



PATIENT ACTIVATION MEASURE IN PATIENTS WITH RHEUMATOID ARTHRITIS AND ITS IMPORTANCE REGARDING EMPOWERMENT

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DISCLOSURE

- P. Santos-Moreno has received fees and honoraria as consultant MD, speaker, and advisory boards member from: Abbvie, Abbott, Amgen, Biopas, Bristol, Genzyme, Janssen, Pfizer, Pharmedique, Roche, Sanofi, UCB



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BACKGROUND

Patient activation Measure-PAM 13

- PAM-13 {
 - Assesses an individual's knowledge, skill, and confidence for managing one's health and healthcare
- PAM-13 {
 - The PAM survey measures patients on a 0–100 scale and can segment patients into one of four activation levels.

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PAM-13 ACTIVATION LEVELS*

PAM® ACTIVATION LEVELS

Level 1	Level 2	Level 3	Level 4
Disengaged and Overwhelmed	Becoming Aware but Still Struggling	Taking Action and Gaining Control	Maintaining Behaviors and Pushing Further
<i>"My doctor is in charge of my health."</i>	<i>"I could be doing more for my health."</i>	<i>"I'm part of my health care team."</i>	<i>"I'm my own health advocate."</i>
Individuals are passive and lack confidence. Knowledge is low, goal-orientation is weak, and adherence is poor.	Individuals have some knowledge, but large gaps remain. They believe health is largely out of their control, but can set simple goals.	Individuals have the key facts and are building self-management skills. They strive for best practice behaviors, and are goal-oriented.	Individuals have adopted new behaviors, but may struggle in times of stress or change. Maintaining a healthy lifestyle is a key focus.
Healthcare utilization: Very high ED/ER use, very high risk of Ambulatory Care Sensitive (ACS) utilization, very high risk of readmission, very low use of preventive care and screens.	Healthcare utilization: High ED/ER use, high risk of ACS utilization, high risk of readmission, low use of preventive care and screens.	Healthcare utilization: Low ED/ER use, low risk of ACS utilization, low risk of readmission, good use of preventive care and screens.	Healthcare utilization: Very low ED/ER use, very low risk of ACS utilization, very low risk of readmission, very good use of preventive care and screens.

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RHEUMATOID ARTHRITIS

- Rheumatoid arthritis (RA) is a chronic, progressive autoimmune systemic disease affecting between 0.7% and 1% of the global population, RA has been associated to elevated healthcare expenses.
- Knowledge and empowerment regarding RA by patients is relevant in order to improve confidence and quality of life.

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OBJECTIVE

To determine the level of activation of patients with Rheumatoid Arthritis who attend to a RA specialized center

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METHODS

Observational,
cross-sectional
descriptive study

PAM-13 Survey
validated in
Spanish

Descriptive
epidemiology
was performed

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RESULTS

Population

- 322 patients
- Response rate 92%

Demographics

- From total 93% of patients were women.
- Mean age was 60 years ± 10 ;

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PAM-13 RESULTS



Mean PAM-13 Was 19.83 ± 6.16



From total 68% of patients were in level 2 according to PAM-13 scale which means that they are becoming aware of their knowledge, skills and self-management but are still struggling



In average 88% of patients answered each question to be in level 1 or 2, 11% in level 3 and only < 1% in level 4.

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RESULTS

LEVEL	n	%
Level 1	59	19.73
Level 2	204	68.23
Level 3	34	11.37
Level 4	2	0.67

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Actions taken in order to improve PAM-13



F. Rodriguez, L. P. Santos-Moreno, et al. The patient's university. Ann Rheum Dis, 76 (Suppl 2) 2017. p427

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CONCLUSION

- This is the first study in our country where the Patient Activation Measure was applied in patients with rheumatoid arthritis. Thus, it might be useful to implement patient activation monitoring, since the level of activation is low in patients with RA.
- This descriptive study shows the need to implement strategies in order to improve the confidence and the empowerment of patients with RA.

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References

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