Assessing Patient Activation
A Proximal Measure of Service Provision

Evidence, Governance, Performance
2nd Conference of International Society for EBHC

November, 2013
Taormina, Italy

Patrick McGowan, PhD
University of Victoria
The Expanded Chronic Care Model

Community
- Build Healthy Public Policy
- Create Supportive Environments
- Strengthen Community Action

Health System
- Self-Management / Develop Personal Skills
- Delivery System Design / Re-orient Health Services
- Decision Support

Productive Interactions & Relationships
- Activated Community
- Informed Activated Patient
- Prepared, Proactive Practice Team
- Prepared, Proactive Community Partners

Population Health Outcomes / Functional and Clinical Outcomes
Below are some statements that people sometimes make when they talk about their health. Please indicate how much you agree or disagree with each statement as it applies to you personally by circling your answer. Your answers should be what is true for you and not just what you think others want you to say.

If the statement does not apply to you, circle N/A.

<table>
<thead>
<tr>
<th></th>
<th>1. When all is said and done, I am the person who is responsible for taking care of my health</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
<th>Disagree</th>
<th>Agree</th>
<th>Strongly Agree</th>
<th>N/A</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2. Taking an active role in my own health care is the most important thing that affects my health</td>
<td>Disagree</td>
<td>Strongly Disagree</td>
<td>Disagree</td>
<td>Agree</td>
<td>Strongly Agree</td>
<td>N/A</td>
</tr>
<tr>
<td></td>
<td>3. I am confident I can help prevent or reduce problems associated with my health</td>
<td>Disagree</td>
<td>Strongly Disagree</td>
<td>Disagree</td>
<td>Agree</td>
<td>Strongly Agree</td>
<td>N/A</td>
</tr>
<tr>
<td></td>
<td>4. I know what each of my prescribed medications do</td>
<td>Disagree</td>
<td>Strongly Disagree</td>
<td>Disagree</td>
<td>Agree</td>
<td>Strongly Agree</td>
<td>N/A</td>
</tr>
<tr>
<td></td>
<td>5. I am confident that I can tell whether I need to go to the doctor or whether I can take care of a health problem myself</td>
<td>Disagree</td>
<td>Strongly Disagree</td>
<td>Disagree</td>
<td>Agree</td>
<td>Strongly Agree</td>
<td>N/A</td>
</tr>
<tr>
<td></td>
<td>6. I am confident that I can tell a doctor concerns I have even when he or she does not ask</td>
<td>Disagree</td>
<td>Strongly Disagree</td>
<td>Disagree</td>
<td>Agree</td>
<td>Strongly Agree</td>
<td>N/A</td>
</tr>
<tr>
<td></td>
<td>7. I am confident that I can follow through on medical treatments I may need to do at home</td>
<td>Disagree</td>
<td>Strongly Disagree</td>
<td>Disagree</td>
<td>Agree</td>
<td>Strongly Agree</td>
<td>N/A</td>
</tr>
<tr>
<td></td>
<td>8. I understand my health problems and what causes them</td>
<td>Disagree</td>
<td>Strongly Disagree</td>
<td>Disagree</td>
<td>Agree</td>
<td>Strongly Agree</td>
<td>N/A</td>
</tr>
<tr>
<td></td>
<td>9. I know what treatments are available for my health problems</td>
<td>Disagree</td>
<td>Strongly Disagree</td>
<td>Disagree</td>
<td>Agree</td>
<td>Strongly Agree</td>
<td>N/A</td>
</tr>
<tr>
<td></td>
<td>10. I have been able to maintain (keep up with) lifestyle changes, like eating right or exercising</td>
<td>Disagree</td>
<td>Strongly Disagree</td>
<td>Disagree</td>
<td>Agree</td>
<td>Strongly Agree</td>
<td>N/A</td>
</tr>
<tr>
<td></td>
<td>11. I know how to prevent problems with my health</td>
<td>Disagree</td>
<td>Strongly Disagree</td>
<td>Disagree</td>
<td>Agree</td>
<td>Strongly Agree</td>
<td>N/A</td>
</tr>
<tr>
<td></td>
<td>12. I am confident I can figure out solutions when new problems arise with my health</td>
<td>Disagree</td>
<td>Strongly Disagree</td>
<td>Disagree</td>
<td>Agree</td>
<td>Strongly Agree</td>
<td>N/A</td>
</tr>
<tr>
<td></td>
<td>13. I am confident that I can maintain lifestyle changes, like eating right and exercising, even during times of stress</td>
<td>Disagree</td>
<td>Strongly Disagree</td>
<td>Disagree</td>
<td>Agree</td>
<td>Strongly Agree</td>
<td>N/A</td>
</tr>
</tbody>
</table>
Summary of the Evidence on Performance of the Patient Activation Measure (PAM)

May 2012
Levels of PAM reflect the degree of patient engagement or participation in their own care

- Increased patient participation was associated with higher PAM scores

- Patients with higher PAM scores reported significantly better health and significantly lower rates of doctor office visits, emergency room visits, and hospital nights

- Individuals with higher PAM scores are significantly more likely to exhibit healthy behaviours

- PAM scores were strongly associated with improved adherence to treatment

- PAM score was strongly associated with doctor-patient communication
Interventions designed to empower patients lead to increases in PAM levels

Studies that used the PAM to measure the impact of a patient activation intervention demonstrated significant improvement in PAM scores
Impact of socio-demographic and external factors on PAM scores

PAM scores associated with:
- income and education
- self-reported quality of life
- higher self-efficacy
- having enough time with doctors
- health literacy
- self-reported health status
- having a chronic health condition

No association:
- race
- native language

Conflicting associations:
- age and gender
Levels of activation

Level 1: May not yet believe that the patient role is important (PAM score of 45.2 or lower (11.8%))

Level 2: Lacks confidence and knowledge to take action (PAM score of 47.4 to 52.9 (29.3%))

Level 3: Beginning to take action (PAM score of 56.4 to 66 (36.5%))

Level 4: Has difficulty maintaining behaviours over time (PAM score of 68.5 or above (22.3%))
## Initial data samples

<table>
<thead>
<tr>
<th>Group</th>
<th>n</th>
<th>Pre</th>
<th>Post</th>
<th>sig</th>
</tr>
</thead>
<tbody>
<tr>
<td>Respiratory</td>
<td>60</td>
<td>56.3</td>
<td>57.8</td>
<td></td>
</tr>
<tr>
<td>Respiratory</td>
<td>91</td>
<td>59.5</td>
<td>67</td>
<td>√</td>
</tr>
<tr>
<td>Diabetes</td>
<td>337</td>
<td>60.6</td>
<td>63.4</td>
<td>√</td>
</tr>
<tr>
<td>Diabetes Chinese</td>
<td>56</td>
<td>60</td>
<td>60.1</td>
<td></td>
</tr>
<tr>
<td>Diabetes Punjabi</td>
<td>60</td>
<td>60</td>
<td>71.5</td>
<td>√</td>
</tr>
<tr>
<td>CDSMP</td>
<td>337</td>
<td>59.6</td>
<td>71.4</td>
<td>√</td>
</tr>
<tr>
<td>CDSMP Punjabi</td>
<td>58</td>
<td>59.6</td>
<td>74.5</td>
<td>√</td>
</tr>
<tr>
<td>CPSMP</td>
<td>144</td>
<td>59.2</td>
<td>63</td>
<td>√</td>
</tr>
</tbody>
</table>
Considerations

- Post questionnaire collection
- Culture
- PAM (13 ques.) vs. single question measure(s)
- Calculating confidence intervals
Contact Information

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