



Effective Consumer Scale (EC-17) for use in trials of patient empowerment, patient education or self management

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Abstract

Effective Consumer Scale (EC-17) is a new scale to be used in trials of self-management or empowering patients with chronic diseases such as arthritis. Investigators are invited to include this scale in such trials.

Key words: Arthritis, self-management, empowerment, clinical trial.

Dear Editor,

We are seeking investigators setting up trials of self-management or empowering patients to invite them to include a new scale on assessing the empowerment of patients with chronic diseases such as arthritis. Below (Table 1) is the Effective Consumer (EC-17) scale with the items that assess identifying quality information, decision-making, navigation, negotiation with health professionals. Originally developed in Australia and Canada,^[1-3] this has been tested in patients participating in self-management programs in Ireland, Netherlands and Norway.^[4,5] Its clinometric/psychometric properties have been established but needs to demonstrate its responsiveness in trials. If you are conducting a trial of patient empowerment, patient education or self-management where this might be included please contact us. For

more information or to download the scale please go to: http://www.cgh.uottawa.ca/eng/effective_consumers.html

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Table 1. EC-17 Effective Consumer Scale.

EFFECTIVE CONSUMER SCALE					
<p>This survey asks you about yourself and how you manage your disease. It asks questions about the skills, attitudes and knowledge you may or may not have at this time. Your health care team are the people who provide treatment and advice to you. For example doctors, nurses, and physical therapists are all part of your health care team.</p> <p>Please check how much of the time each statement is true of you.</p>					
	Never	Rarely	Sometimes	Usually	Always
How I use health information					
1. I understand the facts I receive about my disease.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I know how to adapt general health information to my own situation.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I know who can help me judge the quality of the information I receive about my disease.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How I clarify my priorities					
4. When I make decisions about my disease, I am clear about what matters most in my life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I can compare the good points and bad points of a decision about my disease.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I can set sensible goals to manage my disease.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How I communicate with others					
7. I feel confident in stating my concerns to my health care team.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I know how to ask good questions about my health and my disease.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I can build a good relationship with my health care team.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How I work with the health team to control my disease					
10. I am able to take part in decisions in ways I prefer with the health care team.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. I know who to work with in my health care team to meet my health needs.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I can get what I need in my health team to meet my needs (for example, information and treatments).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. I feel a sense of control over the symptoms of my disease.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How I decide and act on decisions					
14. I feel confident in making decisions about my health.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. I can negotiate with others who are involved with my care about how we manage my disease.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. I can find my way within health care services in managing my disease.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. I can organise my life to carry out decisions about managing my disease.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>