

Background

- Peripheral artery disease (PAD) is a chronic, incurable condition impacted by self-care and risk-modifying behaviors
- Patient **activation**, or the knowledge and skills to manage one's health, contributes to disease-modifying behaviors

Objectives

To identify factors associated with activation in patients with PAD and identify which subsets of patients may require more intensive disease counseling

Methods

- In this single-center study of patients with PAD, participants completed an 87 item paper survey of demographic information, PAD knowledge, activation level, and an assessment of functional health literacy (FHL)
 - Knowledge score calculated as number of correctly answered questions
 - Activation measured using Patient Activation Measure 13 and scored as "Activated" or "Inactivated"
 - Functional Health Literacy (FHL) was measured using short Test of Functional Health Literacy in Adults and scored as "Adequate" or "Inadequate/Marginal" FHL
- Bivariable analysis and multivariable logistic regression analysis of associations with activation were completed

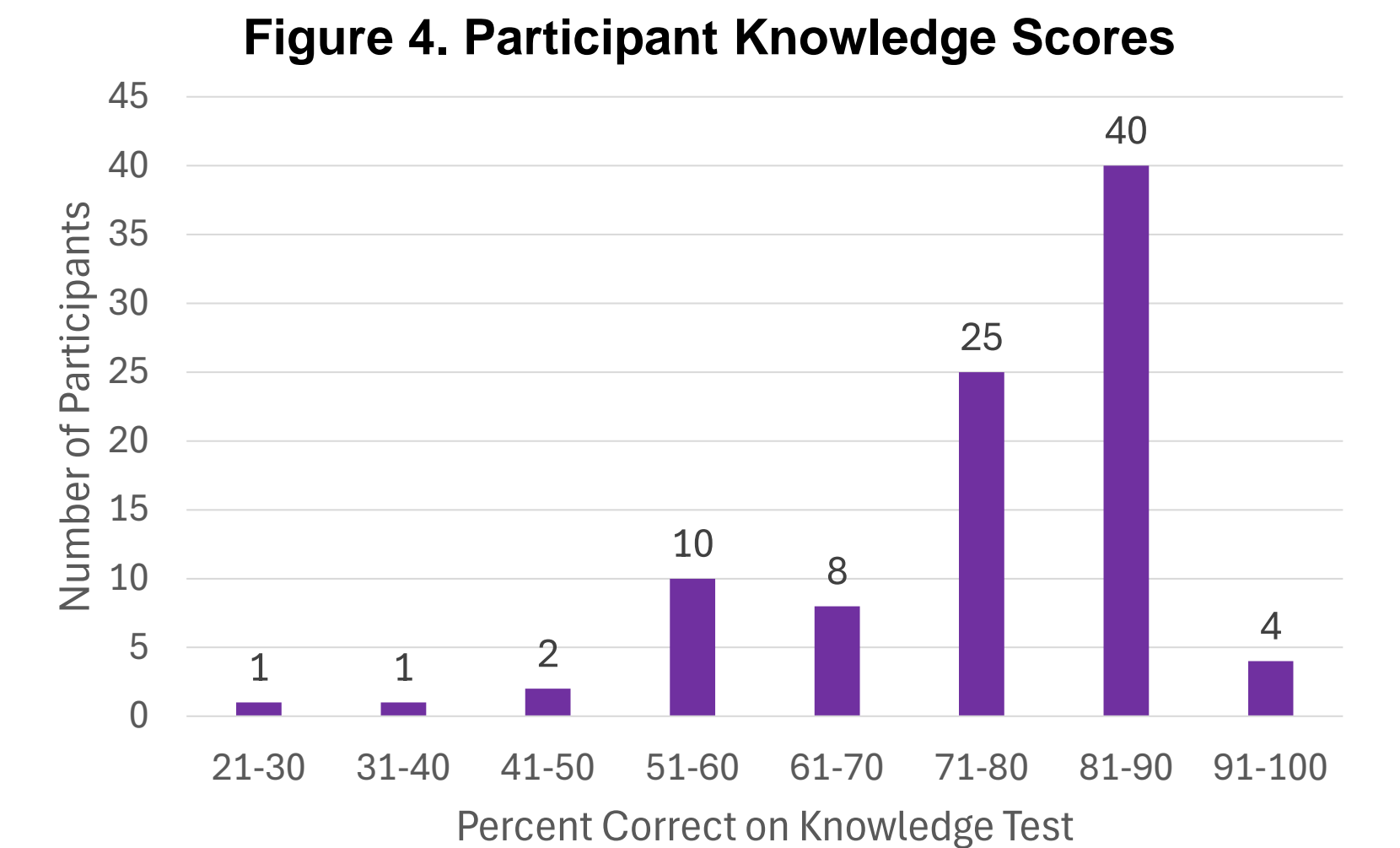
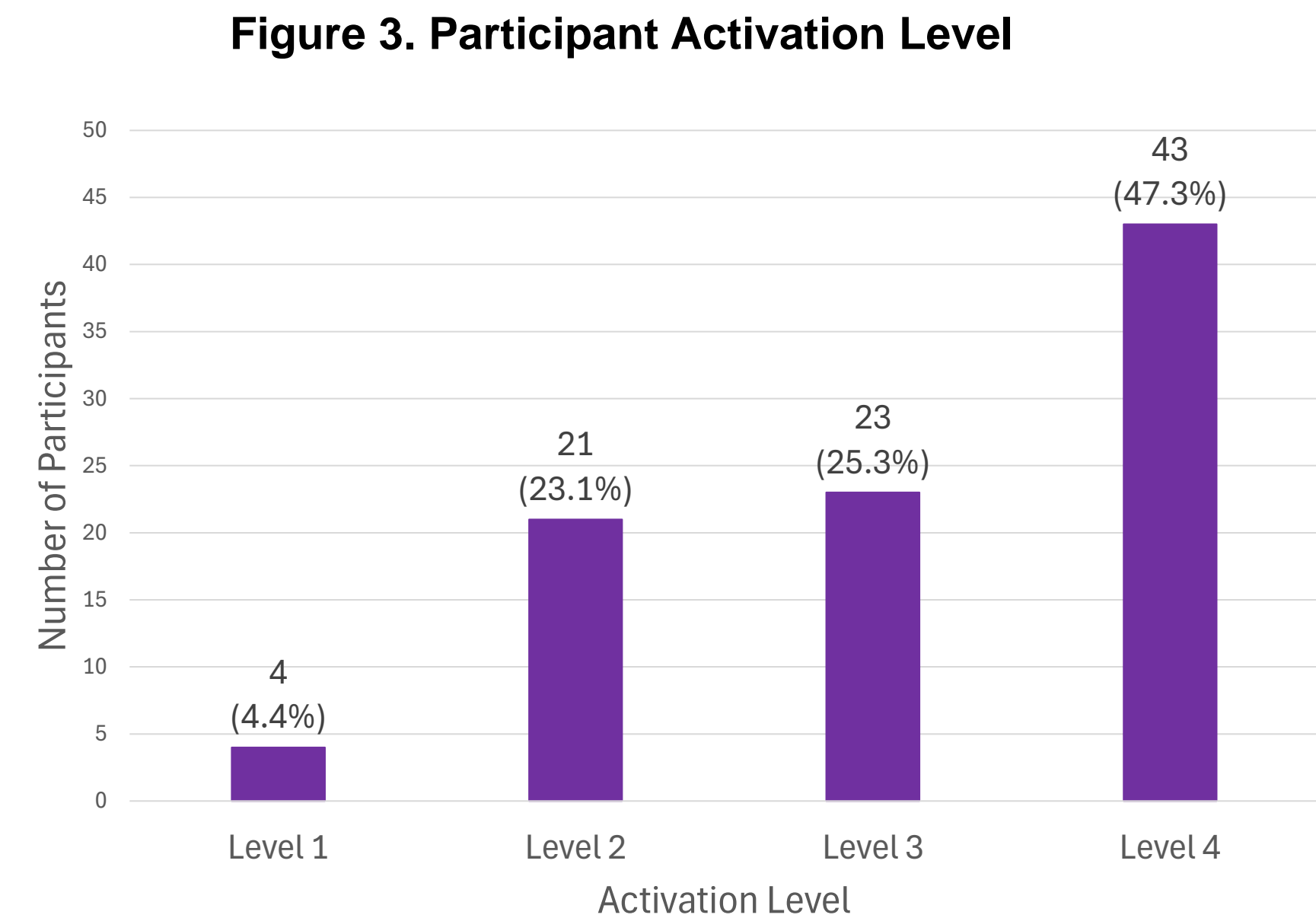


Table 1. Multivariable logistic regression of factors associated with Activation

Demographic/ Socioeconomic Factors	Odds Ratio	95% Confidence Interval	P Value
Knowledge Score	1.13	1.0-1.3	0.045
Non-White Race	0.51	0.1-2.0	0.337
Age	0.94	0.89-0.99	0.036
Income			
- Unsure/Prefer not to answer	0.33	0.3-3.7	0.369
- < \$49,999	0.09	0.01-0.84	0.035
- \$50,000 – 100,000	0.45	0.04-5.5	0.53
- > \$100,000	REF		
Time Since PAD Diagnosis			
- Not sure	4.1	0.30-55.3	0.294
- < 5 years	1.3	0.36-5.0	0.66
- > 5 years	REF		
- I do not think I have PAD	1.2	0.14-11.1	0.84

Results

- Of 91 participants with a 77.2% response rate, most participants (51.7%) had chronic-limb threatening ischemia and 17.6% had a prior major amputation
- While 21.3% of participants had inadequate/marginal FHL and 24.4% were unaware of their PAD diagnosis, most participants were activated (**Figure 3**) and the average knowledge score was 79.1% (**Figure 4**)
- On bivariable analysis, non-White race, low income, non-ambulatory status, low knowledge level, and history of endovascular intervention were associated with a status of Inactivated
- On multivariable analysis, knowledge score, age, and income were independently associated with activation status (**Table 1**)

Conclusions

- Patients with PAD overall demonstrated adequate FHL, PAD knowledge, and activation
- However, 27.5% were inactivated, 24.4% were unaware of their diagnosis, and 21.3% had poor health literacy
- PAD knowledge, age, and income were independently associated with activation, indicating that these may be used to identify subsets of patients who will benefit from more intense counseling and interventions

Figure 1. Consort Diagram

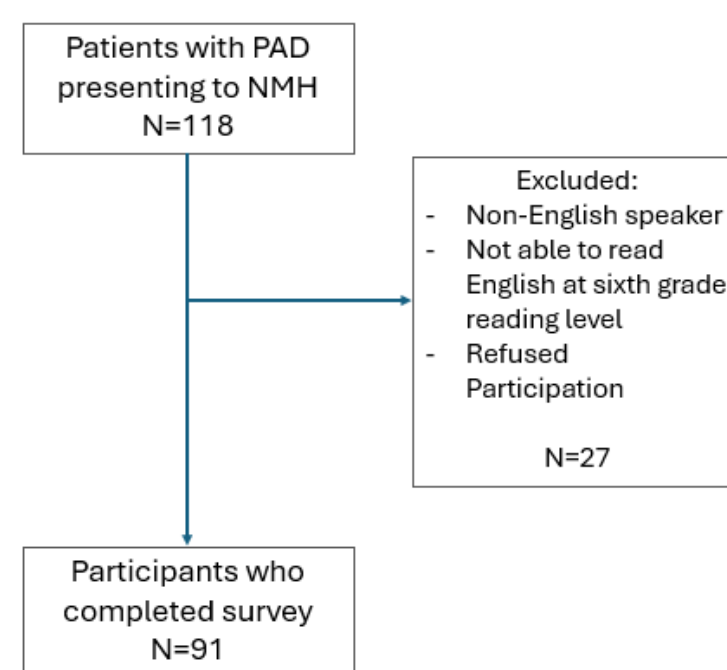


Figure 2. Patient Activation Classification

Patient Activation Measure-13 Score	
Inactivated	1: Disengaged and overwhelmed 2: Becoming aware but still struggling
Activated	3: Taking action 4: Maintaining behaviors and pushing further