

Speaker Name	Statement
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Date :	June 2017

# Introducing the Patient Activation Measure in a UK HIV service

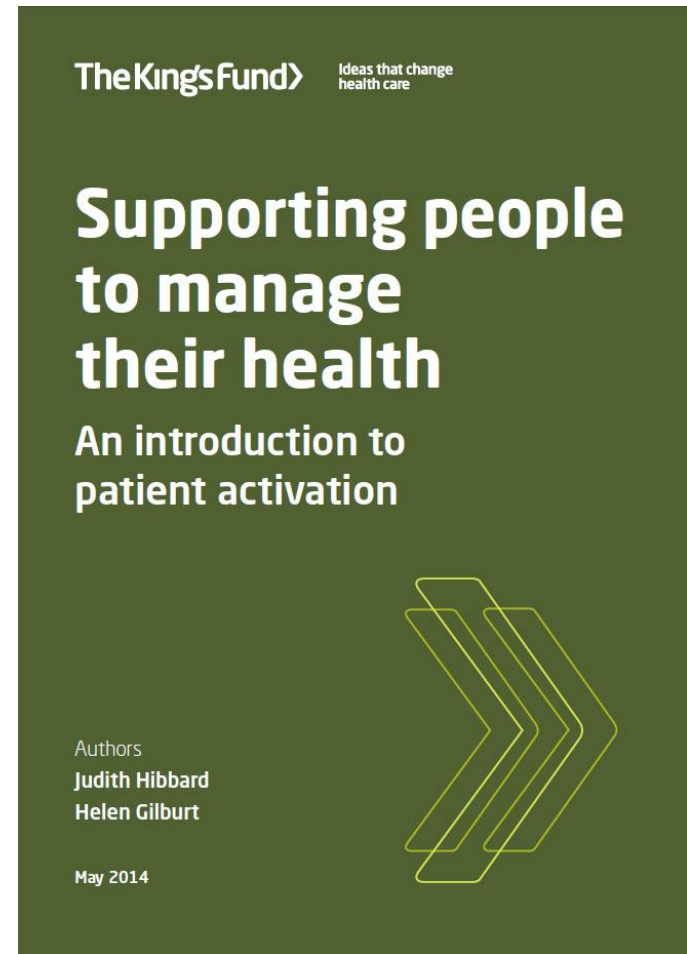
Early results

# Patient activation measure

- Definition
- Process
- Experience
- Results

# Definition

- ‘An individual’s knowledge, skill and confidence for managing their health and health care.’
- ‘25 - 40% population have low levels of activation.’



# PAM questionnaire

1. I am the person who is responsible for taking care of my health

6. I am confident I can tell my doctor or nurse concerns I have even when he or she does not ask

13. I am confident that I can maintain lifestyle changes like eating right or exercising, even during times of stress

- Disagree strongly
- Disagree
- Agree
- Agree strongly
- Not applicable

# PAM scores



# East Sussex experience

ESHT CQUIN (Commissioning for Quality and Innovation)

- 2016-17 Patient Activation Measure the entire cohort
- 2017-18 Complete PAM-ming; introduce interventions; re-PAM
- 2018-19 Improvement

# Example interventions

- *Making Every Contact Count* interventions
- THT positive self management
- Sussex Beacon / Project 100 peer mentor
- Health in Mind
- HIV team



# Introduction to patients

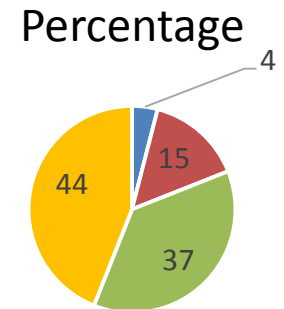
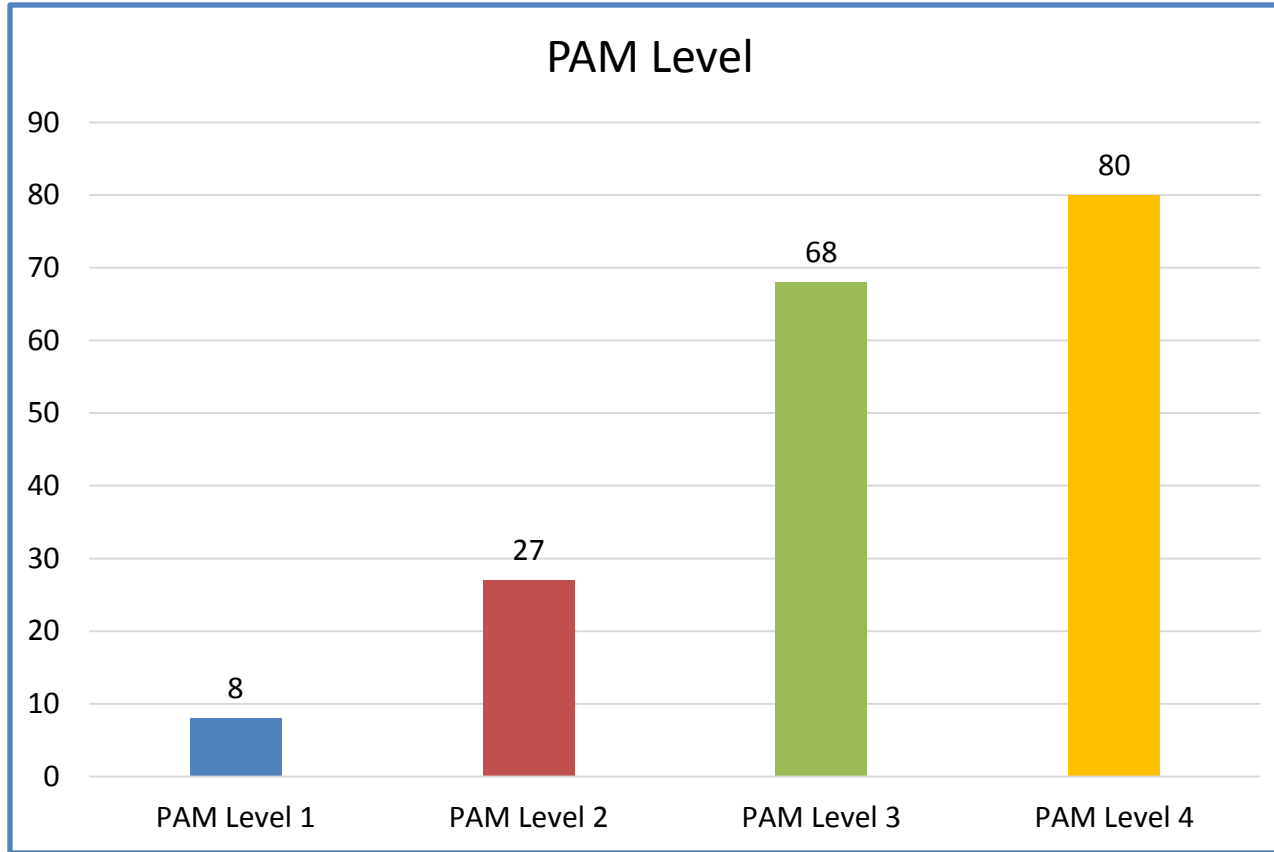
- No right or wrong answers
- Be truthful
- Will help us to plan appropriate support for those who require it
- Take 2 – 4 minutes to complete
- Your responses will be held in confidence

# Results

01 Jan – 31 May 2017

- 349 East Sussex HIV cohort
- 300 patients attended (86%)
- 3 declined (1%)
- 183 patients PAM-med (61%)

# Results 01 Jan – 31 May 2017



■ Level 1 ■ Level 2 ■ Level 3 ■ Level 4

# Summary

- CQUIN target was achieved
- Patient Activation Measure successfully introduced to HIV consultations
- Acceptable to patients
- Compared with the general population fewer PWHIV have low activation

# Thanks

- HIV service users forum
- Colleagues in Hastings & Eastbourne clinics
- *Insignia*