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Motivational interviewing and self-care practices in adult heart failure patients: a narrative systematic review

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Background: Heart failure contributes to frequent hospitalizations, large healthcare costs, and high mortality. Heart failure management includes that patients adhere to strict self-care practices (symptom recognition; limiting sodium and fluids; monitoring weight; maintain an active lifestyle; medication adherence as well as monitoring other medical conditions). These practices can be difficult to enact and maintain. Motivational interviewing, though not studied extensively in heart failure patients, may enhance patients’ ability to enact and maintain self-care practices.

Objective: To examine the effectiveness of motivational interviewing on self-care practices in the adult heart failure population.

Methods: We conducted a narrative systematic review of the literature focused on motivational interviewing in adult heart failure patients. The following databases were searched: MEDLINE; CINHAL; PsycINFO; Embase, ERIC; Scopus; Educational Resource Complete and CCRT from January 1983 October 2017. Of 1,630 citations retrieved, eight met the inclusion criteria.

Results: Outcomes of interest included: self-care adherence (maintenance, management, confidence), quality of life and physical activity. Motivational interviewing has been effectively used either alone, or in combination with other therapies, and has been utilized at a client’s home, over the telephone, and in hospital/clinic settings. A number of limitations were noted in the studies.

Conclusion: Motivational interviewing is a potentially effective adjunct to enhance self-care practices in heart failure patients. Further high-quality research is needed to support changes in clinical practice.