

Patient Activation Measure (PAM)

is an evidence-based tool that assesses a person's knowledge, skills and confidence in managing his or her own health and healthcare goals. PAM scores provide deep insight into a person's current and future self-management abilities.

- **High scoring patients:**

- Engage in preventative measures, healthy behaviors, and disease-specific self-management. They actively seek information about their health.
- Display infrequent utilization of emergent or urgent care and acute care readmissions.
- Have high levels of medication and care plan adherence.

- **Low scoring patients:**

- Are more likely to have unmet health needs and are overwhelmed by the task of personal health management.
- Are half as likely to take medications as prescribed.
- Display high utilization of emergency care and are 90% more likely to be readmitted to acute care.

- **How can the Patient Activation Measure be applied?**

- In any program where healthcare providers would benefit from better understanding the self-care capabilities of their patients (e.g. ambulatory care settings).
- As a Quality Improvement marker for organizations looking to positively impact key indicators of patient health outcomes (e.g. reductions to 30-day acute readmissions).
- As a risk-stratification and resource optimization instrument: persons lower in activation are more likely to be utilize healthcare services inefficiently and ineffectively, more likely to let symptoms go unchecked and engage in unhealthy lifestyle behaviors.



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Providers can deploy
PAM free of charge with
your Medicare Quality
Innovation Network-Quality
Improvement Organization
(QIN-QIO)

Connecticut

- Sheila Eckenrod
- seckenrode@qualidigm.org

Massachusetts

- Stephanie Baker
- sbaker@healthcentricadvisors.org

Maine

- Rachel Crowe
- rcrowe@healthcentricadvisors.org

New Hampshire

- Rachel Eichenbaum
- reichenbaum@qualidigm.org

Rhode Island

- Russell Cooney
- rcooney@healthcentricadvisors.org

Vermont

- Jill McKenzie
- jmckenzie@qualidigm.org