

## 5<sup>th</sup> International Conference on

# Family Nursing

June 13-15, 2016 Philadelphia, USA

### Shared medical appointments for pediatric asthma

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**Project Purpose:** To implement a shared medical appointment (SMA) for pediatric patients with asthma in order to improve adherence to asthma management guidelines and increase access to asthma related care.

**Background:** Current asthma care can be inconsistent due to providers' variable approaches to asthma diagnosis and management guidelines. This variability is often a result of time and cost constraints. An approach to overcome these constraints and to increase adherence to guidelines is the SMA. The SMA is a medical appointment carried out with a group of consenting patients and their caregivers by a provider and other health professionals. SMAs are typically designed as 90-minute medical appointments in which 4 to 9 patients and their parents are seen in a group setting. This type of appointment allows both the provider and the patient to bridge a gap between individual appointments, which frequently lack the time needed for detailed education.

**Practice Change:** The practice change involved developing and implementing a primary care based SMA for children with asthma. Providers identified patients who would benefit from the SMA during routine visits. Educational resources compiled for patient teaching. During the SMA patients were provided with appropriate spirometry, an asthma action plan, and medication teaching, and refills.

**Results & Outcomes:** Outcomes indicated improved adherence to guidelines, and increased patient knowledge regarding asthma. Additionally, results indicate high patient satisfaction.

**Implications & Conclusions:** The SMA provides an efficient method for improving access to care. This process also demonstrates an important utilization of nurse practitioners.

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### Teaching nurses who provide direct patient care to persons diagnosed with a chronic disease, how to do motivational interviewing

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Chronic disease affects individuals, families and populations and is often associated with lifestyle choices. Unmanaged, it can be debilitating and fatal. Caregivers have traditionally used threatening and consequential communication when attempting to institute behavioral change in patients. Patients are told what to do, when to do it and given the consequences of non-compliance. Non-compliance leads to disappointment, shame and frustration for patients and providers. Patients desire healthcare involvement and choices and deserve respect and support. Motivational Interviewing (MI) is an evidence based communication style designed to help people create change, allowing providers to impact the health and wellness of persons with diabetes. This scholarly project was designed to deliver a four-hour educational program on MI to nurses who provide direct care to persons with diabetes. Orem's Theory of Self-Care Deficit and the Transtheoretical Model of Change were utilized and pre and post tests, demographics, evaluation and analytical process were completed. The findings identified enhanced confidence and basic MI skills in the participants. Nurses who participated in the training reported the information and skills learned enhanced their professional competence or ability and will improve the treatment outcomes of their patients. Future recommendations include integrating MI into curriculum throughout nursing education and practice. Since nurses naturally use many MI techniques, fully incorporating its principles is felt to be ethically correct, as well as obligatory for patient-assisted behavioral change.

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