The objective of this study was to explore the perceptions and motivations of individuals with heart failure (HF) who had transitioned from self-care non-adherence to adherence, with emphasis on understanding the main components that motivated behavior change.

This was a qualitative descriptive study. Purpose

- This was a qualitative descriptive study.
- Purposive sampling was used to recruit adults with HF from cardiology clinics at UC Davis Health who had been identified by their provider as having transitioned from non-adherence to adherence.
- Participants completed a one-time, face-to-face, audio recorded interview, consisting, open-ended questions regarding patient’s experiences managing HF.
- Data were analyzed using thematic analysis.

Methods

- Data were analyzed using thematic analysis.
- Five major themes were identified across the sample: (1) Experiencing Mortality, (2) Experiencing Heart Failure, (3) Describing the Self-Efficacy, (4) Describing Feelings, and (5) Influence of the Healthcare Clinician.
- There was no consistent chronological ordering of these themes across narratives.
- The presence and influence of the healthcare clinician was a cross-cutting theme and intersected with each of the main components.

Results

- The sample included 8 participants.
- The majority identifying as male (n=7) and white (n=5).
- All were NYHA Class III.
- Most had HF with reduced ejection fraction (n=7).

Five major themes were identified across the sample:

- Describing skills in managing health
- Describing success or pride in their new behavior
- Describing feeling capable
- Describing feeling they have some control
- Anticipates an improved state of being
- Feeling optimistic about the future
- Believes in their recovery
- Describes death as foreseeable
- Discusses death or dying in relation to themselves
- Says words such as “done for” or “on my way out”

Results-Making Connections

- Adherence to medication, exercise, dietary sodium and fluid restriction
- Healthcare Clinician
- Optimism & Hope
- Connections
- Self Efficacy
- Mortality

Conclusions & Further Study

- We uncovered 5 common themes across participant narratives: 1) experiencing mortality, 2) experiencing hope 3) making connections, 4) having self-efficacy and 5) influence of the healthcare clinician.
- The input of the healthcare clinician was mentioned by each participant and was a cross-cutting theme, thus showing the potential value of the provider’s presence as important to promote a shift from non-adherence to adherence.
- Our findings add a new dimension to our current understanding of HF self-care literature and theories.

Implications for Research

- This study provides foundational data identifying potential motivational components for adherence to HF self-care behaviors.
- This work may support a larger, prospective longitudinal study to examine the value of integrating these components into an educational intervention.
- Such a study should not only further expand upon our understanding of identified components associated with eventual adherence, but also examine the element of proximity for these components.

References