BARROWS CARDS IN PATIENTS WITH COMORBILITY: A STUDY TRIAL

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AIMS

The purpose of Barrows' Cards is to educate patients through improvements in therapeutic adherence, self-efficacy, management of co-morbidities and lifestyle.

The aim of the study is to evaluate the efficacy of Barrows’ Cards in a group of 25 patients with type 2 diabetes mellitus and arterial hypertension.
METHODS

25 patients with comorbidities were recruited at the polyclinic San Martino in Genoa (Italy) through a non-probabilistic sampling.

The patients' self-efficacy and therapeutic adherence were evaluated using the General Self-Efficacy Scale and the Morisky Medication Adherence Scale.

After a month, through a telephonic follow-up, I was able to estimate any changes in the two scales. Then through a semi-structured interview has been investigated some improvements in the management of comorbidity.
RESULTS

In the telephonic follow-up have been found significant improvements in terms of self-efficacy, therapeutic adherence and lifestyle.

Patients can manage more easily various problems related to comorbidity, troubles and difficulties. They were excited about Barrows’ Card and defined them as useful, easy and interesting.
Therapeutic education through Barrows’ Cards has improved several aspects regarding patients’ comorbidity and lifestyle, such as problem solving, diet and physical activity.

Patients consider this method valid and innovative.