

Using the TOM: when to rate

The Therapy Outcome Measure (TOM) can be used to measure change over the course of intervention. It is used at the beginning of an episode of care, at the end, and at various points in between, if required.

In the context of the TOM, an episode of care can be defined as “a period of treatment or intervention with a defined aim or aims” (Enderby and John, 2025:4). There may be several episodes of care in the management of an individual and each may require a different TOMs scale to be used.

A baseline measurement is taken at the beginning of the episode of care, usually soon after the first appointment (“start” or “admission” rating), followed by measurement at the end of the episode of care (“final” rating)¹. There can be any number of ratings between the start and final ratings (“interim/intermediate” ratings). Each rating comprises scores for each domain of the TOM (i.e. ‘impairment’, ‘activity’, participation, ‘well-being’, ‘carer well-being’), as applicable. Therefore, during an episode of care, any number of TOM ratings can be made, as required, for a service user. Annex 1 contains a diagram to illustrate this.

References

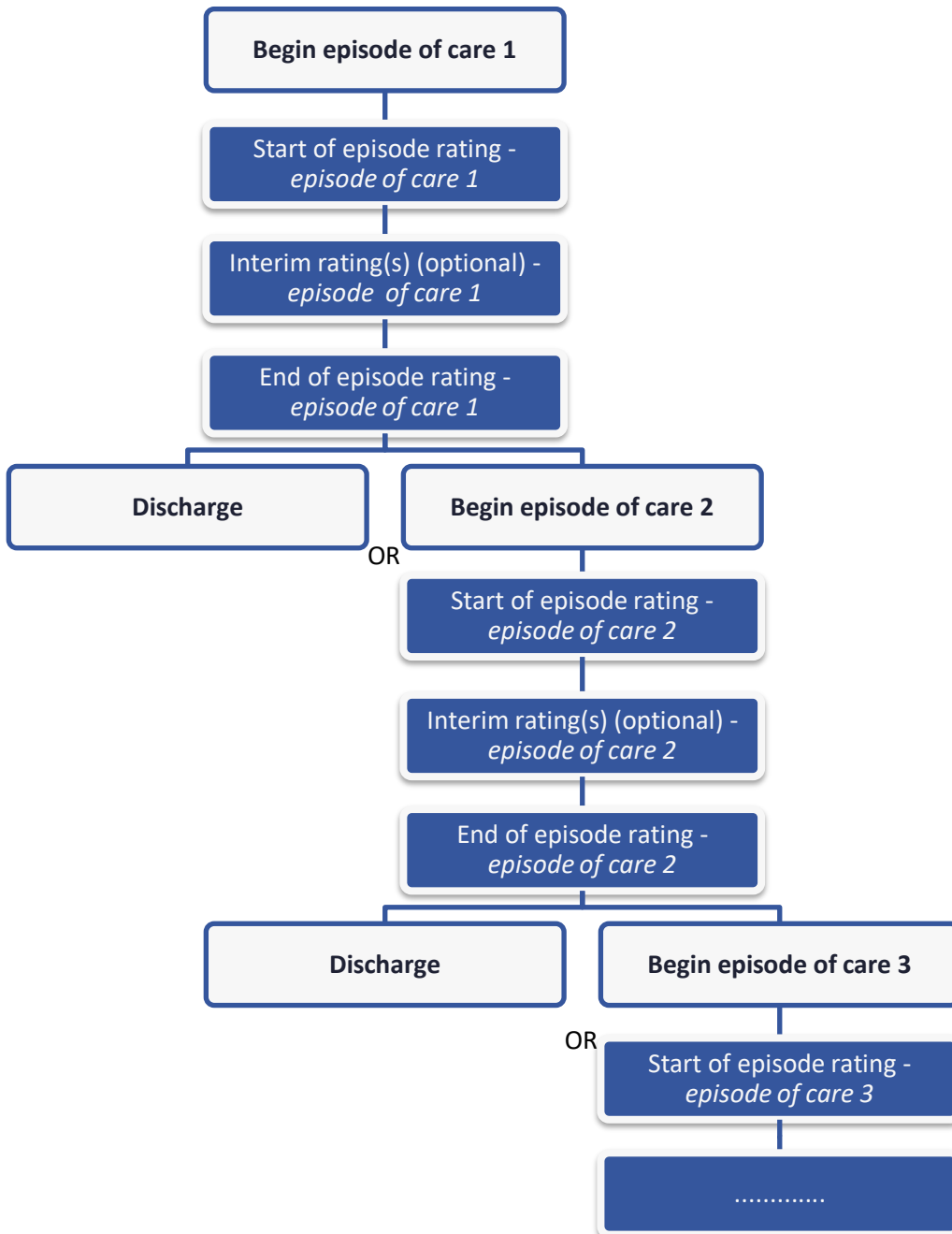
Enderby, P. and John, A. (2015) *Therapy outcome measures for rehabilitation professionals*, Third Edition, Guildford: J&R Press Ltd

Enderby, P. and John, A. (2019) *Therapy Outcome Measure User Guide*. Croydon: J&R Press Ltd

Enderby, P. and John, A. (2025) *Therapy Outcome Measure Handbook: Theory, User Guide and Scales*. J&R Press Ltd

¹ The final rating may or may not be at discharge, as there could be several episodes of care.

Annex 1: When to use the TOMs



Adapted with permission from Enderby and John (2025:5).