

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.



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



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

Source: Insignia Health

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**

My client started to understand that they needed to take on more responsibility for their health just by answering the PAM[®] survey.

Proactive Care Practitioner

The PAM[®] survey helped us realise that our patient had a very limited understanding of their medication which we never knew.

Herstmonceux Integrative Health Centre