

Patients' Change from Medication Noncompliance to Compliance in the Georgia Stroke & Heart Attack Prevention Program

Marylen Rimando, PhD, MPH, CHES, CPH
University of Iowa
Department of Health and Human Physiology
Tuesday, November 1, 2011

Presenter Disclosures

<Marylen Rimando>

(1) The following personal financial relationships with commercial interests relevant to this presentation existed during the past 12 months:

< No relationships to disclose>

Acknowledgements

- Dissertation committee members
- Nursing staff in the Northeast Georgia Health District
- Patients in the Georgia SHAPP program

Outline

- Introduction
- Methods
- Results
- Discussion
- Conclusion

Introduction

- Hypertension control is important medical and public health issue
- High CVD mortality rates in US and in Georgia for African Americans
- Older adults and chronic disease management
- Noncompliance is a major issue in clinical and public health practice

Literature Review

- Mostly quantitative studies surveying physicians and nurses
- Few studies on motivational interviewing and chronic disease self-management programs
- Sample - 18+ and above, not focused of older adult population
- Need for qualitative studies focused on African Americans diagnosed with HTN

Methods

- 29 semi-structured qualitative interviews
- At health department clinic
- African American patients
- Aged 55 and older
- Uncontrolled and controlled hypertension
- Given \$20.00 Walmart gift card prior to interview

Results

- Patients successfully changed from non-compliant to compliant with HTN medications and treatment
- Patients had social support & social networks
- Nursing staff provided emotional support and listened to patients' concerns
- Contrast to previous experiences with previous clinicians prior to SHAPP program

Discussion

- Provide unique perspective to quantitative literature on noncompliance
- Importance of social support & lifestyle changes combined with HTN medications
- Recall bias and selection bias
- Initial difficulty in recruitment at the clinic

Conclusion

- Motivational interviewing
- Importance in understanding their experiences in managing their HTN and other illnesses
- Provide social support and social networks for patients following visits
- Importance of qualitative interviewing in lowering noncompliance and motivating patients for health behavior change

Contact:

Marylen Rimando
 University of Iowa
 Department of Health & Human Physiology
 E112 Field House
 Iowa City, Iowa 52242
 Area: Health Promotion
 Email marylen-rimando@uiowa.edu