

# Attitude toward the illness from patient's and doctor's perspective – PRACTA pilot study

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## I. Objectives

- Activation of the elderly is an urgent need in Polish health policy, since demographic trends, physical activity and weight maintenance data are alarming. At the same time successful ageing is a privilege for less than one of 20 Poles only.<sup>1</sup> To help the doctors in effective activation of the elderly, first step in PRACTA project was to explore the attitudes toward the illness and treatment.

## III. Method

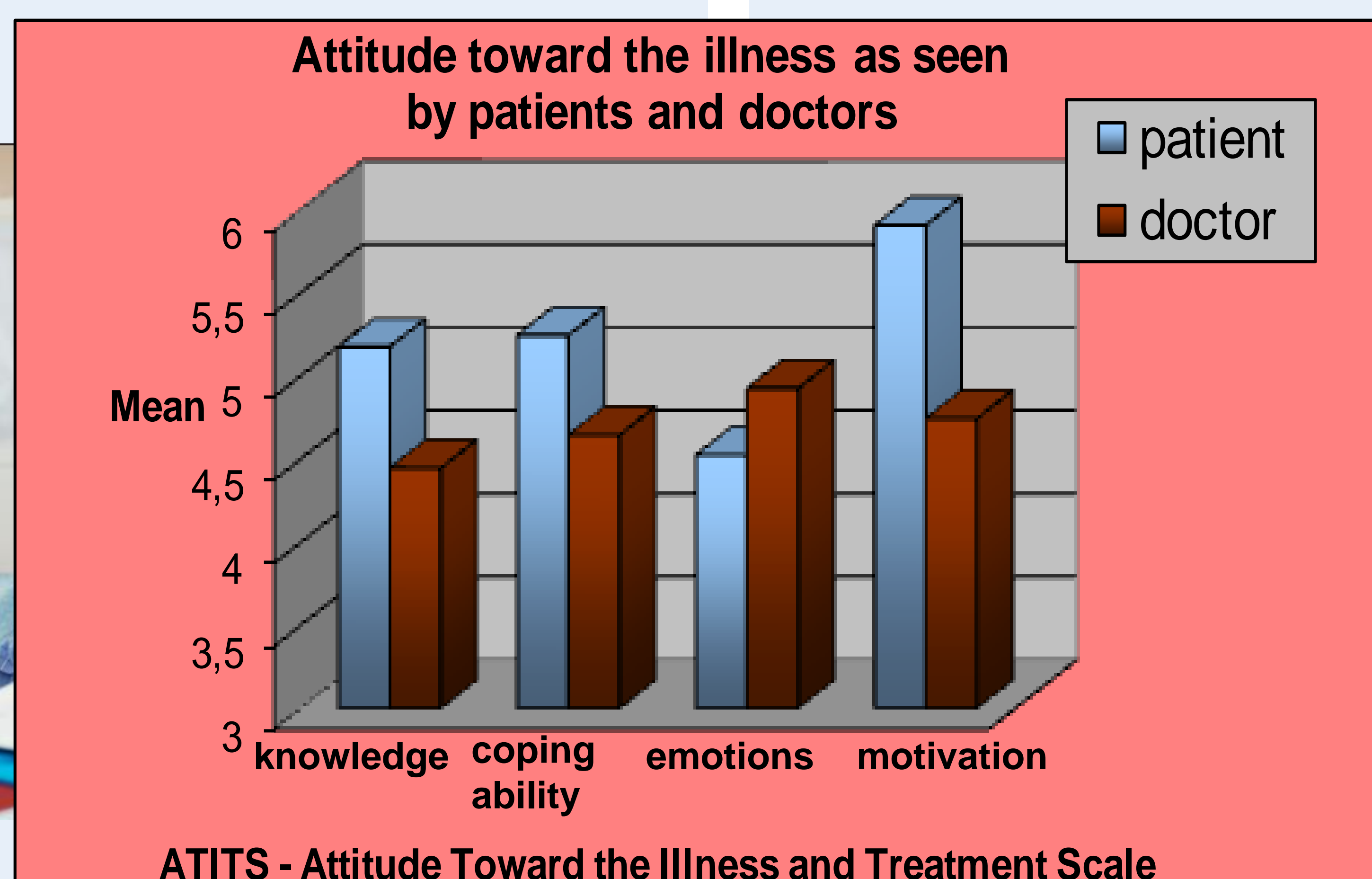
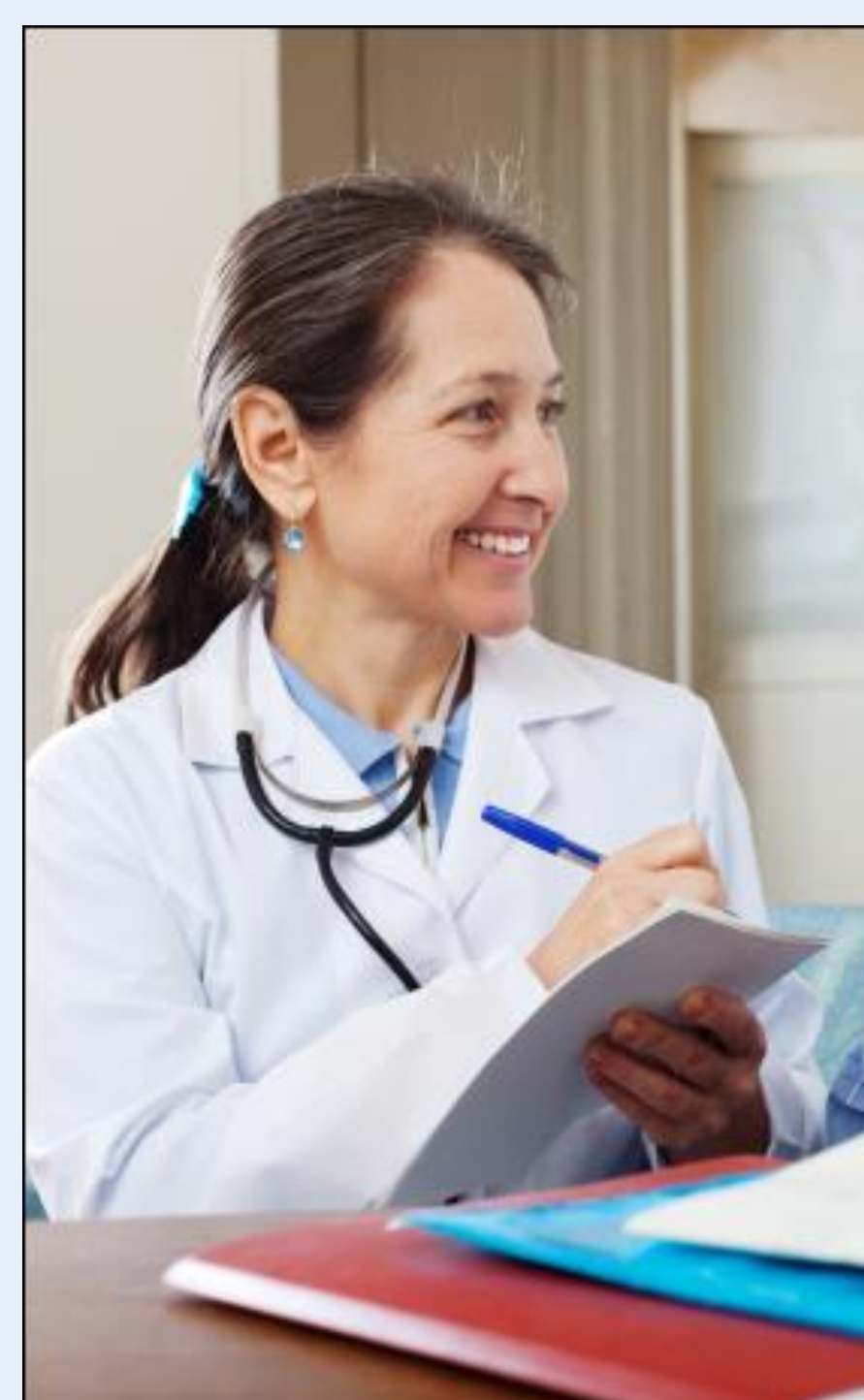
- The questionnaire designed to measure ATIT was adequately adjusted for patients and doctors. The data was collected from 89 patients (mean age M=69,5; SD=5,6) and 63 doctors (mean age M=43,8) with average professional experience of M=18,1 years (SD=10,6).

## II. Aim

- To explore and compare the attitudes toward the illness and treatment (ATIT) as presented by elderly patients and seen by doctors. General level of ATIT as well as its specific dimensions: perceived knowledge, ability to cope, emotions and motivation were investigated.

## IV. Results

- ATIT revealed to be independent from age, gender or education of the participating patients. We observed that doctors assessed attitudes of patients on dimension of knowledge, coping and, especially, motivation lower than their patients declared ( $t=2,76$ ,  $p<0,01$ ;  $t=2,74$ ,  $p<0,01$ ;  $t=6,66$ ,  $p<0,001$  respectively). A reversed difference was found for emotional component of ATIT ( $t=-2,61$ ,  $p<0,01$ ).



## V. Conclusions

- The gap between patients' declared ATIT and its assessment by their doctors was explored. If replicated in the main study, this is worth considering when aiming at activation of the elderly by medical practice – possibly via more adequate perception of motivation to comply and a slight shift of attention from knowledge and coping to emotional support.

## VI. TAKE HOME MESSAGE

- Attitude toward the illness and treatment appears to be differently seen by elderly patients than by their doctors.

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