

## **Tip Sheets for Patients - I**

### What is a health outcome?

**What** is being measured.



#### **Examples**

- Blood sugar levels
- Depression symptoms
- Blood pressure
- Brain activity

# What is an outcome measurement instrument?

**How** a health outcome is measured.



#### **Examples**



**Glucose monitors** measure blood sugar levels



**Depression questionnaires** measure depression symptoms



**Blood pressure cuffs** measure blood pressure



Functional MRI readings measure brain activity