

The Association between Patient Activation and Health Behaviors in People with Parkinson's Disease

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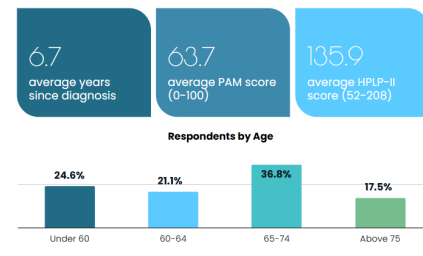
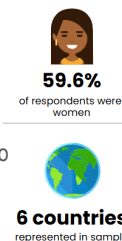
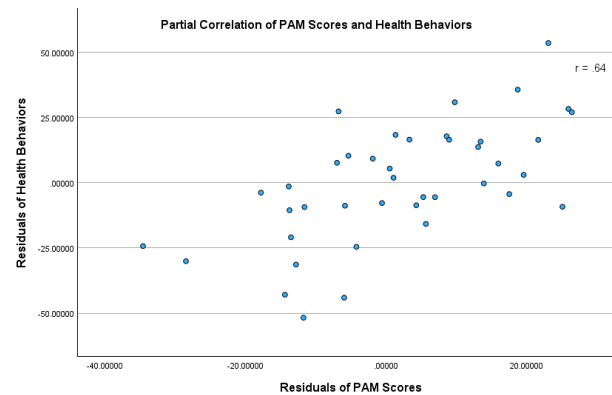
Introduction

- Parkinson's disease (PD) affects **10 million people globally** and is the **fastest growing** neurodegenerative disorder (Dorsey & Bloem, 2018)
- PD manifests in both **motor and non-motor** symptoms, leading to marked decreased quality of life and increased healthcare challenges (Al-Khammash et al., 2023)
- Patient activation** refers to an individual's knowledge, skills, and confidence in managing their health and has been linked with improved self-management and health outcomes in chronic diseases (Hibbard et al., 2004)
- This research explores the relationship between **patient activation and health behaviors** in people with PD

Method

- Individuals with PD (≥ 18 , English-speaking) were recruited to complete an anonymous online survey. Data were collected from May–August 2024.
- Patient Activation Measure (PAM®) assessed patient activation; Health-Promoting Lifestyle Profile (HPLP-II) measured overall and specific health behaviors.

Results



HPLP-II Scale	Level 1	Level 2	Level 3	Level 4	p
Health Behaviors (Overall score)	101.8±15.1	130.8±12.7	131.09±19.8	156.2±4.8	<.001
Health Responsibility	18±3.5	23.25±3.6	21.13±4.3	26.8±4.5	<.001
Physical Activity	12.33 ±3.7	20.33 ±4.5	18.83 ±6	24.67 ±4	<.001
Nutrition	19.29 ±4.8	19.23 ±3.6	22.28 ±5.3	25.53 ±3.8	.009
Spiritual Growth	20.83 ±8.1	24.13 ±4.4	22.62 ±4.6	26.93 ±5	.042
Interpersonal Relations	22.71 ±5.3	24.88 ±3.7	24.83 ±4.3	29.07 ±4.3	.007
Stress Management	16.83 ±6	20.38 ±3.3	23.2 ±2.7	23.2 ±2.7	<.001

Implications

- Higher activation levels** are associated with **improved health behaviors** in people with Parkinson's disease
- Clinicians should measure and target patient activation **early** in the disease course to enhance self-management and improve health outcomes

References

- Al-Khammash, N., Al-Jabri, N., Albishi, A., Al-Onazi, A., Aseeri, S., Alotaibi, F., Almazroua, Y., & Albloushi, M. (2023). Quality of Life in Patients With Parkinson's Disease: A Cross-Sectional Study. *Cureus*, 15(1), e33989. <https://doi.org/10.7759/cureus.33989>
- Dorsey, R., & Bloem, B. (2018). The Parkinson pandemic—A call to action. *JAMA Neurol*, 75(1):9–10.10.1001/jamaneurol.2017.3299