

Participating in courses at Learning and Mastery Centre and the impact on patients' beliefs about medicines

M. Nilsen¹, E. Øie², K. Viktil¹

¹Diakonhjemmet Hospital Pharmacy, ²Department of Internal Medicine, Diakonhjemmet Hospital, Oslo, Norway

Background and Objective:

Patients with chronic diseases are referred to Learning and Mastery centre (LMC) where the main objective is to support patients to cope with chronic diseases. Education about the disease(s) (by a physician) and the medication treatment (by a clinical pharmacist) are important elements of these courses. Little is known about how the participation at LMC influences the patients' beliefs about medicines.



Colorbox

Design:

Patients ≥ 18 years participating at a two days course at LMC regarding acute coronary disease or atrial fibrillation were included in the period September 2014 - December 2015.

The patients filled out Beliefs about Medicines Questionnaire (BMQ) before and immediately after the course, and also three months after the course to evaluate their concern (BMQ-concern) and necessity (BMQ-necessity) of their cardiovascular medications. The BMQ scores were dichotomized at scale midpoint (scale 1-5) to evaluate high and low concern and necessity, and these scores were combined to calculate the *ambivalence* and *acceptance*, *sceptical*, and *indifferent* rate to medications, and also the mean scores of the BMQ were calculated.

Results:

Fifty patients were included in the study, mean age 65 years, range 46-87, and 14 % of the patients were women. They used on average 3.5 cardiovascular drugs.

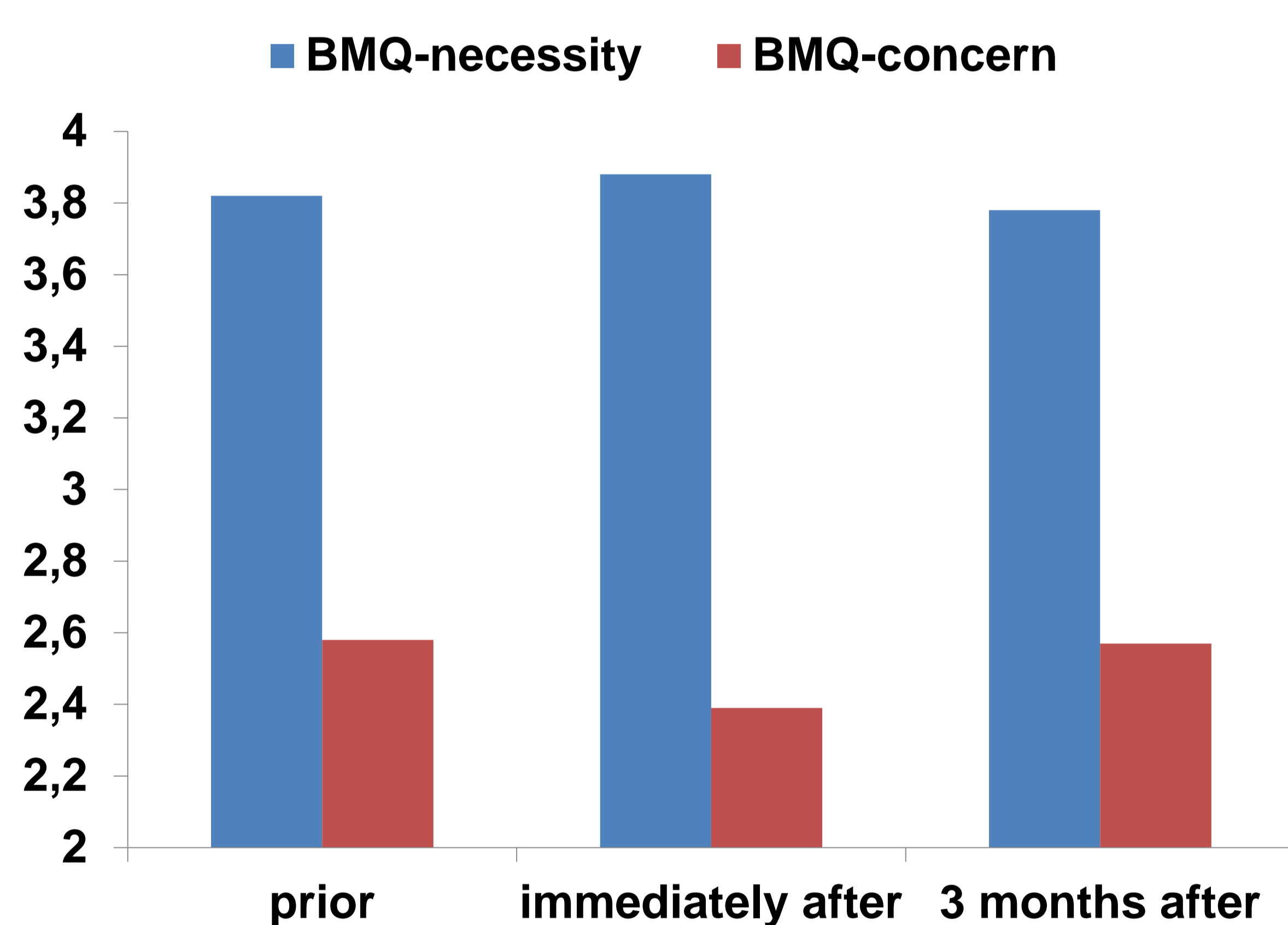


Fig 2. The mean score of BMQ-necessity and BMQ-concern prior to the course, immediately after and 3 months after the course.

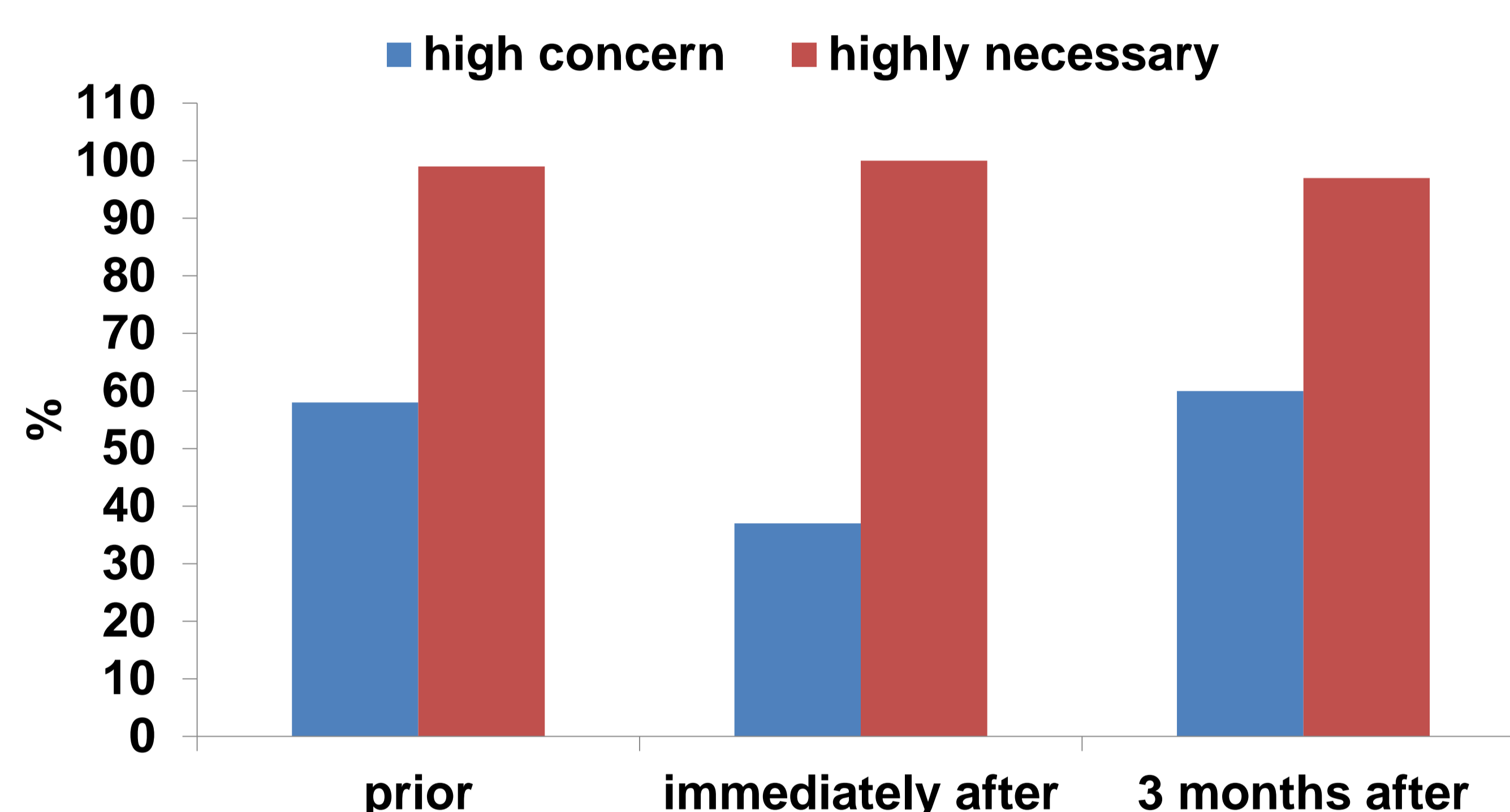


Fig 1. The proportions of patients that had high concern (> 2.5) and assessed their medication as necessary (> 2.5) prior to the course, immediately after and 3 months after the course.

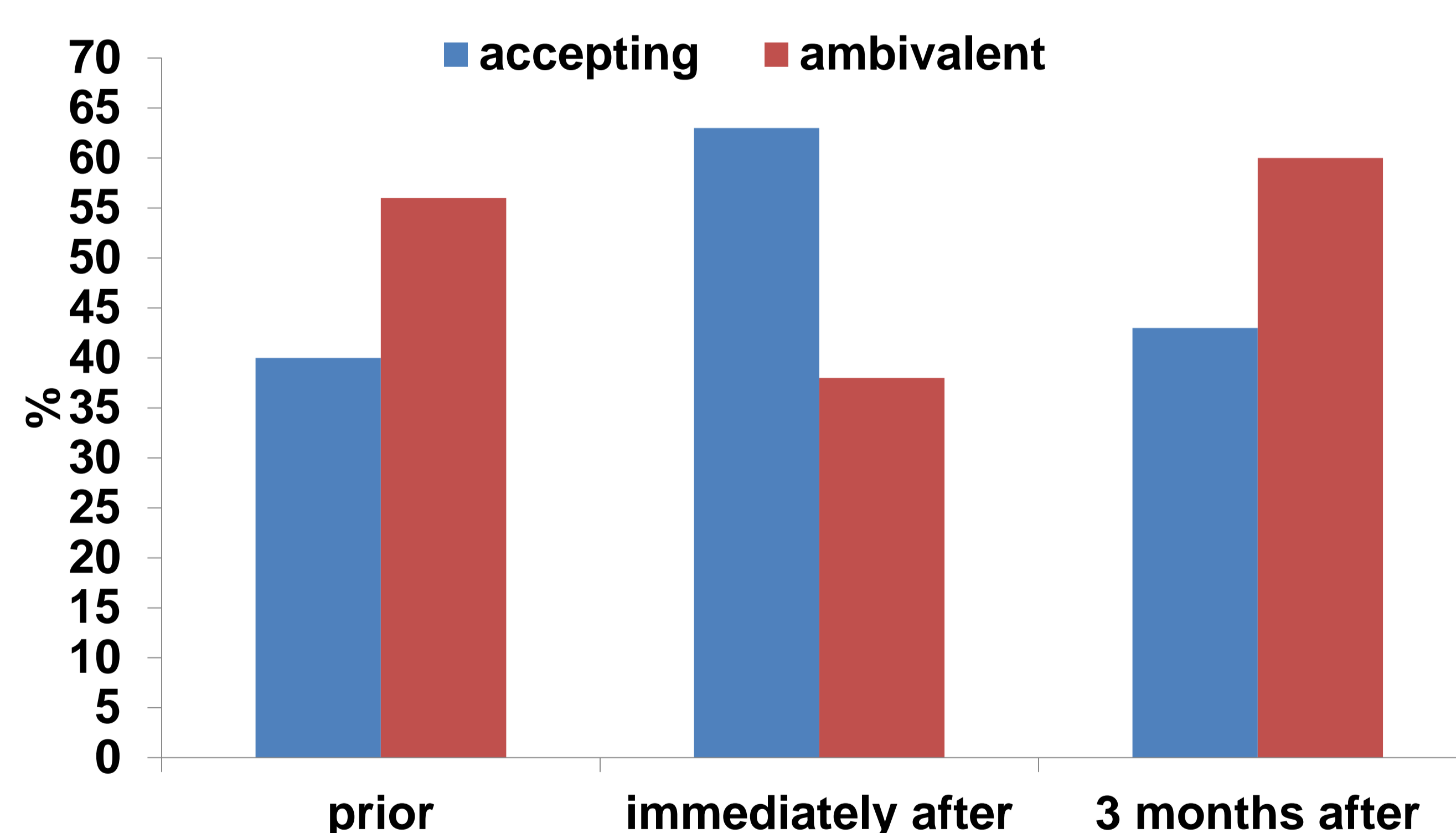


Fig 3. The proportions of patients that were classified to be accepting and ambivalent prior to the course, immediately after and 3 months after the course.

Conclusion:

The LMC course had an immediate positive influence on the patients' concern about their medicines and on acceptance of their medicines. However, the effect seems not to persist over time. A closer follow-up could be discussed.