

## Motivating Health Behaviour Changes in Patients with Peripheral Arterial Disease

**AUTHOR: FRANCES QUIRK / PRESENTER: CORRINE DICKINSON**

James Cook University, School of Medicine and Dentistry, Townsville, Australia

**ADDITIONAL AUTHORS:** Quirk, F. H., Dickinson, C. W., Baune, B.T., Leicht, A., & Gollidge, J. (James Cook University)

**BACKGROUND:** Peripheral arterial disease (PAD) is a group of disorders leading to impaired blood supply and is a leading cause of death of older Australians. PAD can impact on quality of life, working capacity and drain health care resources. Poor nutrition and lack of physical activity have been identified as modifiable risk factors associated with PAD. PAD is currently managed through provision of advice on changes in health behaviours, medications and surgery. Alternative approaches are urgently required to decrease PAD prevalence and improve patient outcomes.

**AIM:** The study applied an innovative approach that incorporated motivational interviewing (MI) sessions to improve the capacity for patients with PAD to facilitate and maintain positive health behaviours.

**METHOD:** A 12 week study was conducted with 19 participants diagnosed with PAD. Participants completed a questionnaire package at pre and post intervals and were randomised to a control or intervention group. Participants in the intervention group received a maximum of four MI sessions with a psychologist that focused on their barriers to change and motivation for engaging in particular health behaviours, such as physical activity.

**RESULTS:** Participants in the MI intervention group demonstrated greater awareness of their health condition and status, reported more accurate activity levels, increased their median walking distance, and showed significant improvements in their dietary behaviours.

**DISCUSSION:** The findings suggest that incorporation of MI may favourably modify health behaviours of diet and exercise in patients with PAD. Validation of these findings and assessment of impact on health outcomes is required in a larger and longer study.