**Does intensive case conferencing in general practice with specialist involvement improve patient activation measures, reflecting improved health literacy and self-care behaviours**

Background:

The Diabetes Alliance Program Plus (DAP+) is a partnership between the local area health district, local primary care network and their affiliates. DAP+ promotes a person-centred model of care to enhance general practice capability by delivering high quality specialist-led but general practice-based management for patients with diabetes. Patient activation refers to a person having the ability to actively participate and manage their own health needs, and can be measured using the validated Patient Activation Measure 10 (PAM)® questionnaire. A high PAM score (scored out of 100) and level (scored 1-4) indicates greater engagement in healthcare, and increasing PAM scores is linked to improved health outcomes.

Aim: To ascertain if patient engagement with the DAP+ program leads to improvement in PAM score.

Method: Retrospective observational study conducted from January 2023 to December 2024, initial and 6-month follow up PAM scores were compared from two face-to-face DAP+ consultations for 195 patients, with clinical parameters available for correlation.

Results: Baseline characteristics found the cohort to be 51% male, 90% with type 2 diabetes, with a mean age 60.5 years, mean duration of diabetes 12 years (SD 9.8), mean HbA1c 8.8% (SD 1.7) and mean BMI 33.7 (SD 8.0). At baseline 50% of patients scored PAM level 1 or 2, indicating low patient activation levels, with mean baseline PAM score 59.96 (SD 13.72). At follow up, mean PAM score increased by 4.57 points (p = 0.001, 95% confidence interval -7.3 to -1.8), and a mean reduction in HbA1c of 1.1% (p valve < 0.01, 95% confidence interval 0.8 to 1.3).

Conclusion: This study demonstrates that patient engagement can be improved through participation in a collaborative program bringing specialist care to general practice as measured by a practical and simple tool.