

Patient-Oriented Evidence that Matters (POEM)

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Harsh M Joshi*

Department of Pharmacology, Smt. NHL Municipal Medical College, India

***Corresponding Author:** Harsh M Joshi, Department of Pharmacology, Smt. NHL Municipal Medical College, India.

"Patient-Oriented Evidence that Matters (POEMs) are research studies that focus on outcomes that directly impact patients".

"From Bench to Bedside: Using POEMs to Guide Clinical Research and Treatment Decisions".

What is a POEMs?

Patient (Focuses on things that directly affect a patient's life)

Oriented (It's centered around the **patient's perspective**)

Evidence

that Matters (Can change how doctors treat patients in everyday practice)

- It is a type of evidence. The concept was developed by David Slawson and Allen Shaugnessy, academics in family practice from University of Virginia in the United States.

Formula developed by Slawson and Shaugnessy:

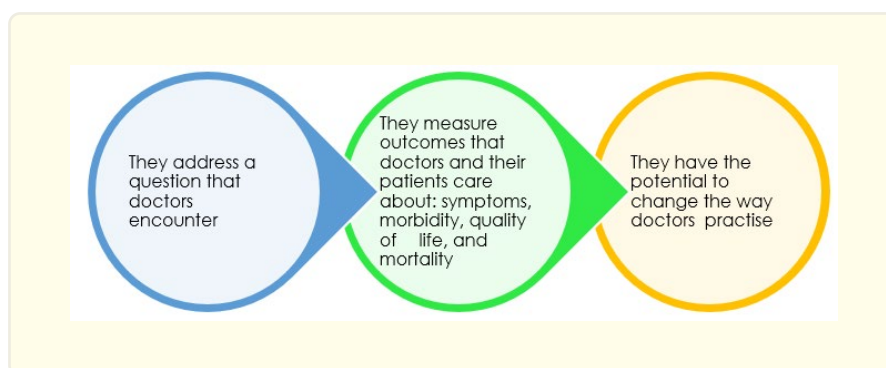
$$U = \frac{R \times V}{W}$$

where U=usefulness of the information to doctors, R=relevance of the information to doctors, V=validity of the information, and W=work to access the information.

- A POEM (Patient-Oriented Evidence That Matters) is a concept in evidence-based medicine that focuses on research findings that directly impact patient care and outcomes. Unlike traditional evidence that may focus on disease-oriented outcomes (such as surrogate markers like blood pressure or cholesterol), POEMs emphasize outcomes that matter to patients, such as:
 - Quality of life
 - Mortality, morbidity
 - Symptoms relief
 - Survival rates
 - Hospitalization

Criteria

Patient-Oriented Evidence That Matters (POEMs) must meet three key criteria. First, the evidence should address a question that is directly relevant to patients, such as whether a treatment will help them live longer, feel better, or avoid serious health problems. Second, it must focus on outcomes that matter to patients—these include improvements in symptoms, quality of life, daily functioning, or survival, rather than just changes in lab values or test results. Finally, the evidence should have the potential to change clinical practice, meaning it is strong, applicable, and meaningful enough to influence how healthcare providers treat patients in real-world settings.



When evaluating clinical research and making decisions in evidence-based medicine, it is essential to distinguish between Patient-Oriented Evidence that Matters (POEMs) and Disease-Oriented Evidence (DOEs). While both types of evidence contribute to medical knowledge, they differ significantly in focus and clinical relevance.

Characteristics of POEMs VS DOE

	DOE	POEMs
Focus	Etiology, Pathophysiology, pharmacology	Health outcomes
Measures	Lab values, biomarkers, imaging (e.g., BP, cholesterol, HbA1c)	Symptoms, quality of life, mortality, morbidity
Use in practice	May guide treatment, but doesn't guarantee better outcomes	Strongly influences clinical decisions
Goal	Understand or monitor the disease process	Improve health outcomes that matter to patients

How it helps in clinical practice?

POEMs are essential in clinical practice because they focus on outcomes that truly matter to patients, such as symptom relief, improved quality of life, and reduced mortality. Following are some points which mentioned that how POEMs help in clinical practice:

- Guide Practice-Changing Decisions.
- Improve Shared Decision-Making.
- Focus on What Patients Actually Care About.

Why POEMs Are Underutilized Despite Their Importance?

Although the concept of Patient-Oriented Evidence That Matters (POEMs) has existed since the late 1990s, its widespread adoption into clinical research, education, and healthcare delivery remains limited. The preference for Disease-Oriented Evidence (DOE) still dominates medical practice and research. Below are the key reasons why:

- Complexity and Cost of Measuring POEMs.
- The medical system is still built around DOE-driven endpoints.
- Pharma, regulators, and even guidelines lean heavily on surrogate outcomes.
- Medical education focuses more on treating diseases than evaluating meaningful outcomes for patients.
- Better Use of Time and Resources.
- Reduce Harmful or Low-Value Care.

How it beneficial for researchers?

- Focuses research on real-world impact.
- Improves funding and publication chances.
- Boosts implementation and adoption.
- Enhances patient engagement.
- There's limited dissemination and awareness in clinical practice.

Change is gradually occurring, with value-based care advocating for a stronger focus on outcome-driven metrics. There is a growing emphasis on shared decision-making and patient involvement, while research funders and academic journals are becoming more aware of the importance of clinically relevant outcomes.

Conclusion

POEMs represent a significant shift in medical research and practice, placing the patient's well-being at the center of healthcare decisions. By focusing on outcomes that truly matter to patients, POEMs enhance the quality, safety, and compassion of care. They empower clinicians to make more meaningful choices and guide researchers in designing studies that are not only ethical and publishable, but also directly relevant to clinical practice. Ultimately, POEMs bridge the gap between evidence and real-life impact, making healthcare more effective, patient-centered, and truly transformative.

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