



## MOTIVATIONAL INTERVIEWING IN PATIENTS WITH CHRONIC CONDITIONS

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### ABSTRACT

Nurse service in the world today requires supporting therapy to overcome complex problems including biologically, psychologically, socially, culturally and spiritually. In chronic patients there are many supporting implementation, one of which is motivational interviewing which explains motivational communication as a tool in minimizing the effects of problems that occur in chronic patients. Motivational interviewing can help more patient awareness and compliance leads to more careful responsibilities on treatment and health. Objectives: To determine the effect of motivational interviewing on chronic patients. Literature search using Data Based Sciencedirect, Scopus, Proquest, JStor, and Pubmed. The keywords used are "Interventions" and "Motivational Interviewing" and "Nursing" and "Effective" and "Chronic Diseases". Method: The method used to compile information in this article is by using scoping review, with a span of 2019-2024, screening of articles is guided by the prism. Pubmed (133 articles), Scopus (3 articles), Sciencedirect (125 articles) and proquest (30 articles) from the results of the analysis of articles that can be taken according to criteria are 7. obtained 3 themes, the influence of clinical conditions, on secondary outcomes and health services. Motivational interviewing in chronic patients has a positive impact on patients and health services. So it is hoped that this research will be a reference for patient services with chronic conditions.

Keywords: chronic disease patient; effectiveness; intervention; motivational interviewing

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## INTRODUCTION

Chronic diseases, such as heart disease, cancer, and diabetes are the main causes of death in the world, which affects 10 adults out of 100 people. The risk of developing many chronic diseases and related complications if diagnosed. This can occur reduced by avoiding the following 4 main health behaviors: use of tobacco, malnutrition, lack of physical activity, and excessive use of alcohol (Gesinde et al. 2023). Treatment compliance with rheumatology is no better than other specializations that handle chronic diseases. Good compliance is defined as the average drug ownership ratio above 80% found only at 36.8% and 51.2% of patients with gout and osteoporosis. The average value is higher in patients with hypertension and type 2 diabetes (72.3% and 65.4%) but much lower in patients with epilepsy (60.8%).

In patients with chronic inflammatory rheumatic disease (Cirds), non-compliance is increasingly recognized as the main obstacle for the success of treatment that must be identified and overcome (Szczekala, 2018). However, reducing this dangerous behavior

can be done to be very difficult. As a result, a lot of interventions have been developed that seek to facilitate changes in the health behavior of people with chronic diseases today (Papus, 2022). Some interventions have been proposed to improve self-care behavior and improve the health outcomes of patients with chronic conditions. Among them are interventions that aim to support autonomy and involve the community in identifying strategies to deal with their health conditions, motivational interviewing has been widely used in clinical practices and research (Smith, 2021). Motivational interviewing is an existing evidence-based technique. Motivational interviewing was originally created to help overcome tobacco and drug addiction, but has been successfully applied to change eating habits, alcohol consumption, dangerous sexual practices, and weight loss (Mohan et al., 2023).

In a systematic review, (Frost et al., 2018) revealed that motivational interviewing has proven effective in empowering patients to generate positive changes with unhealthy behavior, especially problematic alcoholic drinks, tobacco use, and substance abuse. Motivational interviewing has been used in various situations with vulnerable populations. Motivational intervention interviewing has been proven effective in disadvantaged community groups and minorities in connection with positive health decision making and treatment compliance (Bahafzallah et al., 2020). Low compliance with treatment, this causes worsening of the disease, increasing comorbidity, death, and increasing health care costs. Patient motivation is very important and represents the patient's internal driving force. Motivation is the main factor that determines the compliance of patient treatment (Rimayanti et al., 2022).

The initial application of motivational interviewing in clinical psychology has been modified appropriately to enable its use in health care, rehabilitation, public health, social work, dentistry, social rehabilitation, fostering and education. It is recommended to introduce new behavior, lifestyle, and newest compliance. The application of motivational interviewing contributes to improving the communication of patients-health, patient suitability and compliance. On the other hand, studying and applying this method in counseling is useful for health professionals (Smith et al, 2021). In the treatment, awareness and compliance with larger patients lead to more thorough responsibilities of treatment and health, which in turn, produces better therapy results that function as confirmation. Regarding the benefits of prescribed therapy. The application of motivational interviewing contributes to success, satisfaction, confidence, and greater self-efficacy for health professionals (Karacal et al., 2023). Therefore, this study aims to determine the effect of motivational interviewing on the treatment of patients with chronic diseases.

## **METHOD**

Reviews made using scoping review to identify the effect of motivational interviewing on patients with chronic conditions. Scoping review research was chosen because the references used by the researchers vary from journal articles and official websites. Scoping Review is a method used to identify literature in depth and comprehensively obtained from various sources. The stage in compiling scoping review refers to (Arksey and O'malley, 2005). which has been modified by Levac and O' Brien whose purpose is to identify relevant articles and select literature related to articles and extra data. This researcher's interest is to determine the effect of motivational interviewing on patients with chronic conditions.

### Feasibility Creteria

The article used in making scoping reviews is research related to motivational interviewing in patients with chronic conditions. Literature uses English. Participants in the article reviewed are patients with chronic conditions. Articles are chosen based on inclusion and exclusion criteria. Chronic Intervention Inclusion Articles in Chronic Patients, Exlusion of Motivational Interviewing.

### Data Extraction

The article that has been obtained is done data extraction in the form of a matrix in Microsoft Word. The domains used in data extract include the name of the researcher, year, country, the title of Desin article, Respoden or Participants and findings listed in Table 1. The data selection process is carried out through several stages, starting from selecting articles in accordance with the objectives of the researcher through the title of the article and abstract obtained from sharing search engines. The literature collected is then analyzed according to the inclusion and exclusion criteria that have been determined by the researcher and then mapping articles based on characteristics.

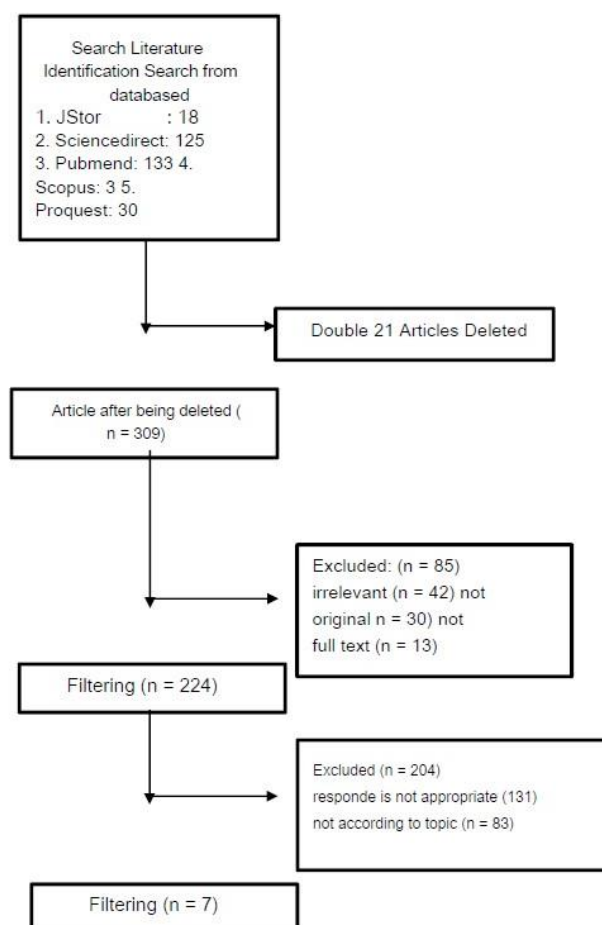


Figure 1 Flowchart of search and screening strategies

### Literature Seacrh Strategy

Search in literature using Data Based from JStor, Scopus, Sciencedirect, Proquest and Pubmed with research time August 2019 to August 2024. In this study using the Boolean Operator "OR/And". Keywords in the search for articles namely "Interventions" and "Motivational Interviewing" and "Nursing" and "Effectivity" and "Chronic Diseases".

### Identification and Selection of Literature

This scoping review is carried out indicated literature through a trusted databased. Articles that have been obtained are analyzed, differences, and publications. In the Chart 1 picture explains related to the process of finding articles and selecting literature articles using preferred reporting items for systematic reviews and meta-analysis (prism).

### RESULT

Based on the results of the selection of articles searching, 330 literature from JStor (18 articles, Pubmed (133 articles, Scopus (3 articles, Scopus (3 articles, Scopus (125 articles and proquest (30 articles and 309 articles can be taken according to criteria are 7. From 309 articles, 85 articles were excluded because they were not releasing in the form of theory, not full text, not original articles and did not match the topic. The screening results were obtained 224 and an exception was carried out related to chronic patients and complete articles obtained 7 related articles. Of the 7 articles conducted an analysis, 5 articles with Kauntitative research design while 2 articles with qualitative design. Among them are 7 articles that will be carried out analysis all discuss motivatioanal on chronic disease patients. The population in the article conducted by the analysis consists of chronic patients. This article summarizes the themes obtained from the influence of motivational interviewing obtained, among others:

#### **Tema 1: Motivational interviewing affect the clinical condition of the patient**

There are 2 studies that discuss motivational interviewing affect the patient's biological needs. Research (Dashtidehkordi, et al. 2018) has shown that there is an increase in general health status due to the motivation of patients to face the following days. Patients who have been recorded 57 patients with kidney failure argue after the motivational interviewing experiences awareness in maintaining healthy and controlled biological. This is supported by data before the intervention, there is no significant difference between the average score of the general health of the two groups ( $p = 0.631$ ). However, one week after the intervention, the general average score of health in the intervention group was significantly lower than the control group ( $p = 0.003$ ). Furthermore (Huang et al. 2023) focused on hypertensive management obtained 11 studies with 2,121 participants included, comparing with without or minimal intervention, motivational intervention interviewing shows a decrease in greater systolic blood pressure ( $p = 0.001$ ) and diastolic blood pressure ( $p < 0.001$ ). Compared to low intensity interventions, motivational intervention interventions produce a statistically significant effect on decreased systolic blood pressure ( $p = 0.040$ ) while there is no significant effect on decreased diastolic blood pressure ( $p = 0.600$ ). Research shows that treatment compliance increases significantly after intervention and increases self-efficacy and quality of life.

#### **Tema 2: Motivational interviewing affect the patient's secondary outcome there**

Are 4 studies that discuss the influence of motivational interviewing on secondary outcomes, namely changes in psychological factors in behavioral changes. This effect can be felt by patients because of the intense motivational interviewing process by developing patient awareness about the discrepancy between the current and desired situation. This must be included the power of the patient fosters motivation to fight the reality of the patient's condition, so that it is very important in the process of change (Philipi et al., 2023). The results of research indicate that the provision of motivational interviewing is effective in increasing independent maintenance with strong value ( $p < 0.001$ ) in patients with heart failure, self care in self-care also vulnerable to improvement after intervention. Given that self-confidence in self-care is one of the strongest predictors of self-care behavior, this result may have interesting clinical implications due to an increase in self care in heart failure patients. ( Dellafiore et all, 2023). In the study (Taheri et al, 2023) in asthma patients the

general equation shows that the motivational interview intervention group has an average self-efficacy point of 14.44 more than the control group ( $p < 0.001$ ). Motivational interview emphasizes two, the active component that underlies changes in the process that can lead to strengthening self-efficacy. Relational components relating to empathy and interpersonal morals and technical components that involve client motivation and empowerment, and discussion of change (Navidian et al, 2017).

### **Tema 3: Motivational Interviewing influences health services**

Conditions associated with increasing the use of health services, more prescription drugs, and special medical visits, as well as increasing costs for the health service system. Changes that occur result in abnormal conditions for chronic patients (Hajat et al., 2018). Research (Brandberg et al., 2021) An important challenge reported by chronic patients is to navigate unorganized health care systems to meet the needs of patients with chronic conditions and handle living burdens with various diseases. Patients report that they are left alone in managing the continuity of treatment after being discharged from the hospital. This is also stated by more health service providers responsible for their health to improve service fragmentation and cause poor information about diagnosis and treatment, treatment regimens, and side effects. In the Motivational Interviewing session, several strategies about how patients can prepare for health care providers and overcome their lack of continuity of treatment have been overcome.

## **DISCUSSION**

Chronic disease is increasingly a concern throughout the world and gives a heavy burden on individuals, families, government, and health care systems. New strategies are needed to empower people around the world in preventing and treating this disease. Chronic diseases generally include the use of drugs in the long run, self-management, self-acceptance, and compliance in treatment (Subramanian et al., 2020). (Albanesi, 2023). Kalacar et al., Said that promoting healthy behavior involves various strategies, theories, and models that focus on certain psychological aspects of health. However, patients with chronic diseases need a strategy that involves them in the treatment process, motivating them to do healthy habits, and help them internalize healthy behavior.

This motivation can return even when the patient thinks the best for him and can harmonize the reality of the patient with the desire to recover so that it can affect the condition of the patient. In the study (Li, 2024) conducted exploring the motivational interview to be able to influence the condition because it changes the patient's mindset that is not good and can change the patient's behavior. In line with Rujidanto et al's research, namely hypertensive patients suffering more than five years (56.9%) obtained after the interview there are differences in the MMAS-8 value between the two groups but the blood pressure profile is no different. There are differences in compliance and blood pressure profiles between pre and post -intervention in both groups, except diastole pressure in the test group. Motivational interviewing has a positive effect on increasing compliance with taking medication for hypertensive people and increasing the number of patients who succeeded in achieving blood pressure targets (Harjianto et al., 2015). Research conducted by (Mohan et al., 2023) as many as 240 patients in intervention group and 480 patients as a random selected control were involved in this study. In 6 months, patients who receive motivational intervention interventions have a much better compliance ( $\beta = 0.06$ ;  $p = 0.03$ ) compared to control. Then the study illustrates the prevalence and impact of these factors indicates the importance of identifying effective interventions reducing anxiety and depression and improving the quality of sleep and overall quality of life. One of the interventions that has been proven to increase health

behavior and clinical results is the Motivational Interview (MI). More than 30 years of research has set motivational interviewing, a method that is centered on patients to identify and increase intrinsic motivation, as an effective technique for encouraging behavior change (Miller, 2012).

Impacts that are felt are not only patients, but the health service system also feels the positive impact of motivational interviewing. Poulout et al., Also shows that motivational interviewing effectively improves communication with patients and provides many benefits for health professionals. Of the 25 patients more than (63,%)% gives the impression of comfort, self -confidence, and professionalism, who fight problems such as lack of confidence, stress and professional sense of fading. The sense of confidence from health workers creates a good system in increasing patient satisfaction and the perception of the success of the health service system. One of the health interventions that motivational interveng can reduce the patient's problems with chronic conditions such as clinical, psychological, social and motivation. Motivational interveng is also beneficial for families to obtain relaxation, calm and peace responses. The health service also gives reciprocal from the excellent health of the patient and motivates all aspects of the health and treatment of patients with chronic conditions.

## **CONCLUSION**

Patients with chronic conditions require supporting interventions to change healthy behavior that can optimize health services and treatment compliance. Motivational interviewing in chronic patients has a positive impact on patients and health services. So it is hoped that this research will be a reference for patient services with chronic conditions.

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