem that requires immediate action (AC), yellow = suboptimal so requires action (AL), green = optimal (AD)

Table 3 Hierarchical units' performance based on mean scores on PHC attributes

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1 = power supply, 2 = water supply, 3 = waiting area, 4 = seats provisions, 5 = Internal temperature, 6 = Centre attractiveness, 7 = Neatness, 8 = Travel during 9 = Ease of coming, 10 = Staff availability, 11 = Ease of paying, 12 = Opening times, 13 = Staff receptiveness, 14 = Staff performance, 15 = Provider-patient relationship, 16 = Waiting time, 17 = View on waiting time, 18 = Safety of care, 19 = Consultation, 20 = Health information, 21 = Clarity of communication, 22 = orderliness, 23 = Resource availability, 24 = Health benefit. Red signify serious problem that requires immediate action (AC), yellow = suboptimal so requires action (AL), green = optimal (AD)