Assessing Clinicians' Endorsement of Patient Activation in Health Management

Demetra Bastas-Bratkic, DNP, FNP-BC, MPH; Penny Weismuller, DrPH, RN; and Margaret Brady, PhD, RN, CPNP-PC

Background

- The management of chronic conditions in the U.S. requires new strategies to more efficiently mobilize patients to be active partners in their health
- A relatively new and reliable measure to assess clinicians' support of patient activation is called the Clinician Support for Patient Activation Measure (CS-PAM™)
- Few studies have examined the impact of training on clinicians' beliefs and subsequent behavior change in supporting patient activation

Methods

- Framework: Iowa Model of Evidence Based Practice (2015) 10-step design
- Instruments included a pre-intervention demographic survey and CS-PAM™, and a 1-month post training survey
- Participants completed a one-hour in-person training on patient activation with strategies and case vignettes
- Educational training was approved by content experts, an educational specialist and 7 practicing PCPs
- Correlation analysis was used to compare pre- and post-intervention surveys
- Conventional content analysis was used for open-ended questions

Results

- Participants demonstrated higher scoring CS-PAM™ than documented in literature
- Qualitative statements reinforced training was helpful for foundation building and supported the literature for additional trainings
- Challenges to implementation and evaluation were related to a single training format and time restraints

<table>
<thead>
<tr>
<th>CS-PAM™ Level</th>
<th>Level 1 (&lt;61.90): 14 (45%)</th>
<th>Level 2 (67.67-75.20): 5 (16%)</th>
<th>Level 3 (83.10-100.00): 12 (39%)</th>
</tr>
</thead>
</table>

Survey Demographics, N= 31
- 61% Female
- 63% < 50 Years old
- 87% Physicians
- 56% Internal medicine
- 77% English as primary language
- 6% African American
- 19% Hispanic
- 19% White
- 25% Asian American
- 29% Did not disclose

<table>
<thead>
<tr>
<th>Question</th>
<th>Disagree or Strongly disagree</th>
<th>Neither agree or disagree</th>
<th>Somewhat or Strongly agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>I am confident in recognizing the value of my patient’s activation?</td>
<td>1 (4%)</td>
<td>3 (11%)</td>
<td>23 (85%)</td>
</tr>
<tr>
<td>I am able to recognize distinctive PAM™ level characteristics in my patient?</td>
<td>1 (4%)</td>
<td>2 (7%)</td>
<td>24 (89%)</td>
</tr>
<tr>
<td>I have modified my practice since receiving the Patient Activation-What is Our Role as Clinicians?</td>
<td>2 (7%)</td>
<td>6 (21%)</td>
<td>20 (71%)</td>
</tr>
<tr>
<td>I see the connection between my practice style and my patient’s PAM™ score improving?</td>
<td>0 (0%)</td>
<td>10 (37%)</td>
<td>17 (63%)</td>
</tr>
<tr>
<td>There is not enough time during my visit to address disease management based on my patient’s activation measure?</td>
<td>7 (25%)</td>
<td>6 (21%)</td>
<td>15 (54%)</td>
</tr>
</tbody>
</table>

PAM™ Recognition  Clinical Outcomes Spearman Correlation Coefficient p-value

| I am confident in recognizing the value of my patient’s activation? | I am able to recognize distinctive PAM™ level characteristics in my patient? | 0.60246 | 0.0003*** |
| I am confident in recognizing the value of my patient’s activation? | I have modified my practice since receiving the Patient Activation-What is Our Role as Clinicians? | 0.69194 | < .0001*** |
| I am able to recognize distinctive PAM™ level characteristics in my patient? | I have modified my practice since receiving the Patient Activation-What is Our Role as Clinicians? | 0.62642 | 0.0002*** |

Qualitative Themes | Select Participant Statements

- Ways training modified practice
  "I have tried to provide recommendations with activation in mind, trying to use the appropriate techniques taught in training. I am focusing on my messaging to the patient."
- Challenges to adopting taught strategies
  "Sometimes just forgetting to pay attention to a patient's PAM™ level due to multiple issues that need to be addressed during the visit, and not because I don't see its value."
- Need for additional training
  "Singular lectures or trainings rarely modify behaviors. We need follow up sessions to reinforce learning."

Implications for Practice

- CS-PAM™ is a valuable tool to assess the pulse of clinicians’ belief in patient activation and thus allocate resources more efficiently (trainings vs. champions)
- A multimethod clinician focused patient activation training session with strategies and vignettes is a low-cost effective tool to support patient activation
- Enhance the existing training intervention by expanding it to multiple sessions, highlighting key strategies with vignettes
- Augment the intervention’s formal training with e-learning, academic detailing, and more practice enablers
- Measure the impact of clinician trainings on the level of clinician belief in and promotion of patient activation over time
- Assess the relationship of active promotion of patient activation to specific outcomes measured by specific chronic disease health care metrics