WESTERN SYDNEY
UNIVERSITY
W

Centre for Applied
Nursing Research
Translating knowledge into practice

WESTERN SYDNEY
UNIVERSITY
W

"It's all about language" Self-efficacy and self-management in people with heart disease

Authors: Maria Mares PhD Candidate, RN, BN (Hons)
Salamonson, Y., Elmir, R., Serban, E., Jacobs, D.,
Campbell, N., Sheehan, M., Irwin, S., Espino-Woo, K.,
Rajaratnam, R., Everett, B.

Health
NSW South Western Sydney
GOVERNMENT Local Health District

The RHYTHM Study

Ingham Institute
Applied Medical Research

Background

- Self-care practices are critical issues in the self-management of heart disease and other chronic conditions[1]

- Self-efficacy and self-management are recognised as cornerstones of optimal health outcomes in people with heart disease[2]

  o Little is known regarding socio-demographic factors that influence cardiac-related self-efficacy and self-management in people with CHD

  o There is no single tool which measures self-efficacy and self-management in people with CHD

1 Evangelista, L. S., et al. (2010). Journal of Cardiac Failure, 16(1), 9-16. doi:10.1016/j.cardfail.2009.10.026

2 Davidson, et al. (2011). International Journal of Nursing Studies, 48(11), 1367-1375. doi:http://dx.doi.org/10.1016/j.ijnurstu.2011.02.021

Aims

To identify the socio-demographic predictors of cardiac-related self-efficacy and self-management behaviours in people with heart disease

Methods

A cross-sectional survey of patients attending one of the following:

1. cardiac rehabilitation programs
2. cardiologist appointments
3. community ethnic minority groups

In addition to demographic and clinical information, participants completed the:

- o Understanding Health and Healthcare Questionnaire [3] (formerly known as the Health Literacy Questionnaire - HLQ)
- o Heart Health Self-efficacy and Self-Management tool (HHSE-SM)
- o English Language Usage Scale (ELUS-11) [4]

3 Osborne, R. H., et al. (2013). BMC Public Health, 13(1), 658.

4 Salamonson, Y., et al. (2014). 2nd International Conference on Nursing & Healthcare, Chicago, USA.
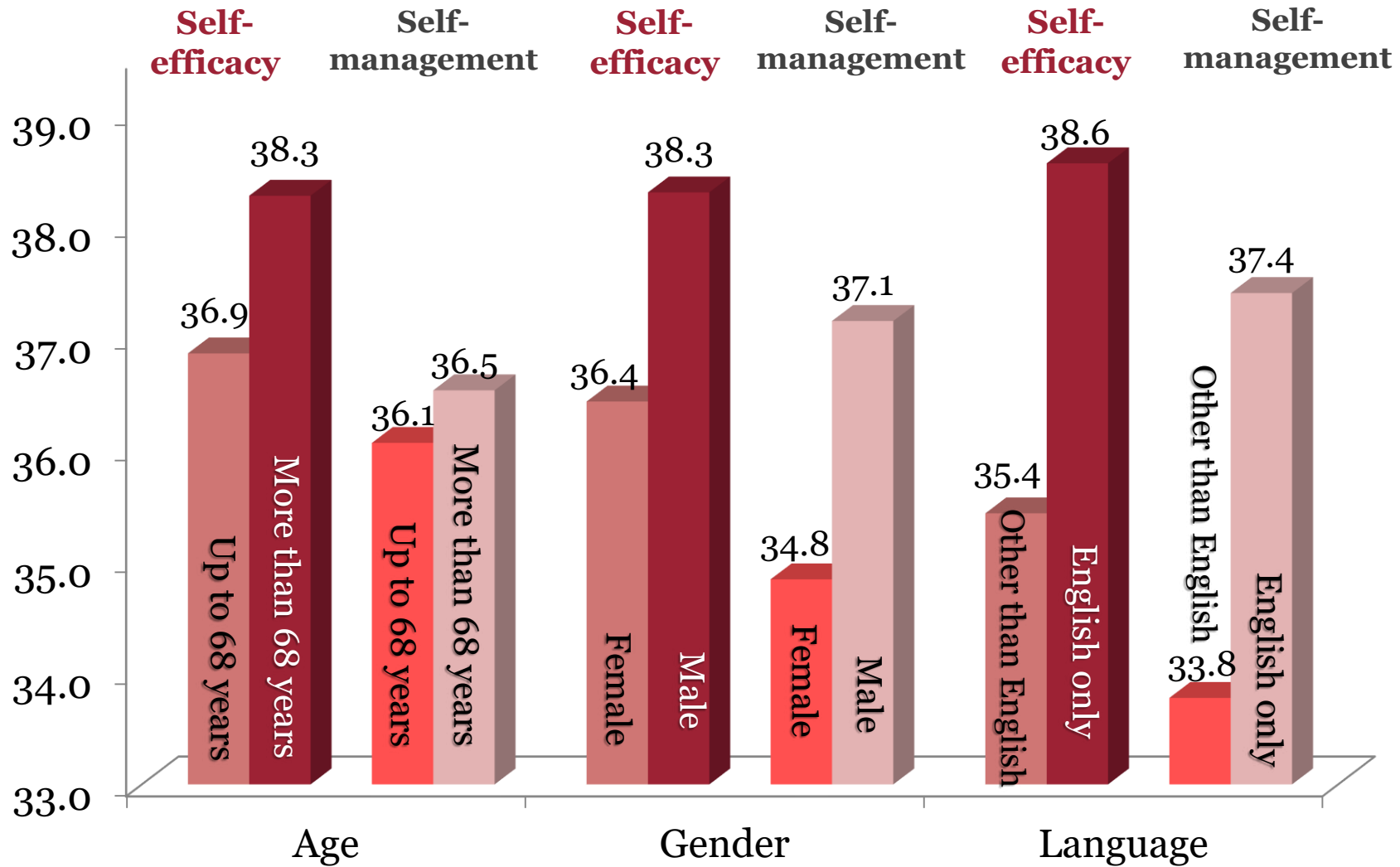
Results (*n* = 143)

- Mean age: 67.6, *SD*: 11.8 years

- Gender: Male, 63.6%

- Ethnicity

  » Caucasian 34%; Middle Eastern 26%; Asian 16%; South American 14%; European 10%

- Language spoken at home

  » Other than English: 66%

  » English only: 34%

Difference between self-efficacy and self-management scores
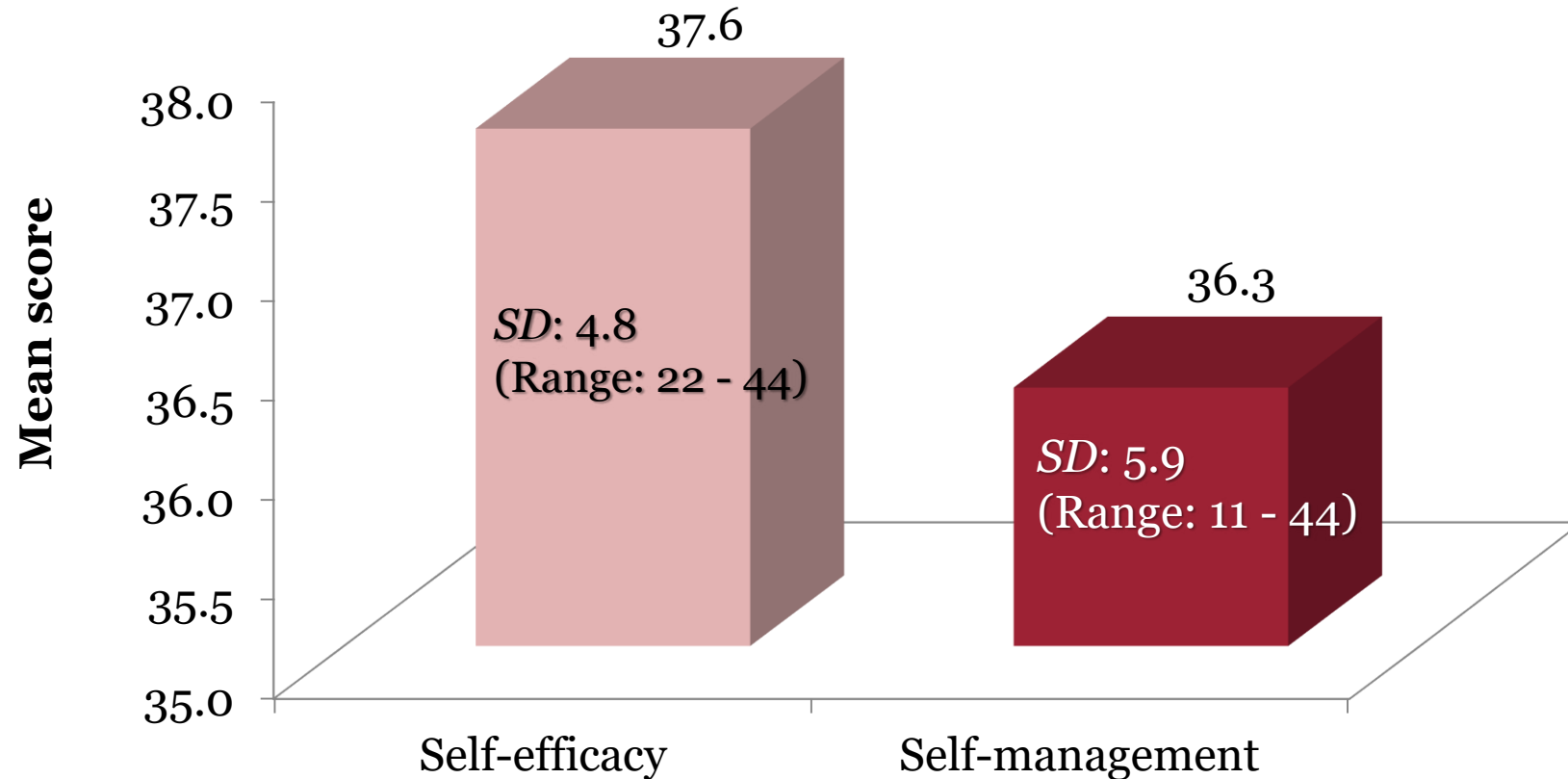
Pearson's correlation between self-efficacy and self-management
score: $r = 0.74$

Predictors of High Self-Efficacy

Variables	Beta	SE	Adjusted odds ratio (95% CI)	P value
High self-efficacy (Score: More than 39)				
o Age: > 68 years	0.65	0.38	1.92 (0.92 – 4.01)	0.084
o Gender: Male	0.79	0.40	2.21 (1.02 – 4.80)	0.046
o Language spoken at home: English	1.62	0.47	5.37 (2.12 – 13.63)	0.001

Nagelkerke R^2 = 0.214

Hosmer and Lemeshow test Chi-square: 2.25 *df*: 5 *p* = 0.814

Predictors of High Self-Management

Variables	Beta	SE	Adjusted odds ratio (95% CI)	P value
High self-management (Score: More than 37)				
○ Age: > 68 years	0.67	0.37	1.95 (0.95 – 3.98)	0.067
○ Gender: Male	0.74	0.37	2.09 (1.00 – 4.35)	0.049
○ Language spoken at home: English	1.17	0.40	3.33 (1.52 – 7.32)	0.003

Nagelkerke R^2 = 0.172

Hosmer and Lemeshow test Chi-square: 10.98 *df:* 5 *p* = 0.052

Conclusions

- This study supports an association between language, self-efficacy and self-management in people with heart disease

- Individually tailored strategies are needed to overcome language barriers to enhance self-efficacy and promote self-management behaviours in people with heart disease

References

1. Evangelista, L. S., Rasmusson, K. D., Laramee, A. S., Barr, J., Ammon, S. E., Dunbar, S., . . . Yancy, C. W. (2010). Health literacy and the patient with heart failure--implications for patient care and research: a consensus statement of the Heart Failure Society of America. Journal of Cardiac Failure, 16(1), 9-16. doi:10.1016/j.cardfail.2009.10.026

2. Davidson, P. M., Daly, J., Leung, D., Ang, E., Paull, G., DiGiacomo, M., . . . Thompson, D. R. (2011). Health-seeking beliefs of cardiovascular patients: a qualitative study. International Journal of Nursing Studies, 48(11), 1367-1375. doi:http://dx.doi.org/10.1016/j.ijnurstu.2011.02.021

3. Osborne, R. H., Batterham, R. W., Elsworth, G. R., Hawkins, M., & Buchbinder, R. (2013). The grounded psychometric development and initial validation of the Health Literacy Questionnaire (HLQ). BMC Public Health, 13(1), 658.

4. Salamonson, Y., Glew, P., & Everett, B. (2014). Development and psychometric testing of the 11-item English language usage scale (ELUS-11). Paper presented at the 2nd International Conference on Nursing & Healthcare, Chicago-North Shore Conference Center, USA.

Contact details

Maria Mares

School of Nursing and Midwifery

Western Sydney University

📱 0437214278

✉ Maria.Mares@sswahs.nsw.gov.au

✉ M.Mares@westernsydney.edu.au