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2nd Place: Patient Activation Among Diverse Populations: A Systematic Review (Contest Entry)

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Essay:

The purpose of this systematic review was to present the research on patient activation among diverse populations. Patient activation is a measure of an individual's knowledge, skill, and confidence in managing his or her own health and health care. Research in this field has increased over the last fifteen years as patient activation has been recognized as a promising solution for current health care obstacles. A variety of research exists analyzing patient activation in numerous settings. The goal of this review was to integrate the most current findings on patient activation in these diverse populations.

The EBSCO search engine through the Leatherby Libraries was used to collect the articles for this review. The article selection process was performed in two rounds. First, an advanced search was conducted through the EBESCO engine. The keywords used for the search were "patient activation." The quotation marks were imperative as they ensured that the keywords were used sequentially in the results. The search was limited to scholarly (peer-reviewed) journals only. The published date was restricted to January 2007 through March 2017. The articles were scanned for relevance to the review: an overview of patient activation among diverse populations. There was no restriction on population or country of publication. Primary research articles were required to utilize the Patient Activation Measure (PAM) for collecting quantifiable patient activation data. A total of 32 articles met the above criteria. The second round of article selection involved searching the references of the initial 32 articles using the keyword "activation." Performing the secondary search among the initial 32 articles allowed for inclusion of articles that provided imperative data relevant to the review, that may not have otherwise been recovered. It also ensured that potential data referenced in the initial articles was cited from the original source. Only the keyword "activation" was needed to obtain relevant articles. The second search produced 30 articles meeting the previously mentioned criteria. Overall 62 journal articles were included in this review. A total of 54 primary research articles, six retrospective analyses, and two systematic reviews were selected. In addition to the articles used for the formal review, 11 further references were included for supporting epidemiological data.

The selected articles were then thoroughly reviewed using the TRAAP method. First, all of the articles met the criteria for timeliness as they were published within the last ten years. Two landmark articles from 2004 and 2005 were included as they possessed integral information regarding the PAM. Second, all articles were required to meet the relevance of the paper: an overview of patient activation among diverse populations. To control this, utilization of a unified measurement system, the PAM, was required of all primary research articles. For comparative purposes, it was important to only include data from articles employing the same system of measurement. Two articles, however, were included for background purposes that measured outcomes after a patient activation intervention. Third, to control for authority, all of the articles selected were peer-reviewed and from respectable journals.

There was no concern over lack of authority from any sources. Fourth, reviewing the statistical methods of each articles ensured the accuracy. Articles that used unreliable statistical methods to produce misleading results were excluded. Lastly, the purpose of each article was intricately assessed. While nearly all of the articles highlighted positive results, only one conflict of interest was found. A notable author holds stake in the company that licenses the PAM. This conflict of interest was noted on all of the resulting articles and thus taken into account when writing the review. The supporting data from other authors upholds the findings of this particular researcher and therefore her findings were not dismissed. None of the declared funding was shown to potentially influence the results of the articles.

The EBSCO search engine provided the most relevant articles to be used in this review. The “full text finder” was incredibly useful and no articles were excluded because of an inability to retrieve the full text. The interlibrary loan would have been utilized had any articles been unavailable. No additional library resources were needed, or thus used, for this review.

The purpose of this systematic review was to present the research on patient activation among diverse populations. In writing a systematic review, it is an author’s outmost job to critically analyze the data. Primary research statistical methods are used to quantify and ensure relevance of the data. In a systematic review, the author must act as the analytical engine and only present relationships that are appropriate. The TRAAP method is imperative for ensuring that the data incorporated creates a coherent essay reflecting the research purpose. This review serves to consolidate the current data on patient activation for use of future researchers to expand upon and generate additional research questions.

3. Summary and Bibliography Instructions

Please provide a 250-500 word abstract of your paper/project along with a complete works cited list, reference list, or bibliography in APA, MLA, Chicago, or other recognized style. Do not submit your entire paper!

Summary:

The purpose of this article was to review the current research regarding patient activation among diverse populations. Patient activation is defined as an individual's knowledge, skill, and confidence in managing his or her own health and health care. A total of 62 articles were used in this review (54 primary research articles, six retrospective analyses, and two systematic reviews). Articles were obtained using the EBSCO search engine through the Leatherby Libraries at Chapman University. Preliminary and secondary searches were conducted using the keywords "patient activation." Only articles published within the last ten years (2007 to 2017) were included to ensure the most current data was examined. Two landmark studies from 2004 and 2005 were included as well. All articles were required to meet the relevance of the paper: an overview of patient activation among diverse populations. Additional articles related to the patient activation measure as well as the theory, outcomes, and interventions of patient activation were included. The selected articles presented data from normal, low socioeconomic status and minority, older adult, chronically ill, obese, diabetic, HIV positive, mentally ill, neurological, orthopedic surgical, hospitalized, clinical, and parental populations. Patient activation was significantly associated with a wide range of positive health outcomes and clinical markers. Higher patient activation scores were related to lower healthcare costs, beneficial health behaviors, and improved confidence in health management. Emphasizing patient activation bodes a more sustainable future health care system.

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