The effect of motivational interviewing on outcomes of cardiac patients

Motivational interviewing (MI), a well-recognized counselling skill, has been widely used in promoting behavioral changes. A randomized controlled trial was conducted to examine the effects of MI on patient outcomes and health-related quality of life (HRQoL) among cardiac patients. The control group (CG) received usual care of an 8-week cardiac rehabilitation (CR), including 16 sessions of 2-hour exercise and 6 sessions of 1-hour education. The intervention group (IG), on top of the usual care, received extra 10 sessions of MI (30–45 minutes/session) on building the motivation for change. Clinical outcomes (blood pressure, body mass index, and lipid profiles), depression and anxiety (Hospital Anxiety and Depression Scale), and HRQoL (SF-36) were measured at baseline and 3-month after entering study. As result, 146 patients (73 per group) were recruited. There was no significant difference in clinical outcomes between groups after intervention (all p values>0.05). Patients in the IG had more improvements in HRQoL, in the aspects of general health (p=0.048) and role limitation due to emotional problems (p=0.024). However, the IG group reported significantly higher increases in anxiety levels than those in CG (p=0.030). In conclusion, MI contributed no significant effect on clinical outcomes and limited effect on HRQoL in cardiac patients at 3-month. With an already comprehensive and intensive CR program, it might be difficult to achieve extra clinical improvements. Given the increased anxiety levels in the IG, MI might become a burden to those who need to rush to work after CR.

Biography
Sek Ying Chair is the Director and Professor of the Nethersole School of Nursing at The Chinese University of Hong Kong. She is the President of Hong Kong College of Cardiac Nursing and an Honorary Advisor of Hong Kong College of Critical Care Nursing and the Institute of Advanced Nursing Studies, Hospital Authority. Her research interests focus on cardiovascular and critical care nursing and she has published over 100 peer-reviewed research articles. She is the Co-Editor of Connect: the World of Critical Care Nursing and an Editorial Board Member of Asian Nursing Research and Journal of Research in Nursing.

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