Title:  
A Systematic Review and Meta-Analysis: Behavioral Interventions on Patient Activation for Adults With Hypertension

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Session Title:  
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Keywords:  
adults with hypertension, patient activation and self-management

References:


Abstract Summary:  
Understanding the impact of self-management interventions on the relationship between the change in activation and health outcomes in adults with hypertension is necessary to adults with hypertension. The purpose of this systematic review is to evaluate the impact of self-management interventions on the change in activation for adults with hypertension.

Learning Activity:

<table>
<thead>
<tr>
<th>LEARNING OBJECTIVES</th>
<th>EXPANDED CONTENT OUTLINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>The learner will be able to determine the impacts of chronic disease self-management and motivational techniques on activating patients in the practice of recommended self-management tasks.</td>
<td>The learner will be able to identify that community-based disease self-management programs and motivational interviewing methods are effective in increasing patient activation and, in turn, to support self-management behaviors of chronic diseases, including hypertension.</td>
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<td>The learner will be able to analyze the results of this systematic review and met-analysis</td>
<td>Key and novel findings, limitations, implications will be discussed.</td>
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</tbody>
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Abstract Text:
The Effect of Behavioral Interventions on Patient Activation for Adults with Hypertension

Objective

Behavioral interventions have been used to assist patients in maintaining optimal self-management care of their chronic diseases. However, little is known about the effect of self-management interventions on patient activation for adults with hypertension. Therefore, we conducted a systematic review and meta-analysis to evaluate the effect of self-management strategies on changes in activation levels in adults with hypertension.

Methods

We searched PubMed, CINAHL, and Cochrane Central Register of Controlled Trials from January 1st 2004 to April 1st 2016. The patient activation measure (PAM) was developed in 2004 and we wanted to evaluate activation using the PAM. We included randomized controlled trials aimed at assessing self-management interventions on patient activation in adults with hypertension and also reported patient activation using the PAM. Using a random effects model, we combined the studies to calculate the weighted mean difference of PAM scores between the intervention and the usual care group.

Results

Of 8022 citations, 3 studies (N=1318 participants) met inclusion criteria. In adults with hypertension, self-management interventions improved patient activation with moderate strength of evidence (weighted mean difference=2.11; 95% CI=0.25 to 3.98). A community-based self-management program and motivational interviewing strategies were associated with better improvements in PAM scores compared to usual care. Patients with higher activation levels are more likely to improve their hypertension self-management behaviors.

Conclusions

Behavioral interventions improve patient activation modestly in adults with hypertension. Patient activation can be used as a mechanism to help with hypertension self-management behaviors. These findings reinforce healthcare providers to incorporate these interventions into primary care for patients who have poor hypertension self-management. In addition, healthcare providers should consider that, actively involving adults with poor blood pressure control in the practice of required self-management activities, can prevent hypertension complications and reduce healthcare service utilization. Further research on and interventions for patient activation in adherence to hypertension plans within healthcare settings and diverse communities are needed.

Keywords: adults with hypertension, self-management, and patient activation