



British Parent Patient Activation Measure[®] (PAM[®]) 13



Parent Patient Activation Measure®

Below are some statements that people sometimes make when they talk about their child's health. Please indicate how much you agree or disagree with each statement as it applies to you and your child by circling your answer. If the statement does not apply to you, circle N/A.

1.	I am the person who is responsible for taking care of my child's health	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
2.	Taking an active role in my child's health care is the most important thing that affects his/her health	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
3.	I am confident I can take actions to help prevent reduce problems associated with my child's health	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
4.	I know what each of my child's prescribed medications do	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
5.	I am confident that I can tell whether I need to go the doctor or whether I can take care of my child's health problem myself	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
6.	I am confident I can tell a doctor or nurse the concerns that I have about my child's health, even when he or she does not ask	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
7.	I am confident that I can carry out medical treatments I need to do for my child at home	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
8.	I understand my child's health problems and what causes them	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
9.	I know what treatments are available for my child's health problems	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
10.	I have been able to help my child maintain (keep up with) lifestyle changes, like healthy eating or exercising	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
11.	I know how to prevent problems with my child's health	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
12.	I am confident I can work out solutions when new problems arise with my child's health	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A
13.	I am confident that I can help my child maintain lifestyle changes, like healthy eating and exercise, even during times of stress	Disagree Strongly	Disagree	Agree	Agree Strongly	N/A

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