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Effective, safe, and patient-centered quality improvement: Adherence to lifestyle modifications in adult patients with dyslipidemia

Background & Aim: Untreated dyslipidemia, which is a risk factor for cardiac illnesses, is a burden on individual of state and national levels due to morbidity, mortality and coronary heart disease-related costs. Implementation of patient-centered educational program improves patients' care and health outcomes. Purpose of this study is to increase adherence to lifestyle modifications among patients with dyslipidemia.

Method: 17 subjects with dyslipidemia participated in a quasi-experimental pilot project. Qualitative and quantitative methodology was used. Measures were heart disease fact questionnaire, Framingham tool, and physiologic measurements. Interventions included motivational techniques-led individual and group interviews to explore patient-centered barriers and to discover strategies to adhere to lifestyle changes.

Conclusion: Patient-centered interventions to discover patients' barriers and strategies to adhere to lifestyle modifications through motivational interviewing effect have increased patient knowledge on risks and prevention of coronary heart disease and enhanced adherence to lifestyle modifications.

Implication to Practice: The system change highlights the uniqueness of each person that require patient-centeredness and continuity of care to improve health outcomes.

Biography

G K Rikabi has three years of experience in Teaching in Family Nurse Practitioner program with a focus on Collaborative Instructions. She also teaches joint injections. She has over nine years of experience as a Family Nurse Practitioner with a focus on "Occupational medicine, HIV, women's health and orthopedic". She completed her Doctoral Degree in 2013, with a research focus on Patient-Centered Care. She is currently an Assistant Professor at University of Southern Mississippi. Her research experience includes "HIV, dyslipidemia and healthcare professionals practice with multicultural patients".

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