

**POSTER SESSION 3 ABSTRACTS**  
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**Is Patient Activation Associated with Better Health Outcomes  
for Adults Cardiovascular Disease?**

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**Background:** Patient activation refers to an individual's skills and abilities to manage their own health and their ability to engage health providers in shared decision making practices. Such skills are important for the ongoing management of such chronic conditions as cardiovascular disease. However, little research has examined the relationship of patient activation with health outcomes among this population. We examined the relationship of patient activation with the following cross-cutting measures: performance of self-management behaviors, medication adherence, patient satisfaction and quality of life (QOL).

**Methods:** We examined survey and administrative data for 2,206 adults with cardiovascular disease enrolled in Kaiser Permanente. Those with cardiovascular disease were identified during calendar year 2003 using electronic medical record information. In fall 2004, the same patients were surveyed (via mail/telephone) regarding their level of patient activation using a valid and reliable instrument developed by Hibbard and colleagues (0=lowest activation, 100=highest activation). The measure was dichotomized into low activation (0-54) and high activation (55-100). Performance of self-management behaviors, medication adherence, patient satisfaction and QOL were assessed using valid subscales. Logistic Regression was used to examine the independent association of patient activation on high performance of self-management behaviors (vs. low performance), high medication adherence (vs. low adherence), high patient satisfaction (vs. low patient satisfaction) and high QOL (vs. low QOL) after adjusting for demographic characteristics, functional health status and geographic location.

**Results:** We found that higher patient activation was independently associated with higher performance of self-management behaviors (OR = 3.86, 95% CI = 3.10 - 4.80), higher medication adherence (OR = 1.37, 95% CI = 1.02 - 1.85), higher patient satisfaction (OR = 2.29, 95% CI = 1.88 - 2.80) and higher QOL (OR = 1.67, 95% CI = 1.31 - 2.13).

**Conclusions:** We found that higher levels of patient activation were independently associated with higher performance of self-management behaviors, increased medication adherence, higher patient satisfaction and QOL. Further research is needed to better understand whether incremental improvements in patient activation results in improved health for those with cardiovascular disease.