Patient Activation in Lower Limb Arthroplasty

Quantitative Assessment of Patient Engagement
Following a Pre-Operative Patient Education Programme
and Correlation with Patient-Reported Disease Severity

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Background

▶ Patient Activation Measure (PAM) is a validated questionnaire licensed to NHS England

▶ "(PAM) is a measure of a person's knowledge, skills and confidence to manage their own health and wellbeing (and) is a core enabler for supporting self-management and personalising care"

▶ Patients are scored into 4 separate groups (see below)

Level 1	Level 2	Level 3	Level 4
Disengaged and overwhelmed	Becoming aware, but still struggling	Taking action	Maintaining behaviours and pushing further
Their perspective: "My doctor is in charge of my health".	Their perspective: "I could be doing more".	Their perspective: "I am part of my health care team".	Their perspective: "I am my own advocate".

Aim & Method

▶ To determine if patient activation can improve with focused education

▶ To determine if patient activation correlates with disease severity

Method

▶ Prospective case series

  ▶ *Elective primary lower limb arthroplasty*

▶ All patients attend pre-operative education programme 'Joint School'

  ▶ *Invited to participate in study*

  ▶ *PAMs questionnaire completed*

  ▶ *PROMs questionnaire completed*

  ▶ *Telephone call two weeks later to repeat PAMs questionnaire*

Results

109 total Patients	
49	Total Hip Replacment
60	Total Knee replacments
48	Woman
61	Men
Age: Mean 71 years (50-87)	

Results

Original PAMs level	No. Patients	PAMs improved by 1 level or more?	p value
1	7	71%	0.026
2	32	38%	0.009
3	33	12%	0.175
4	37	n/a	n/a

Relationship testing was performed for the entire cohort and no correlation was found (r=-0.08). No correlation was found in subgroup analysis of OKS (r=-0.03) or OHS (r=-0.135).

Conclusion

▶ A pre-operative patient education programme improves patient activation

▶ Patients with baseline higher levels of activation see less improvement

▶ **Baseline pre-operative PAMs could be used to target patients most likely to benefit from patient education**

▶ A patient's understanding of their health needs does not correlate to disease severity at time of presentation for surgery

▶ Ongoing work to assess correlation between PAMs and post operative PROM