**A Cross-sectional analysis of patient activation measures in pre-dialysis and centre-based haemodialysis**

**Introduction**

Patient activation described as an individual’s knowledge, skill and confidence in managing their own health and healthcare, can be reliably measured using the Patient Activation Measure (PAM) scores. These scores can be subdivided into 4 levels of activation (low -Level 1 and 2; high – level 3 and 4). Highly activated patients are more likely to adopt healthy behaviour, have lower rates of hospitalisation, and report higher levels of satisfaction with services, whilst those with low activation levels are more likely to attend accident and emergency departments, to be hospitalised or to be re-admitted to hospital after being discharged. This is likely to lead to higher health care costs.

**Methods**

Through the Transforming Participation in Chronic Kidney Disease programme, Sheffield Kidney Unit measured PAM scores in patients attending low clearance clinic (pre-dialysis) and centre-based haemodialysis, using the Your Health Survey questionnaires.

**Results**

A total of 319 haemodialysis and 73 pre-dialysis patients completed the questionnaires. PAM data was missing in 22 haemodialysis and 2 pre-dialysis patients. The levels of activation in the haemodialysis and pre-dialysis patients were: Level 1- 38.9% and19.2%; level 2- 16.6% and 19.2%; level 3- 27.6% and 41%; level 4 – 10% and 17.8% of patients respectively.

**Conclusion**

Whilst the majority of pre-dialysis patients (58.8%) reported high levels of activation, a significant proportion of haemodialysis patients (55.5%) reported low levels of activation. A possible explanation for this is that transitioning from pre-dialysis to haemodialysis leaves many patients feeling overwhelmed and may contribute to poor knowledge and confidence to manage their own health. As the dialysis vintage of the surveyed haemodialysis cohort is unknown, it would be important to measure PAM scores longitudinally in new starters and if this trend is confirmed, plan specific interventions to increase patient activation upon transition to haemodialysis treatment.