Patient education: from motivation to efficacy

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Contents

- Therapeutic Patient Education
- How to motivate our patient
- Efficacy and efficiency of TPE
Therapeutic Patient Education
To help the patient deal as effectively as possible with his chronic disease

**Improve or maintain**
- Quality of life
- Autonomy
- Adherence to treatment

**Avoid or decrease**
- Relapses
- Complications

**Aims of Therapeutic Patient Education**

To help the patient deal as effectively as possible with his chronic disease.
Objectives of Therapeutic Patient Education

- Obtain knowledge
- Achieve competencies on disease and treatment
- Understand the disease
- Accept the disease
- Manage the disease
- Find autonomy
- Change behaviour
- Help the patient to change
- Grow in life
Patient education is a Tango

Listen to the inner music of the patient

Follow and guide the patient

Respect the rhythm of the patient
How to motivate our patients
From communication to attitude

- Communication
  - Intellectual
  - Emotional
  - Spiritual

- Relationship
  - Acceptance
  - Trust
  - Compassion

- Attitude
  - Empathy
  - Respect
  - Warmth
Attitudes for a good relationship

- Congruence (Feeling-Expression)
- Open-mindedness
- Acceptance (unconditioned)
- Empathy
- Readiness to allow to grow

Carl Rogers 1958
The 4 attitudes of motivational interviewing

- Express empathy
- Develop discrepancy
- Roll with resistance
- Support self-efficacy

Motivational Interviewing – Miller-Rollnick, 2002
Efficacy of motivational interviewing on behaviour changes


<table>
<thead>
<tr>
<th>Behaviour</th>
<th>Odds ratio At 3 months</th>
<th>Odds ratio Long term follow-up</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>0.41</td>
<td>0.26</td>
</tr>
<tr>
<td>Smoking</td>
<td>0.42</td>
<td>0.72</td>
</tr>
<tr>
<td>Diet</td>
<td>0.14</td>
<td>0.78</td>
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<tr>
<td>Exercise</td>
<td>0.20</td>
<td>0.82</td>
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Efficacy of Patient Education
### Efficacy of patient education

<table>
<thead>
<tr>
<th>Condition</th>
<th>Meta-analyses</th>
<th>Studies</th>
<th>Patients</th>
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<tbody>
<tr>
<td>Diabetes</td>
<td>4 meta-analyses</td>
<td>60</td>
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<tr>
<td></td>
<td>3 reviews</td>
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<td>Asthma</td>
<td>3 meta-analyses</td>
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<td>2 reviews</td>
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<tr>
<td>Hypertension</td>
<td>3 meta-analyses</td>
<td>100</td>
<td>8,000</td>
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<td>Cardiology</td>
<td>3 meta-analyses, 63</td>
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<tr>
<td></td>
<td>1 review</td>
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<tr>
<td>Obesity</td>
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<td>71</td>
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<td>6 reviews</td>
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<td>Rheumatology</td>
<td>1 meta-analysis</td>
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<td>4,000</td>
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<tr>
<td>Oncology</td>
<td>4 meta-analyses</td>
<td>177</td>
<td>12,000</td>
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<tr>
<td>Total</td>
<td>22 meta-analyses</td>
<td>598</td>
<td>± 61,000</td>
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<tr>
<td></td>
<td>13 reviews</td>
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</table>

Lagger, Pataky, Golay, Patient Education and Counseling 2010
Efficacy of patient education

Percentage of studies

- Less good: 2%
- No effect: 39%
- Improvement: 59%

Lagger, Pataky, Golay, Patient Education and Counseling 2010
Efficiency of Therapeutic Patient Education
Diabetes: decrease in hospitalisations

Asthma: decrease in hospitalisations

Schizophrenia: decrease in hospitalisations

-60%

Heart attack: decrease in readmissions

- Meta-analyses of 8 randomised controlled studies
- Readmission diminished by 21% in 7/8 studies
  NNT = 9
- No effect on mortality

Gwadry FH. Arch Intern Med 2004;164:2315–2320
Asthma: effects of TPE on days out of work

67 employees – follow-up during a year

Back pain: return to work

50 patients in each group
Education – cognitivo-behavioural – physical activity (54 hours for 3 weeks)

Mayer et al. Spine 1985;10:482
## Efficiency of obese patient education

<table>
<thead>
<tr>
<th></th>
<th>During 9 months before</th>
<th>During 9 months after</th>
<th>Difference</th>
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<tbody>
<tr>
<td>Medical costs induced by physicians</td>
<td>€64,101</td>
<td>€56,253</td>
<td>-€7,848</td>
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<tr>
<td>Medical direct costs</td>
<td>€18,341</td>
<td>€16,686</td>
<td>-€1,655</td>
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<td>Paramedical direct costs</td>
<td>€10,005</td>
<td>€9,142</td>
<td>-€863</td>
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<tr>
<td>Indirect costs: days out of work</td>
<td>12,649</td>
<td>5,377</td>
<td>-7,272</td>
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<tr>
<td><strong>TOTAL savings</strong></td>
<td><strong>€115,101</strong></td>
<td><strong>€87,458</strong></td>
<td><strong>€17,638</strong></td>
</tr>
</tbody>
</table>

Sanguignol, Golay Patient Education and Counseling 2010
Conclusion

€1 spent for Therapeutic Patient Education saves €4

Cost-benefit analysis of patient education E. Bartlett
Summary

- Patient education is a Humanistic medicine
- Patient centered approach to help him to deal daily with his chronic disease
- Approach which enables a better quality of life
- Efficient for therapeutic adherence and complications
- Efficient for medical costs
Thanks to all my collaborators

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