

Doctor-patient communication about nutrition on related secondary preventive behaviours, especially for hypertension

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Doctor-patient relationship intervenes in the adherence to the practitioners' advice. For each risk factor (cholesterol, diabetes, hypertension, weight), we analysed the associations between the quality of the practitioner-patient communication, evaluated in 2013, and the patients' adherence to their general practitioner's nutritional advice, between 2008 and 2013.

The likelihood of reducing salt intake is high when the Odds Ratio is significantly greater than 1, with a confidence interval of 95%

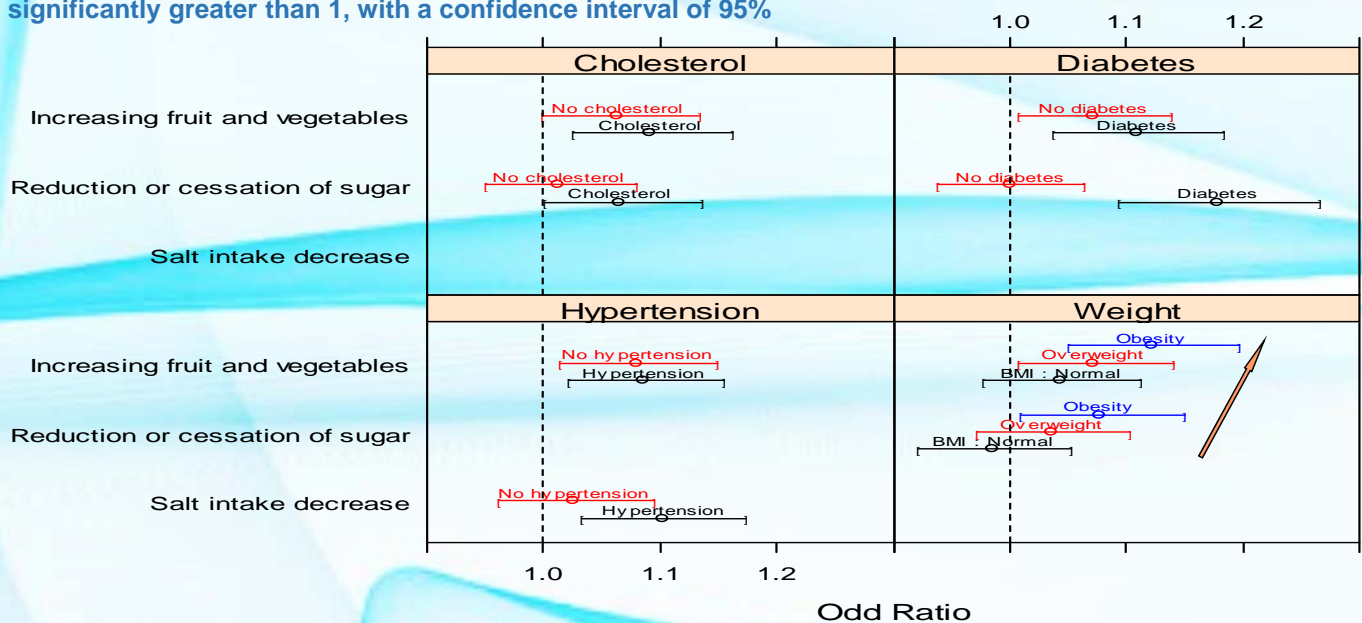


Figure 1: Relationship between the quality of communication and the probability of adopting preventive behaviours

Method. Performed by the National Institute of Cardiac Surgery and Interventional Cardiology in Luxembourg, 4391 patients were contacted. Five years after a coronary angiography, 1289 completed a self-rating questionnaire which include a P'Com-5 items scale (Cronbach 0.87).

My Partitionner...

- takes the time to listen to me
- motivates me to follow my treatment
- gives me advice on prevention
- explains to me the purpose of the treatment
- informs me of the side effects of the drugs. Quality Score: 1 (poor communication) to 10 (excellent communication)

The variables were adjusted by age and sex, and analysed with a multiple logistic regression model.

Results. Among the patients, 57.9% declared a reduction or cessation in their salt intake, whereas 65% increased their consumption of fresh fruits and vegetables. Around 37% of the patients reported making changes following the advice of their doctor. An increased consumption of fresh fruits and vegetables was linked with the quality of doctor-patient communication whether patients had hypertension or not, were overweight, obese, hypercholesterolemia or diabetic. The decrease of salt consumption was associated with the quality of physician-patient communication when the patient had hypertension. The higher the BMI was, the stronger the relationship between the quality of the communication and the probability of adopting behavioural changes was.

Conclusion. Between communication and adherence, the highest number of associations concern the increase in fruit and vegetable consumption which could be a positive impact produced by the campaign "eat 5 portions of fruit and vegetables per day." Doctor-patient communication is a relevant determinant in obtaining a favourable behavioural outcome, especially with nutrition. This should be reinforced during the rehabilitation programs (cardiovascular) by promoting telephone helpline exchanges or the use of mobile applications that empower the patients to enhance behavioural modifications.