USING MOTIVATIONAL INTERVIEWING AND EDUCATION TO HELP INCREASE PATIENT ADHERENCE TO CARDIAC REHABILITATION

Karen Beck, BSN, RN, MSN-FNP Student

This MSN Project focuses on two main interventions:
• Educating patients about the benefits of participating in CR.
• Educating physicians on how to use MI to improve patient compliance in CR.

Patient Handout: An educational summary informing patients about CR and given when patients are eligible for participation.

Practitioner Handout: Focuses on using MI techniques to increase patient participation in CR.
• According to CR management at Logan Regional Hospital, most patients start dropping out of CR around week three (‡).
• Using MI techniques in the office at week two is likely to decrease the number of patients dropping out of CR.

Plan and Implementation Process
Patient Education
• The patient education will be completed on the Intensive Care Unit (ICU) at Logan Regional Hospital.
• ICU nursing staff will give an educational handout to all patients who have experienced a myocardial infarction.
• Patients will be allowed to read this handout. The survey will then be administered by the ICU nursing staff to evaluate how useful the handout is and whether it increases their motivation to attend CR.

Provider Education
• The provider education will be completed at the Budge Internal Medicine Office in Logan.
• This will be presented in a practitioner staff meeting by a research assistant.
• After reading the handout out loud, a short survey will be administered regarding if the handout clarifies MI techniques, if they feel that using MI will increase patient compliance to CR, if they plan on using MI, and what suggestions they may have.

Random Phone Calls
• Follow up calls will be directed to patients who complete the CR program to assess a common motivating factor.

SUMMARY
• Goal: Increase patient compliance in CR.
• Educational handouts will be given to both patients and practitioners.
• Handouts will educate patients and provide practitioners with a tool to motivate patients to participate in CR.

Evaluation
• To evaluate the effectiveness of the handouts, a brief survey will be given to both the patient and the practitioner.
• In addition, follow up calls will be directed to patients who completed the CR program to assess a common motivating factor.

REFERENCES
3. Fitera, A., A. Butler, C. C. (2017). Trends and predictors of participation in cardiac rehabilitation following acute myocardial infarction: Data from the behavioral risk factor surveillance system of the American heart association. JHU. 26
10. Scoring theories: An exercise to enhance theory and research, (2017). Retrieved from...