AN ASSESSMENT OF HEALTH OUTCOMES BY PATIENT ACTIVATION IN THE 5EU

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ABSTRACT

Objectives

The aim of this study was to examine the relationship between levels of patient activation (knowledge, skill, and confidence in health management) and health outcomes across multiple conditions.

Methods

Focus was on patients who self-reported a physician diagnosis of depression, type 2 diabetes (T2D), chronic pain, or psoriasis. Results were weighted based the International Data Base of the U.S. Census Bureau. Other measures. Taking steps to lose weight and mean days exercised in the past month were also analysed. The adjusted Charlson Comorbidity Index (CCI) was used to assess comorbidity burden.

Results

Higher patient activation scores were associated with less work productivity loss and this was most pronounced for patients with depression (54.6% for level 1 vs. 45.7% for level 4; p<0.05; Figure 2) or chronic pain (38.1% for level 1 vs. 30.4% for level 4; p<0.05; Figure 3). CCI scores did not differ by activation levels for the other conditions profiled.

Conclusions

Understanding how patients with different health conditions vary in terms of their activation level can inform stakeholders. Different messages and interventions may be required to progress patients from one activation level to the next.

References

1. Insignia Health, LLC

LIMITATIONS

Data are cross-sectional in nature and do not allow for causal explanations to be made.

As with any survey, data are self-reported and cannot be verified by patients’ medical charts or other objective, clinical data.

Missing PAM values were possible, as outliers were removed.

CONCLUSIONS

Higher patient activation is associated with better health outcomes. Therefore, understanding how patients with different health conditions vary in terms of their activation level can inform stakeholders. Different messages and interventions may be required to progress patients from one activation level to the next.

Further investigation of patients with certain health conditions by PAM level (and by country) may provide additional insights.

Demographics and other measures

Higher activated patients were more likely to be female, married, employed, had a higher household income (>€50K/£40K), took steps to lose weight and exercised (results not graphed for 5EU).

Across all conditions, patients with higher activation levels were more satisfied with their treatments, and took fewer medications for more days on average (results not graphed).

With the exception of psoriasis (Figure 4), CCI scores did not differ by activation levels for the other conditions profiled.

INTRODUCTION

PATIENT ACTIVATION

• Patient activation is the knowledge, skill, and confidence people have in managing their health.

• The Patient Activation Measure® (PAM®) is a validated 13 question measure that assesses a person’s self-management ability or activation.

• Activation increases, patients better understand their treatment options, are more adherent, and are more satisfied with their treatment. Additionally, more activated patients tend to have more positive healthcare experiences and better health outcomes compared with less activated patients.

• Over 365 peer-reviewed published studies have documented PAM’s ability to predict health-related behaviors and outcomes.

• To date, there are over 40 published studies that explore patient activation in EU.

METHODS

Patient activation is the knowledge, skill, and confidence people have in managing their health management and health outcomes across multiple conditions.