

## **Partners in Health**

This tool, which evaluates a patient's ability to self-manage their health through adapted practices and lifestyle habits, is available through this link from which it was originally published:

<http://reddeautomanejo.com/assets/articulo-scale-instrument-validation.pdf>

## **References**

Peñarrieta, Isabel & Flores Barrios, Florabel & Gutierrez, Tranquilina & Piñonez-Martinez, Ma & Quintero-Valle, Luz & Castañeda-Hidalgo, Hortensia. (2014). Self-management in chronic conditions: Partners in health scale instrument validation. Nursing management (Harrow, London, England : 1994).

## **Characteristics**

The Partners in Health (PIH) screening tool assesses self-care habits in patients with chronic conditions in a 12-question survey. Patients answer questions using a 0-8 scale, with 0=very little or never, and 8=always or very well. The mean of the 12 questions is determined, with a higher score demonstrating better self-management. In a study with 552 participants, the average PIH scale score was 81.

## **Reliability and Validity**

According to Peñarrieta, Flores Barrios, & Gutierrez, 1994, the Cronbach's alpha coefficients were calculated for the four dimensions measured by the scale: knowledge, adherence, symptom management, and average/total. The coefficients were .8, .7, .8, and .7, respectively, calculating to an average of .75 across the four dimensions measured. Validity was supported through a pilot study of 30 patients to analyze the understanding of the 12 questions prior to beginning the official study. Construct validity of the instrument was supported through exploratory factor analysis.

## **Access and Cost Information**

This scale is free to use without permission.