

Health Coaching to Improve Heart Failure Self-Care Adherence

by

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**Abstract**

Heart failure is a chronic disease with multiple exacerbations leading to increased hospitalizations, economic cost, mortality, and decreased quality of life. Heart failure self-care maintenance is an integral aspect of overall heart failure management and includes taking medications as prescribed, daily weight and symptom monitoring, and following dietary sodium and fluid restrictions. When self-care maintenance is not successfully incorporated into patient's lifestyle, heart failure symptoms exacerbate, leading to decreased quality of life and increased hospitalizations. A detailed literature review revealed poor self-care maintenance directly relates to increased heart failure readmissions. In addition, adherence rates of heart failure self-care maintenance behaviors are low secondary to multiple barriers. Unfortunately, one particular intervention is not available to improve heart failure self-care maintenance since each patient experiences different and multiple barriers. Health coaching through motivational interviewing (MI) is an intervention that can be learned by the provider to evaluate barriers and empower the patient to discover ways to implement self-care maintenance into their daily regimen. The overall objective of this project is to implement a heart failure health coaching program and enhance current patient education delivery. This will assist with identifying heart failure self-care barriers to adherence and develop interventions to enhance self-care maintenance. Specific goals of the health coaching program are to: 1) decrease heart failure hospital readmission rates 2) improve heart failure self-care adherence and 3) improve quality of life.

**Title:** Health Coaching to Improve Heart Failure Self-Care Adherence

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**Purposes:** The overall objective of this project is to implement a heart failure health coaching program and enhance current patient education delivery that will assist with identifying barriers to heart failure self-care adherence and implement interventions to enhance self-care maintenance. Specific goals of the health coaching program are to: 1) decrease heart failure hospital readmission rates 2) improve heart failure self-care adherence and 3) improve quality of life.

**Data sources:** Detailed literature review.

Heart failure clinic readmission rate.

Self-Care of Heart Failure Index Questionnaire scores

Minnesota Living with Heart Failure Questionnaire scores

**Conclusions:** Heart failure management is extremely complex and multi-level requiring a system, organizational, provider, and individualistic approach with access, time, positive communication, and staff specifically educated in heart failure. It is imperative that preventable precipitating factors of heart failure exacerbation be addressed in order to decrease hospital readmission rates and improve patient outcomes. Self-care maintenance is so important in heart failure management, but is complicated by complex medical regimens and the need for decision-making and symptom monitoring. The concept of health coaching with a MI perspective along with enhancing patient education to decrease barriers is an innovative intervention to provide comprehensive patient education, assess barriers to heart failure self-care adherence, and develop individualized interventions as needed to improve heart failure patients' outcomes.

**Implications for practice:** The potential impacts of this program include significantly reduced readmission rates, improved self-care adherence, improved quality of life, and overall decreased health care costs. Health coaching can be a low cost intervention in a chronic disease management program that already has an established system to promote patient education and accessible health care and a provider willing to learn the concepts of health coaching.