



Utilizing Motivational Interviewing Intervention to Improve Compliance with Self-care among Hispanic Adults with Obesity, Type 2 Diabetes Mellitus and Hypertension



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Introduction

- Centers for disease control reports that 37.3million Americans have diabetes of these, 69% have high blood pressure, 44% had high cholesterol, 39% with kidney failure and 12% poor vision.
- In 2015, direct and indirect costs related to CVD and stroke were reported to be over \$316.6 billion and \$245 billion for diabetes.
- Ethnic minority populations in the US are disproportionately affected by hypertension, diabetes, and overweight/obesity among other chronic conditions

Project Goals

- Motivate and Promote change
- Reducing/Minimizing resistance
- Exploring discrepancy between behavior and values/goals
- Resolving ambivalence
- Eliciting “change talk” and moving into behavior change

Project Description

- 10-Days reflective practice documented and reviewed.
- Proposal to employer for QI project. Work setting meetings, work approval Letter and IRB application and approval letter
- Work setting recruitment, and implementation

Intervention

- Week 1: Base-line data collection and initial 30 minutes session with patients
- Week 2: 1st week data review and 20minutes MI session for continuity
- Week 3-5: 2nd Continued to review data and 20minute MI session. Explore challenges and provide support to promote compliance
- Week 6: Final data review and a 20minute exit session ensuring understanding, promote adherence and participation to self-care

Study of the Intervention

Pre / post biometrics obtained
Motivational Interviewing implemented and Research utilization model Framework (PDSA) Cycle & SQUIRES Reporting System

Evaluation

Weekly review of measurement recordings and clinic biometrics measurement administered pre and post intervention. Analyzed and reported

Findings

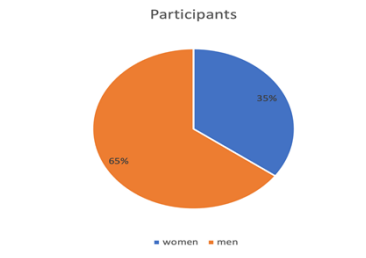
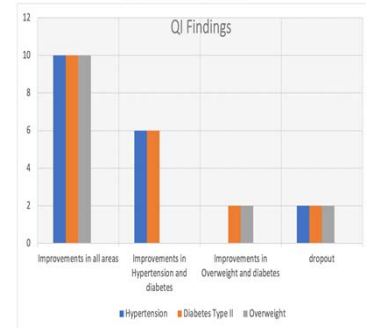


Table 2:
Weekly Patient Logbook
Identification #: 20542004

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Weight	2000	1950	1900	1850	1800	1750
Blood Pressure (mmHg)	130/80	125/75	120/70	115/65	110/60	105/55
Cholesterol (mg/dL)	200	190	180	170	160	150
Glucose (mg/dL)	150	140	130	120	110	100
Compliance (%)	80	85	90	95	100	100
Dropout (%)	0	0	0	0	0	0



Practice Implications

- The effectiveness of MI and adherence to self-care.
- Improvement in patient biometric is synonymous with improved health.
- Positive behavioral changes equals improvement
- Reduction in mortality and morbidity.
- Dissemination of findings is foundational for healthcare

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