My Health Companion©: A Low-Tech Personal Health Record

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NIH/NINR
SC Ministry Foundation
USDA
Discuss the initial evaluation of *My Health Companion*
Chronic Illness Management: Rural Dwellers
Women To Women
Montana State University, College of Nursing
P.O. Box 173560 ~ Bozeman, MT 59717 ~ 1-888-375-1317

1995 - 2011
Purpose

To provide computer-based support and health information to help rural woman better self-manage their chronic health condition.
INTERVENTION

Virtual self-help group
24/7 access
asynchronous

Health Teaching Units
My Health Companion

My Health Companion

Women To Women
PERSONAL HEALTH RECORDS
Tabbed Sections

Basic Information

Health History
Tabbed Sections

Current Health Information

Medications
Tabbed Sections
Preventive Care
Tabbed Sections

Lab Tests

Personal Support Systems
Tabbed Sections

Questions for Health Provider

Insurance Information
Tabbed Sections

Web Resources
Data Sources

Women to Women (WTW 3)

Health Enhancement for Rural Elderly (HERE)

Enhancing Self Care (ESC)
Phase 3
Women
Rural
Mean age 56.2
Six months
N=94
Health Enhancement for Rural Elderly (HERE)

Women & Men
Rural
Mean age 72.5
6 months
N=33
Enhancing Self Care (ESC)

Women
Rural
Mean age 59.3
12 months
N=41
<table>
<thead>
<tr>
<th>How Useful was MHC in:</th>
<th>WTW</th>
<th>ESC</th>
<th>HERE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Managing chronic illness</td>
<td>4.97 (1.15)</td>
<td>3.80 (1.29)</td>
<td>3.06 (.996)</td>
</tr>
<tr>
<td>Preparing for visits with HCP</td>
<td>5.12 (1.07)</td>
<td>3.98 (1.21)</td>
<td>3.48 (1.03)</td>
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<tr>
<td>Strengthening partnership with HCP</td>
<td>4.85 (1.13)</td>
<td>3.49 (1.50)</td>
<td>3.06 (1.25)</td>
</tr>
<tr>
<td>Organizing and tracking health information</td>
<td><strong>5.34 (.994)</strong></td>
<td><strong>4.37 (1.26)</strong></td>
<td><strong>4.24 (1.23)</strong></td>
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</tbody>
</table>
Perceived Efficacy in Patient-Physician Interactions Questionnaire

PEPPI

Confidence in ability to understand and communicate information with HCP

10 items

1 “Not at all confident” – 5 “Very Confident”
<table>
<thead>
<tr>
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<th>Before</th>
<th>After</th>
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<tbody>
<tr>
<td><strong>WTW</strong></td>
<td>39.39 (7.22)</td>
<td>41.40 (5.96)</td>
<td>.005</td>
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<tr>
<td><strong>ESC</strong></td>
<td>33.56 (6.88)</td>
<td>34.71 (5.61)</td>
<td>.096</td>
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<tr>
<td><strong>HERE</strong></td>
<td>33.00 (5.24)</td>
<td>34.42 (4.86)</td>
<td>.074</td>
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</table>
Recommend to Others

ESC  \[\text{mean} = 4.88\]

HERE  \[\text{mean} = 4.48\]

6 point scale
“I just had to call and let you know how much I love My Health Companion. Now I am really organized when I go to see the doctor.”
“When I went to my new neurologist he was asking if I had ever tried a certain medication and I just looked it up so quickly.....He was very impressed with the Women to Women program after I explained it to him....He said he wished more people would be more interested in their health.”
“I had an appointment with my medical doctor on Monday. I had my book with medications and all in it and added the test results from this visit. For the first time I had my questions ready and noted all we discussed. I felt so empowered to be organized and prepared for once.”