

Use of a Question Prompt Sheet to Promote Patient Engagement After an Acute Myocardial Infraction

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Background

Higher levels of patient engagement are associated with improved patient outcomes, but patient engagement is rarely studied in acute cardiology populations. Promotion of patient engagement during hospitalization after acute myocardial infarction (AMI) may play a role in improving cardiac rehabilitation (CR) participation.

Purpose

- 1) To examine the feasibility of utilizing a CR-specific question prompt sheet (QPS) to promote patient engagement during hospitalization for inpatients diagnosed with AMI.
- 2) To explore the relationship between patient engagement and intention to attend CR..

Methods

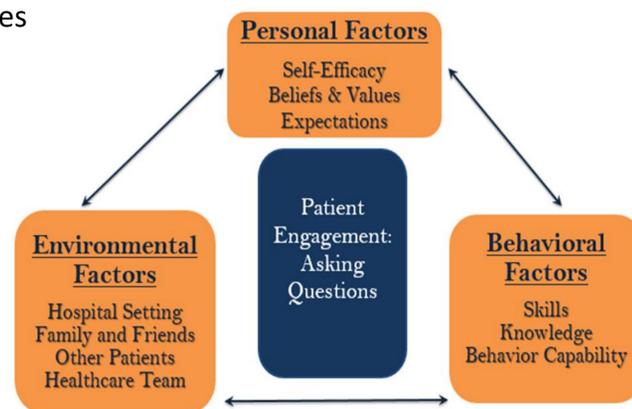
- **Design:** Descriptive correlation study conducted prospectively over 8 weeks
- **Setting:** Two inpatient cardiovascular units (58 beds) at a rural academic medical center in the Southeast United States

- **Theoretical Framework:** Social Cognitive Theory

- **Sample:** Convenience sample
32 (N) inpatient adults with AMI
4 (N) resident physicians

- **Procedures:**
 - Patient education with QPS
 - MD and RN education
 - Observations of interprofessional rounds

- **Measures:**
 - **Primary Outcome:** Patient Engagement
 - Question-Asking Behavior during interprofessional rounds.
 - Patient Involvement Questionnaire subscales (Arnetz et al., 2008).

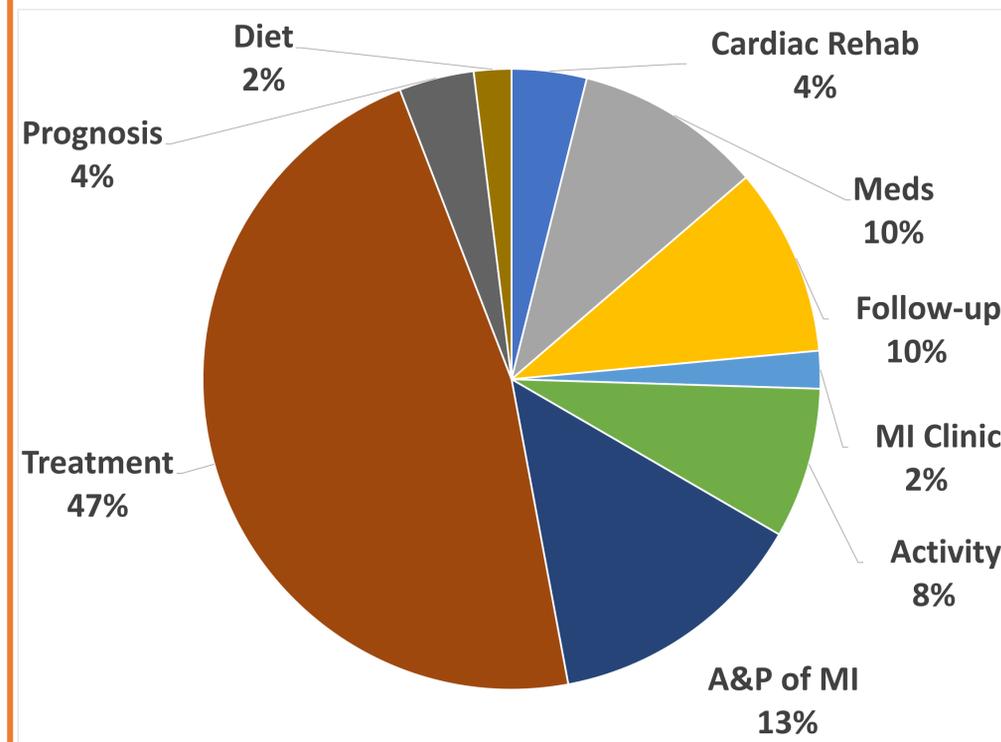


Intention to attend CR, and patient and physician perceptions.

Results

Question-Asking Behavior

20 out of 32 patients asked a total of 52 questions during rounds with a median of **1** question per patient for length of stay.



Patient Involvement Questionnaire

Subscale	All Patients (n=16)		Intent to go to CR		p
	Mdn	IQR	Yes (n=11)	No (n=2)	
Treatment Planning	66.7	29.0	75.0	38.0	.582
Patient Needs	90.5	20.0	90.5	15.0	.758

Note. Each subscale scored 0-100. Higher scores indicate higher level of perceived engagement. Statistical analysis Exact Mann Whitney U. Patients were required to complete each subscale in its entirety in order to be included in final analysis. There were 13 valid scores for the Treatment Planning subscale and 14 valid scores for the Patient Needs subscale.

Feasibility

- Patients reported that the QPS helped them ask questions about CR and other aspects of their care.
- Physician perceptions of the impact of the QPS on patient question-asking and duration of rounds were variable
- All four physicians reported that the education sessions were helpful.

Conclusions

- A CR-specific QPS has potential to help AMI patients ask questions and feel engaged in their care
- Patient engagement may play a role in CR participation, but the relationship between level of engagement and CR participation requires further study.
- Opportunity to indirectly improve patient outcomes with CR participation and patient engagement

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