Validation of Patient Enablement Instrument (PEI) in Lithuanian general practice setting. Pilot research

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• Increasing patient involvement both in their own care, and also in its evaluation, is an important feature of contemporary health service development (Elwyn, Hibbard, Wensing, 2007; Askham, Coulter, Parsons, 2008; Colin-Thome, 2007).

• The approach proposed is that effectiveness of the quality of primary care can be divided into clinical (technical) and interpersonal effectiveness.
• Core values in primary care include both: a patient-centered approach and a holistic one. There has been much debate over the definition of patient-centredness and its measurement.

• The currency of clinical practice is the consultation.
• Yet studies have shown how quickly doctors still interrupt their patients, how they fail to elicit about half of their complains and concerns, and how important unvoiced agendas are in problematic consultations. Evidence has accumulated that doctors often consult in a directive doctor-centred style and are not patient-responsive. Patients also want to be involved in decisions regarding their care.
• Problematic communication has led to the claims and dissatisfaction.
• Capturing consultation quality given the need to integrate patient, doctor, dynamic and systemic inputs is complex.
• The contemporary focus on the holistic patient-centred approach discussed, together with features of good practice, and characteristics of a good practitioner stimulated the development of the concept of patient enablement.
What we mean by enablement?

• A **process** achieved via patient centered care

• An **outcome**: involving patient and professional roles, shared decision making, self efficacy, and coping.
Patient enablement instrument

- Consultation quality in primary care
- Self-report measure
- Developed from literature reviews & focus groups with patients
- Designed to capture patients’ feelings of understanding, confidence, and coping following a consultation (Howie, Heaney, Maxwell, 1997)
• Patient Enablement Instrument aims to operationalise patient-centred consulting in terms of the patient-driven outcome of enablement.
The Patient Enablement Instrument (PEI)

As a result of your visit to the doctor today, do you feel you are …

<table>
<thead>
<tr>
<th></th>
<th>Much better</th>
<th>Better</th>
<th>Same or less</th>
<th>Not applicable</th>
</tr>
</thead>
<tbody>
<tr>
<td>able to cope with life</td>
<td></td>
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<tr>
<td>able to understand your illness</td>
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<tr>
<td>able to cope with your illness</td>
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<tr>
<td>able to keep yourself healthy</td>
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<tr>
<td>confident about your health</td>
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<tr>
<td>able to help yourself</td>
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</tbody>
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Scoring: Much better/more = 2, Better/More = 1, Same or less = 0, Not applicable = 0
Total score: Maximum 12, minimum 0, per consultation
• UK
• Sweden (in process)
• Poland
• Croatia
• Thailand
• Japan
• France
• Canada
• China
• Lithuania and Latvia (in process)
• The aim of the present study was to examine the applicability of the Patient Enablement Instrument to the Lithuanian context.
• A quantitative questionnaire survey and interviews with the doctors were carried out using the PEI.
• The subjects were patients consulting at the family doctors distributed within one municipality (Pagegiai).
Results: Patient Enablement increases with:

- Consultation length $p<0.05$
- Knowing the Doctor $p<0.01$
- Receipt of prescription $p<0.01$
Results: Patient Enablement decreases with:

- Preference for a different Doctor $p<0.01$
- Doctor interrupted in consultation $p=0.05$
Able to cope with life
• Much better 44,4%
• Better 44.4%
Able to understand illness

- Much better 87.5%
- Better 12.5%
Able to cope with the illness

- Much better 53.8%
- Better 38.5%
Able to keep oneself healthy

- Much better 47.4%
- Better 36.8%
Feels confident about the health

- Much more 63.6%
- More 22.7%
Feels able to help himself / herself

- Much more 37,5%
- More 50,0%
• Personal tailoring of a consultation realised through communication, prescribing, and time supports patient enablement.

• “Enough” time is needed for enablement: not judged by the clock but in the context of the consultation dynamic attained.

• Personal connection and informational exchange in medical consultations are enabling.

• Consultations are enabling when patients speak most of the time and the doctor’s communication is patient centred.
• Thank you.
• Questions?
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