

Patients' Understanding of Their Disease

Patient self-management is defined as the tasks that individuals must undertake to live well with one or more chronic conditions. Many patients with chronic disease are resistant to maintaining those behaviors that would improve their health status and functioning. Fisher and Fisher have described a conceptual model called the *Information-Motivation-Behavioral Skills Model* which we will apply to patients' self-management of chronic disease. This model asserts that information, motivation, and behavioral skills are the determinants of healthier outcomes. In this study we will examine the correlations between patients' understanding of their disease, their readiness or motivation to self-manage their disease, their self-management behaviors (adherence and activation), and their disease outcomes, including blood pressure, BMI, and A1c. Subjects will be 675 adult outpatients with type 2 diabetes or hypertension. Medical student research assistants will administer patient surveys that measure patients' knowledge of their disease, health literacy, readiness and motivation to manage their disease, medication adherence, patient activation, and patient demographics. Students will ask each patient's physician to complete a checklist that records patients' blood pressure, BMI, and A1c (when applicable). Data analyses will correlate these outcomes with knowledge, literacy, motivation adherence activation while controlling for patient characteristics. Findings will inform clinical interventions to enhance health outcomes in patients with chronic disease, including patient education programs, counseling approaches or pharmacy/medication coaching.

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