

Patient Activation Levels Among Patients Living with HIV Compared to Patients Living with Diabetes Mellitus

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Introduction

- 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

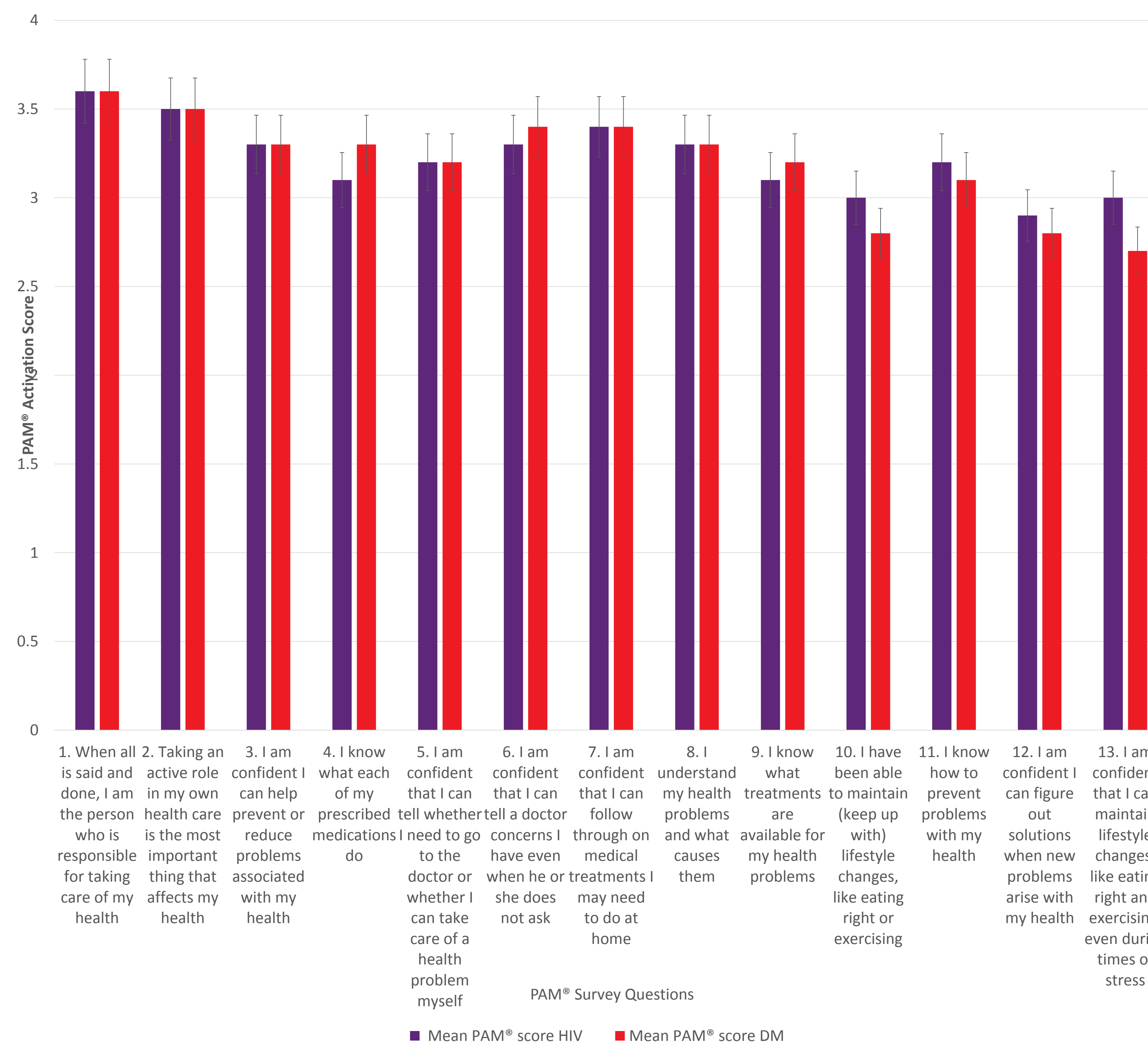
- Survey was administered at The Ottawa Hospital in the Foustanelas Endocrine and Diabetes Centre (DM) and the Immunodeficiency Clinic (HIV)
- In addition to the validated PAM[®] survey, a brief demographic survey was administered
- PAM[®] scores were compiled using the developer's scoring tool
- Descriptive statistics were used to describe patient characteristics between the two chronic disease groups

Preliminary Results

Table 1. Patient characteristics (N=240)

Patient characteristics	Diabetes N = 154	HIV N = 86
Mean age in years (SD)	52.2	49.1
Male, n (%)	66 (42.8%)	55 (63.9%)
Female, n (%)	82 (53.2%)	28 (32.5%)
Education level, n (%)		
Some high school or less	10 (6.4%)	7 (8.1%)
High school	41 (26.62%)	18 (20.9%)
College	44 (28.57%)	19 (22%)
University	53 (34.42%)	34 (39.5%)
Prefer not to answer	1 (0.6%)	5 (5.85)
Years living with condition, n (%)		
<1 year	3 (1.95%)	9 (10.4%)
1-5 years	15 (9.74%)	19 (22%)
>5 years	133 (86.3%)	55 (63.9%)
Years attending clinic, n (%)		
<5 years	66 (42.8%)	40 (46.5%)
>5 years	83 (53.9%)	44 (51.1%)

Figure 1. Patient Activation Measure (PAM[®]) scores per question amongst patients living with HIV and DM. Error bars represent standard deviation. We conducted an independent samples t-test to compare the mean PAM scores of the two clinics, and there was no significant difference, $t(238) = 1.626$, $p = 0.105$



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

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