

# The Patient Activation Measurement Tool (PAM)

**The PAM tool is a way of finding out about your knowledge, skills and confidence to look after your own health and wellbeing.**

PAM has been used in many different clinical and community settings and has shown to be a great value to patients. Our teams want to work in partnership with you which involves considering your capabilities, needs and wishes alongside your clinical needs.

We will personalise our approach to your care based on the information you provide as part of completing the PAM, and any other assessments we have undertaken so that we can offer you the support we both agree most suits your needs at that time.

## How do you approach doing the PAM?

In order to get the most of the PAM tool there are a few important points to consider:



The questionnaire requires you to think about your current situation as you see it now rather than how you used to be or how you hope to be in future.



It is about what you think about yourself, not what others think, or what you think people want to hear.



It takes most people 2 to 5 minutes to complete.



It is important you answer honestly; there are no wrong or right answers.



If a question doesn't apply to you, circle N/A.

## What will happen next?

The team will consider your answers and have a joint conversation with you to decide next steps and how to make sure you get the most out of your time with the team.

Don't worry - all aspects of your well-being will be considered and we will take care to be led by what matters most to you and what is going on in your life right now.



**Patient Activation Measure<sup>®</sup> (PAM<sup>®</sup>) 13**  
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Below are some statements that people sometimes make when they talk about their health. Please indicate how much you agree or disagree with each statement as it applies to you personally by circling your answer. There are no right or wrong answers, just what is true for you. If the statement does not apply to you, circle N/A.

1. I am the person who is responsible for taking care of my health.	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
2. Taking an active role in my own health care is the most important thing that affects my health.	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
3. I am confident I can help prevent or reduce problems associated with my health.	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
4. I know what each of my prescribed medications do.	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
5. I am confident that I can tell whether I need to go to the doctor or whether I can take care of a health problem myself.	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
6. I am confident that I can tell a doctor or nurse concerns I have even when he or she does not ask.	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
7. I am confident that I can carry out medical treatments I may need to do at home.	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
8. I understand my health problems and what causes them.	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
9. I know what treatments are available for my health problems.	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
10. I have been able to maintain lifestyle changes, like healthy eating or exercising.	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
11. I know how to prevent problems with my health.	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
12. I am confident I can work out solutions when new problems arise with my health.	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
13. I am confident that I can maintain lifestyle changes, like healthy eating and exercising, even during times of stress.	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A

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