The East Sussex PAM® pilot April 2018 – April 2020

Used alongside care and support planning, the Patient Activation Measure® (PAM®) can help to tailor interventions to individual needs, significantly increasing the likelihood that the patient will manage their own health. Through a series of 13 short questions the patient’s activation level can be determined. Patient Activation describes the knowledge, skills and confidence a person has in managing their own health.

**Level 1**
Starting to take a role
Individuals do not feel confident enough to play an active role in their own health. They are predisposed to be passive recipients of care.

My doctor is in charge of my health

**Level 2**
Building knowledge and confidence
Individuals lack confidence and an understanding of their health or recommended health regimen.

I could be doing more

**Level 3**
Taking action
Individuals have the key facts and are beginning to take action, but may lack the confidence and skills to support their behaviours.

I’m part of my health care team

**Level 4**
Maintaining behaviours
Individuals have adopted new behaviours, but may not be able to maintain them in the face of stress or health crises.

I’m my own advocate

**INCREASING LEVEL OF ACTIVATION**

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Since the East Sussex pilot began in April 2018 we have seen...

**Level 1**
- 12% decrease

**Level 2**
- 8% decrease

**Level 3**
- 10% increase

**Level 4**
- 10% increase

Based on data from 230 residents in East Sussex

Each point increase in a PAM® score correlates to a 2% decrease in hospitalisation and a 2% increase in medication adherence.

**TO DATE IN EAST SUSSEX WE HAVE SEEN A MEAN PAM SCORE POINT INCREASE OF 5.8**

Patients MOST able to manage their health condition had:
- 38% fewer emergency admissions
- 32% fewer attendances at A&E
- 18% fewer general practice appointments

Source: Health Foundation (2018)

Licences are free to providers and come with access to a PAM-based online health platform for recording and reporting on PAMs as well as a platform supporting guided conversations. If you are interested in joining the project or just finding out a little bit more please contact: Emma Jupp on 01273 481931 07824 085317 or emma.jupp@eastsussex.gov.uk

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