

Patient activation predicts bowel preparation quality

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(HealthDay)—Lower patient activation, but not limited health literacy, is an independent predictor of suboptimal colonoscopy bowel preparation quality, according to a study published in the March issue of *Clinical Gastroenterology and Hepatology*.

Marina Serper, M.D., from the Northwestern University Feinberg School of Medicine in Chicago, and colleagues examined the correlation between [health literacy](#), patient activation, and quality of [bowel preparation](#) in a cohort of 462 adults (mean age, 62 years) who underwent outpatient colonoscopy. As part of a prospective study, participants had previously completed neurocognitive assessments. Information was collected on cecal intubation, polyp detection, bowel preparation quality, and histopathology.

The researchers found that one-third of patients (134) had suboptimal quality of bowel preparation, while 15 and 17 percent had fair and poor quality, respectively. Limited health literacy correlated with a lower level of education, diabetes, and several chronic conditions (all P

"Low patient activation was a significant [independent predictor](#) of colonoscopy bowel preparation quality, whereas health literacy was not," the authors write. "Interventions to improve [colonoscopy](#) quality should consider the importance of patient activation within their design."

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