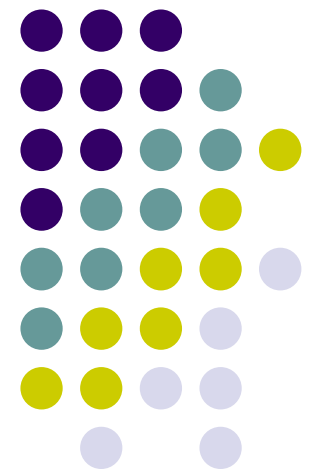


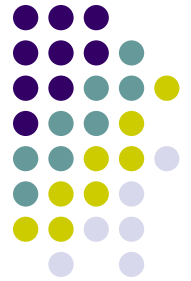
# Using the Patient Activation Measures Tool (PAM)

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# Patient Activation Measures



- Developed by Judith Hibbard, Jean Stockard, and Martin Tusler at the University of Oregon and Eldon R. Mahoney at PeaceHealth
- Insignia Health, Inc. has proprietary rights
- Purchase license to use tool through Insignia, Health
- Consists of 13 questions to measure client confidence in self management and understanding of health conditions
- PAM's reliability has been well documented although not widely tested in Medicaid



# Why Measure Activation?

- Chronically ill clients play a large role in their management
- Care plans can be individualized to clients' stage of readiness
- Establishes a baseline
- Provides a method to evaluate interventions used to facilitate self-management
- Chronic disease is a high cost to the health care system



# Stages of Activation

**Stage 1 Believes Active Role Important**

**Stage 2 Confidence and Knowledge to  
Take Action**

**Stage 3 Taking Action**

**Stage 4 Staying the Course Under Stress**



# How the PAM is Useful

- Useful for individuals who are having difficulty self-managing
- Useful to design effective interventions
- Individual change in level of activation can be measured and interventions modified
- Use to evaluate care management interventions impact on activation

# How Washington State is Using the PAM



- Program evaluation for Chronic Care Management
  - Administered through mail survey by external evaluator
- Care planning and goal setting for Chronic Care Management clients
  - Administered by RN Case Managers
- Clients are:
  - Medicaid only, aged, blind and disabled
  - Risk stratified as the top 20% highest risk for future costs and/or negative health outcomes

# How Washington State is Using the PAM



- Care Planning and Goal Setting
  - Level of activation points to level of health care goals and specific action steps.
  - As client becomes more activated, goals and actions steps are revised.
- Data analysis and evaluation
  - Useful in determining program efficacy- measurement of activation in treatment and abeyance groups



# Evidence of Effectiveness

- Increases in Activation over time— were followed by improvements in health behaviors
- Decreases in Activation were followed by declines in health behaviors
  - Diet
  - Exercise
  - Weight management
  - Lifestyle choices



# Thank you



## Contacts

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