



Health Care Utilization

1. **In the past 6 months**, how many times did you visit a physician?
Do NOT include visits while in the hospital or the hospital emergency room. _____ visits
2. **In the past 6 months**, how many times did you go to a **hospital** emergency room? _____ times
3. How many different **times** did you stay in a hospital overnight or longer **in the past 6 months**? _____ times
4. How many total NIGHTS did you spend in the hospital **in the past 6 months**? _____ nights

Scoring

These are single items. We have found that we often have to follow up with telephone clarification for these items, no matter how they are written. You will need to figure out how stringent you want to be in your own research. For example, do you want to count an ER visit that resulted in an in-patient admission? Do you want to distinguish between acute and SNF nights in hospital (patients often can't distinguish)? Do you want to clarify whether the physician visits include infusions, allergy shots, dialysis, or diagnostic tests?

Characteristics

Tested on 1128 to 1130 subjects with chronic disease. N=51 for test-retest.

Item Name	No. of Subjects	Observed Range	Mean	Standard Deviation	Internal Consistency Reliability	Test-Retest Reliability
Physician visits	1,128	0-54	5.33	5.23	—	.76
Emergency dept visits	1,128	0-9	.40	.93	—	.94
Times hospitalized	1,128	0-14	.23	.76	—	.89
Nights hospitalized	1,130	0-116	1.31	5.53	—	.97

Source of Psychometric Data

Stanford Chronic Disease Self-Management Study. Psychometrics reported in: Lorig K, Stewart A, Ritter P, González V, Laurent D, & Lynch J, *Outcome Measures for Health Education and other Health Care Interventions*. Thousand Oaks CA: Sage Publications, 1996, pp.24-25.

Comments

There is no perfect way to get self-reported utilization data - do not try for a time period of more than six months. The article below discusses the validity of these questions. These items available in Spanish.

References

Ritter PL, Kaymaz H, Stewart A, Sobel DS, Lorig KR, Self-reports of health care utilization compared to provider records. *Journal of Clinical Epidemiology*, 2001, 54, pp.136-141.

Lorig K, Stewart A, Ritter P, González V, Laurent D, & Lynch J, *Outcome Measures for Health Education and other Health Care Interventions*. Thousand Oaks CA: Sage Publications, 1996, pp.24-25.

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