The Patient Activation Measure (PAM®) survey is a validated tool used to assess a patient’s level of engagement. It uses a 4-point Likert scale to assess patient activation levels.

Patient activation exists on a continuum and progresses through four levels, each linked to specific strategic goals and action planning ranging from patients feeling they do not have an active role in their own health and healthcare, to feeling that they have adapted the necessary behaviour changes.

Although self-management approaches have been shown to be effective for patients living with HIV, there is a lack of clarity about whether standardized or tailored measures work, and activation levels between people living with HIV and people living with other chronic illness have not yet been studied.

The purpose of this study is to establish a baseline PAM® score among people living with HIV and compare scores to patients living with diabetes mellitus (DM). The results presented on this poster are preliminary as data collection is still ongoing.

Methods

Survey was administered at The Ottawa Hospital in the Foutanellas Endocrine and Diabetes Centre (DM) and the ImmuneDeficiency Clinic (HIV).

In addition to the validated PAM® survey, a brief demographic survey was administered.

PAM® scores were compiled using the developer’s scoring tool.

Descriptive statistics were used to describe patient characteristics between the two chronic disease groups.

Discussion

These results suggest people with HIV and with DM are similarly activated with respect to their self-management of their conditions, despite having significant sociodemographic differences.

Similar strategies may be used among people with HIV that have been shown to be effective among those with DM.

This study has some limitations; first, this study is a cross-sectional, observational survey whose design limits causal inference.

Self-reporting in both chronic disease clinics may have been affected by biases such as social desirability bias.

Conclusion

Preliminary results indicate there is no difference in PAM® scores between the two populations. The next steps, following completion of data collection, will be to develop a regression model to identify predictors of increased activation. These data will be used to develop self-management support recommendations for people living with HIV.

References


[3] SeMaS), a tool to facilitate personalized counseling and support of patients with chronic diseases. BMC Family Practice, 14, 149. doi:10.1186/1471-2296-14-149


Contact Information

Claire Kendall (ckendall@uottawa.ca)