

Patient Activation Stages

Stage of Activation	Patient Characteristics	Goals	Interventions
Stage 1 12 % of population	<ul style="list-style-type: none"> ▪ Overwhelmed by stress. ▪ Doesn't believe in taking an active role in their health. ▪ Passive recipient of care. ▪ Not empowered_– “No clue.” <p><u>Typical Phrases Heard:</u></p> <ul style="list-style-type: none"> ▪ “You're the expert” ▪ It's in God's hands” ▪ “My doctor takes care of that.” ▪ “My wife's the boss of my medical care.” 	<ul style="list-style-type: none"> ▪ Become aware of their own behaviors & symptoms. ▪ Be self-reflective – when? where? how? ▪ Build knowledge base to understand condition and/or disease prevention basics and their role. 	<ul style="list-style-type: none"> ▪ Ask for “exception to the rule” or a success. ▪ Introduce idea of goals based on interest ▪ Introduce role differentiation of doctor – patient ▪ Pursue small steps to build confidence.
Stage 2 29% of population	<ul style="list-style-type: none"> ▪ Lack basic health care facts and have not connected facts to larger understanding about their health or recommended treatment ▪ Lack confidence to take action <p><u>Typical Phrases Heard:</u></p> <ul style="list-style-type: none"> ▪ “I don't know what to do” ▪ “Where do I start?” ▪ “It seems so overwhelming!” 	<ul style="list-style-type: none"> ▪ Increase in knowledge ▪ Initial skills development ▪ Build in success or “small wins.” 	<ul style="list-style-type: none"> ▪ Close knowledge gaps ▪ Focus on clinically meaningful behaviors through taking small steps ▪ Ask: “What would be a key thing you would tell a friend about your disease?”
Stage 3 37% of population	<ul style="list-style-type: none"> ▪ Have key facts and are beginning to take action, but may lack confidence / skills to support new behaviors ▪ Life style behaviors come into stronger focus <p><u>Typical Phrases Heard:</u></p> <ul style="list-style-type: none"> ▪ “I feel better when I ...” 	<ul style="list-style-type: none"> ▪ Skill development and gains in knowledge ▪ Focus on choices, benefits and consequences – monitoring one's health 	<ul style="list-style-type: none"> ▪ Lead with patient's interests ▪ Problem solve with patient ▪ Develop action plans with patients ▪ Celebrate successes

	<ul style="list-style-type: none"> ▪ “I’m trying to ...” ▪ “I’ve discovered that...” 	<p>and responding to changes</p> <ul style="list-style-type: none"> ▪ Provide structure for specific actions 	
<p>Stage 4 22% of population</p>	<ul style="list-style-type: none"> ▪ Adopted new behaviors but struggle to maintain behavior when faced with stress, or difficulties <p><u>Typical Phrases Heard:</u></p> <ul style="list-style-type: none"> ▪ “I can do it when...but I need help with,,,” ▪ “My downfall is ...” ▪ “If I had a way to ,, ,I could do it.” 	<ul style="list-style-type: none"> ▪ Learn to maintain behaviors and anticipate difficult situations – “bounce back strategies” ▪ Focus on closing gaps around nutrition, activity, coping with emotions 	<ul style="list-style-type: none"> ▪ Problem solve with patient on how to decrease barriers to maintain behaviors ▪ Introduce other avenues of support ▪ Proactive planning

Adapted from: *Stage Base Approaches*, Patient Activation Re-Design Collaborative
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