

Patients with Asthma Sustain High Patient Activation Levels Over Time: Results of an International Online Survey



For patients with moderate-to-severe asthma who were part of an online asthma community, high levels of patient activation were observed among patients in Italy, Germany and the USA. Being part of this community may have influenced patient activation by encouraging community members to provide one another with support and to proactively seek information for improved health self-management

Digital poster
Supplementary data



SCAN ME

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*At the time of the study, AP-M contributed to this study and the parent abstract but was not able to provide feedback and approval before the poster was finalised

Aims



This study in patients with moderate-to-severe asthma aimed to highlight changes in patient activation utilising the PAM questionnaire

Methods



Qualitative study
GSK ID: 214851

Health Hub Voice
Asthma Community
N=125

Across 6 countries



n=25



n=20



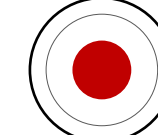
n=20



n=20



n=20



n=20*

*n=19 for 2024 wave



Key inclusion criteria



Patients
Aged 18–65 years



Male and female



≥2 years since
asthma diagnosis



≥1 exacerbation
in past 12 months



One of:
LTRA
LAMA
OCS
biologic
in last 12 months



Maintenance medication:
ICS and LABA
or
ICS/LABA combination



Online PAM questionnaire run in 2 waves, April 2023 and April 2024

- The questionnaire consisted of 13 quantitative statements for which patients were asked to consider answers in relation to their asthma
- Patients reported their agreement with each statement (strongly disagree, disagree, agree, strongly agree)

- Results were reported at a total and country level
- Aggregated scores from the questionnaire answers were grouped into activation levels

ACTIVATION LEVELS

1 **DISENGAGED AND OVERWHELMED**
Disengaged, overwhelmed, not self-aware of behaviours, poor self-management

2 **BECOMING AWARE BUT STILL STRUGGLING**
Recognises they could and should do more, lacks confidence in ability to change behaviour

3 **TAKING ACTION AND GAINING CONTROL**
Good self-management with room for improvement, goal-oriented, understands role

4 **MAINTAINING BEHAVIOURS AND PUSHING FURTHER**
Strong problem-solving skills and self-awareness, highly confident, goal-oriented and resilient

Results

Figure 1: In both years, the average PAM level across all countries was 2.8. From 2023 to 2024, levels for Italy, Germany and the USA improved; the level for Japan remained the same and levels for France and Spain worsened

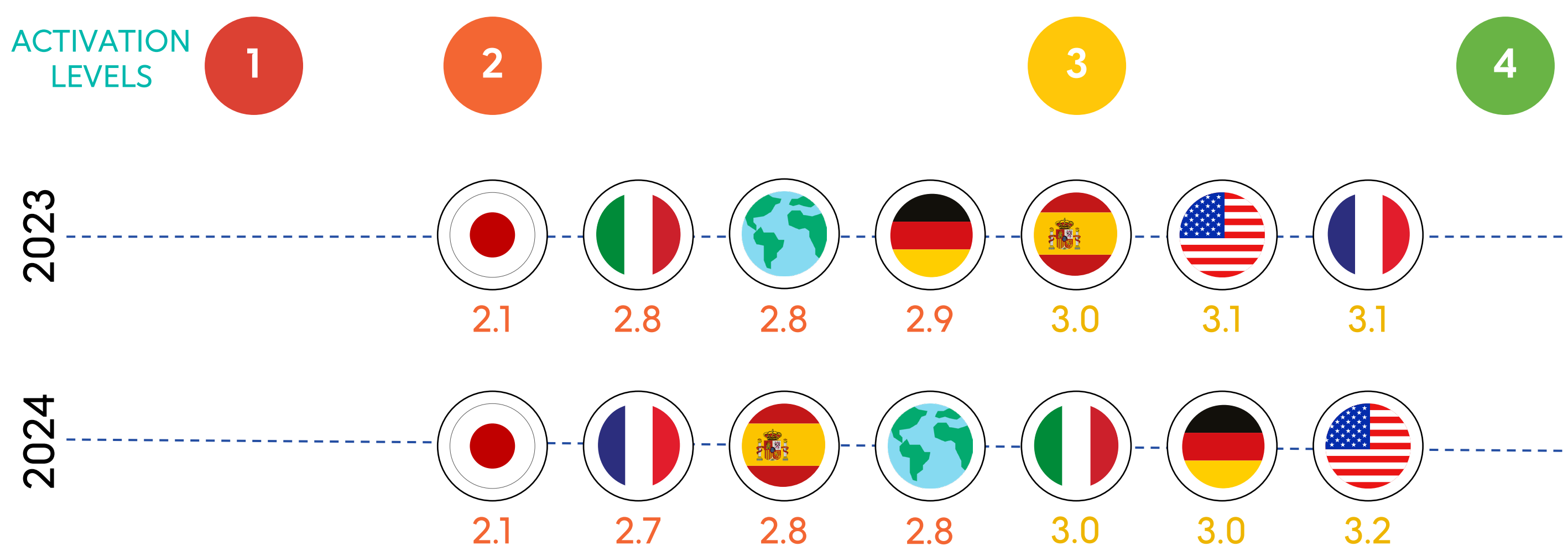


Figure 2: Most patients continued to agree with condition ownership statements in 2024. All countries except Germany had a decline in patient understanding of prescribed medication between 2023 and 2024. In Spain, there was a decrease of ≥5% in agreement with all condition ownership statements between 2023 and 2024

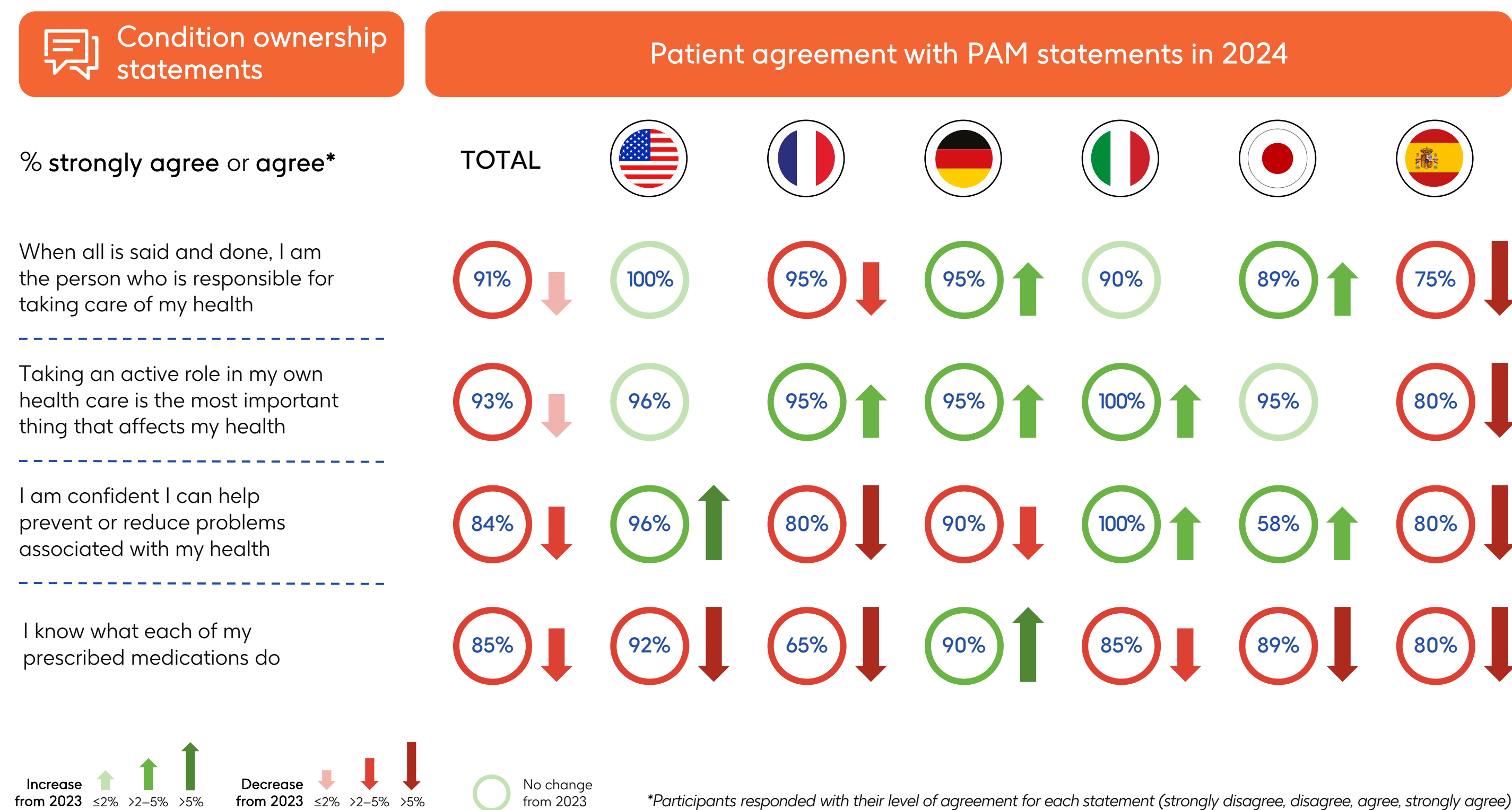


Figure 3: Overall, patients remained confident in their ability to understand their own medical needs in 2024. In most countries, there was an increase in patient confidence for engaging with HCPs between 2023 and 2024, except in Spain where it declined

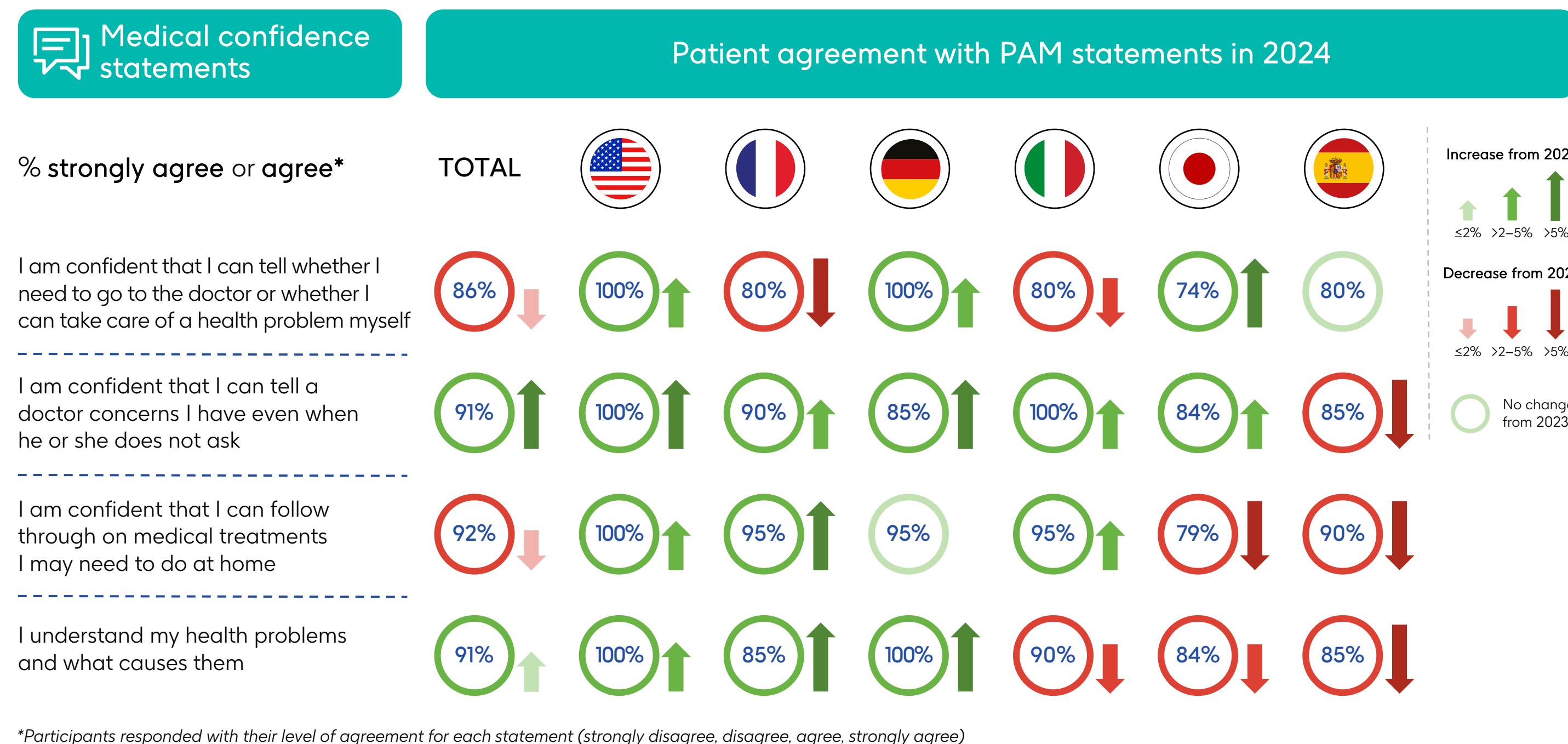
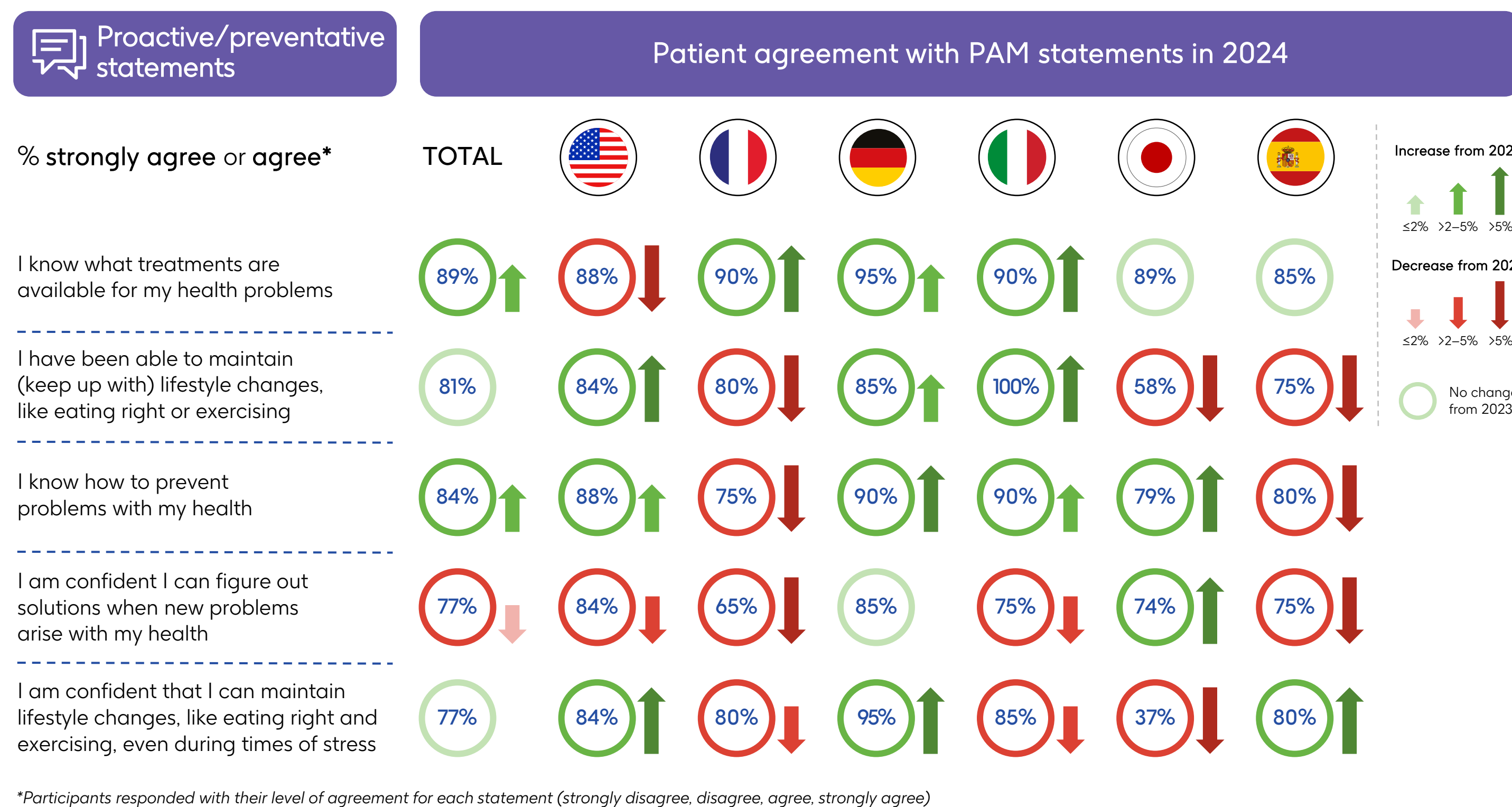


Figure 4: Patients generally agreed with statements about maintaining a preventative lifestyle and troubleshooting new problems. In Japan, confidence in maintaining lifestyle changes was low. While there were fluctuations across all countries, in Spain and France agreement decreased for ≥3 proactive/preventative statements from 2023 to 2024



Background

- Patient activation is a behavioural concept, capturing several key components of patient involvement in their treatment¹
 - It is defined as an individual's confidence, knowledge and skills in the management of their health and health care^{1,2}
- Patient activation is a treatable trait in chronic airway diseases³ and can be measured using the Patient Activation Measure (PAM) questionnaire^{1,2}
- Increased patient activation is associated with improved health outcomes and reduced disease burden and, subsequently, reduced healthcare resource utilisation^{4–6}

Conclusions



Overall, PAM levels suggest patients broadly manage their health well, with an overall level of 2.8 (out of 4) maintained from 2023 to 2024

- Most countries achieved levels ≥2.7, which may be attributable to patient access to the online asthma community, where patients likely provided one another with support and proactively sought information for improved health self-management
- Japan had the lowest overall PAM level and the lowest agreement levels across most statements compared with other countries



High proportions of patients continued to agree with condition ownership and medical confidence statements in 2024

- However, France and Spain had decreases in agreement across most condition ownership statements
- Spain had decreases in agreement for most medical confidence statements
- Most countries had a decline in agreement with the understanding prescribed medication statement



Statements around the patient's ability to proactively manage and prevent health issues had lower agreement levels compared with health ownership and medical confidence statements

- Proactive statements had the lowest total agreement levels (77–89% of patients agreed/strongly agreed)
- Japan's lowest agreement levels related to maintaining lifestyle changes (37–58% of patients agreed/strongly agreed)



Agreement with the PAM statements demonstrated a level of knowledge, confidence and skill in managing their health and health care among the patients interviewed. The results suggest improved communication, access to educational information and consistency in approach is important to increase or maintain patient confidence in the management of their condition and to increase independence

Abbreviations

HCP, healthcare practitioner; ICS, inhaled corticosteroid; LABA, long-acting β_2 -agonist; LAMA, long-acting muscarinic antagonist; LTRA, leukotriene receptor antagonist; OCS, oral corticosteroid; PAM, Patient Activation Measure; USA, United States of America.

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WA, RA-C and KW are employed by GSK and hold financial equities in GSK. KC and JB-S are employees of Human8, which received payment from GSK for conducting the study. AP-M was an employee of Human8 at the time of the study.