19th Annual Conference of the National HIV Nurses Association (NHIVNA)



Speaker Name	Statement
Martin Jones	None declared
Date :	June 2017

Introducing the Patient Activation Measure in a UK HIV service

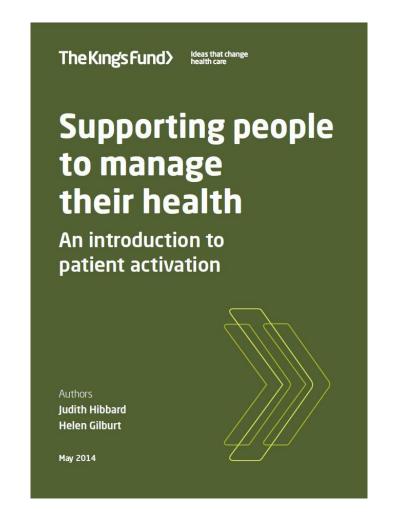
Early results

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



Level 1

Disengaged and overwhelmed

Individuals are passive and lack confidence. Knowledge is low, goal-orientation is weak, and adherence is poor. Their perspective: "My doctor is in charge of my health."



Level 2

Becoming aware, but still struggling

Individuals have some knowledge, but large gaps remain. They believe health is largely out of their control, but can set simple goals. Their perspective: "I could be doing more."



Level 3

Taking action

Individuals have the key facts and are building self-management skills. They strive for best practice behaviors, and are goal-oriented. Their perspective: "I'm part of my health care team."



Level 4

Maintaining behaviors and pushing further

Individuals have adopted new behaviors, but may struggle in times of stress or change. Maintaining a healthy lifestyle is a key focus. Their perspective: "I'm my own advocate."

Increasing Level of Activation

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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

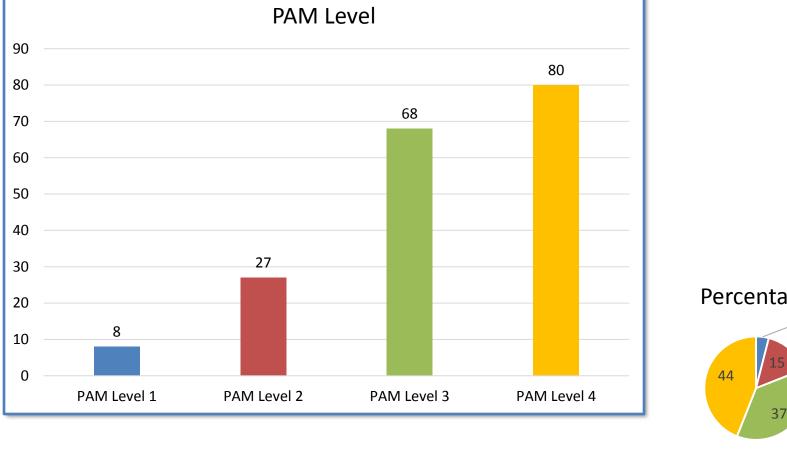
- No right or wrong answers
- Be truthful
- Will help us to plan appropriate support for those who require it
- Take 2 4 minutes to complete
- Your responses will be held in confidence

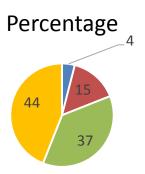
Results

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





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