

Participant-Driven Goal Setting in the Management of Multiple, Complex Chronic Diseases: Preliminary Findings from the Wellness Incentives Navigation (WIN) Pragmatic Clinical Trial



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Introduction and Purpose

Goal setting between patients and providers can improve self-confidence, self-efficacy, and satisfaction with health care for individuals living with comorbid chronic diseases. There is evidence to support patient engagement in chronic disease management to improve clinical health outcomes.

Purpose: To describe and characterize participant-driven wellness goals among Medicaid enrollees as supported by the Centers for Medicare and Medicaid Services.

Study Design



Setting, Population, and Design

- Setting: Texas enrolled in STAR+PLUS Medicaid managed care (Amerigroup, Molina, United)
- Population: disabled adults, age 21 to 64 with co-occurring physical and mental health conditions or serious mental illness alone.
- Design: Pragmatic clinical trial (RCT); followed for 3 years.

Intervention (N = 626)

- Health Navigator (face-to-face visit / monthly)
- Motivational Interviewing (MI)
- Flexible Wellness Account (\$1,100 / patient / year)

Results



Figure 1: Main health-related goals

- The analysis demonstrated five main goals related to their health, including: improving physical activity, incorporating changes in nutrition/diet, managing emotional stress, losing weight, and smoking cessation.
- There was an overlap in a subset of the goals, where participants with a goal of reducing emotional distress agreed that physical activity (n = 17) was the most constructive strategy in reaching that goal.
- Many participants stated social influence from their family, friends, and providers (n = 24) is another crucial strategy.
- Furthermore, most of these participants said positive social support was critical for making a commitment and establishing accountability together (n = 14), or receiving encouragement as "cheerleaders" (n = 8).
- One participant achieved a smoking cessation goal because she and her spouse did it together, motivating each other.
- However, a few participants (n = 2) felt negative social interactions were a significant challenge in reaching their goal, such as participants with unstable family dynamics who felt they could not meet their smoking cessation goal.

Methodology

➤ Qualitative Study

- Grounded Theory
- Convenience Sampling (first 30 participants for preliminary analysis)
- Deductive & Inductive Code Analysis by 2 reviewers (AGMP & HLM), adjudicated by consensus.
- Atlas.ti, Version 8.0

Conclusions

- Participant-driven goal setting is one approach to engaging participants as a key stakeholder in the state of their health.
- The remaining sample is yet to be analyzed, but our preliminary results identified social support from family members and their providers is an important strategy to accomplish these goals.
- Even in hard-to-reach populations with comorbid and mental health conditions, we showed goal setting is still of paramount importance for patient engagement.

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References

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