European Respiratory Society
Annual Congress 2012

Abstract Number: 5000

Publication Number: P1460

Abstract Group: 1.2. Rehabilitation and Chronic Care

Keyword 1: Chronic disease **Keyword 2:** Quality of life **Keyword 3:** No keyword

Title: Influence of patient activation and health literacy on quality of life among patients with COPD

David 7608 Coultas david.coultas@uthct.edu MD [1], Bradford 7609 Jackson bjackson@live.unthsc.edu [2], Karan 7610 Singh karan.singh@unt.hsc.edu [2] and Sejong 7611 Bae sejong.bae@unthsc.edu [2]. [1] Internal Medicine, University of Texas HSC-Tyler, TX, United States and [2] Biostatistics, University of North Texas HSC, Fort Worth, TX, United States .

Body: Background: While many factors contribute to the health status of patients with COPD little attention has been given to the influence of patient activation (PA) and health literacy (HL). Objectives: The purpose of this analysis was to examine the influence of PA and HL on quality of life (QOL) among a sample of patients with COPD. Methods: This was a cross-sectional analysis of baseline data from patients with COPD eligible for pulmonary rehabilitation enrolled in a self-management clinical trial. PA was measured using two questions: confidence on when to seek medical care (ACT1) and frequency of taking a list of medications to doctor visits (ACT2). HL was measured using three questions: confidence in filling out forms, frequency of help needed to read hospital materials, or problems learning about medical condition. QOL was measured using generic (SF-12) and disease-specific (Chronic Respiratory Questionnaire [CRQ]) instruments. Results: Of 218 patients the majority reported being confident/very confident when to seek medical care (ACT1=79.8%) and taking a list of medicines (ACT2=63.8%). The association between levels of PA and QOL was examined separately using linear regression: ACT1 was directly and significantly associated with CRQ, and SF-12 physical and mental composite scores. In contrast ACT2 was only significantly, but inversely associated with CRQ. There was no association between levels of HL and any measures of QOL. Conclusion: These results suggest that a component of patient activation (ACT1) is associated with improved QOL and may offer a specific target for intervention to enhance activation and outcomes. Funding: National Institutes of Health-NHLBI R18 HL092955.