



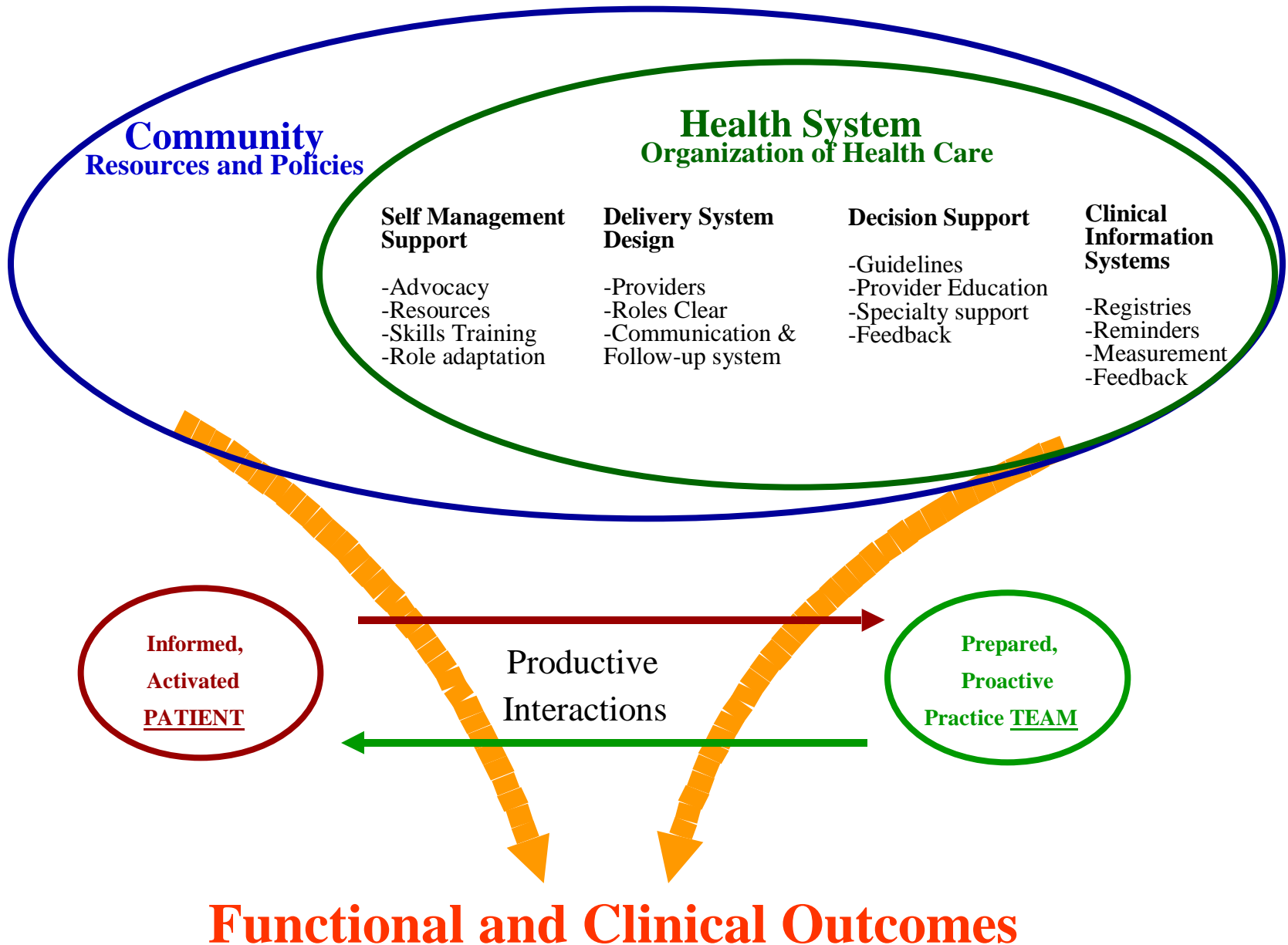
# Patient Activation

---

Oct 26, 2013

# Overview of the Chronic Care Model

Robert Wood Johnson Foundation/Sandy MacColl Institute





# Intervention Strategies for the 4 PAM Patient Stages

---

- **Stage 1:** Promote the belief that an active patient role is important
- **Stage 2:** Support the building of confidence and knowledge necessary to take action
- **Stage 3:** Encourage the patient to actually take action to maintain and improve one's health
- **Stage 4:** Reinforce the importance of staying the course, even under stress



# Patient Activation

---

- Do these 4 levels resonate with you?
- “this is the future” [encouraging greater levels of patient self-management, shared decision-making]
- “I spend 40% of my time with 1% of my patients!”
- activate, train *staff*