PII-53: Building Partnerships in Urban Communities Through Focus Groups

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Abstract:
Introduction: Extensive research has been conducted around the best and most effective medication management of hypertension for African Americans. However, little has been done to investigate ways of insuring that patients receive behavior change counseling during routine clinical visits for hypertension control. The purpose of this focus group meeting was to seek input from urban hypertensive/diabetic patients on the development of a behavior change counseling tool, focused on controllable risk factors for hypertension. The outcomes of this focus group meeting were to establish content validity and relate the input received for refinement of items for the Counseling for Behavior Change-36 (CBC-36), a tool purposed to facilitate teaching and activate conversation between provider and patient.

Method(s): Patients from the Baltimore Cardiovascular Partnership received an invitation, by mail, to participate in this focus group meeting. Prior to the session the major objective of the meeting was established, and questions for the session were developed. Activities included self administration of the preliminary tool. Assessment of wording, applicability, and appropriateness of the preliminary tool was priority. Participants were asked to comment on each item, in addition to rating the items on a 4-point Likert scale as, “very important”, “important”, “of little importance”, or “unimportant”.

Results: Participants, n=14, were all African American. Self administration of the tool took approximately 12-15 minutes. Revising the wording of items for clarity, eliminating suggested items, and expressed satisfaction by participants resulted. Saturation seemed apparent by the end of the session.

Discussion & Conclusions: When asked, “What do you like about the tool?” participants stated, “It was quick and easy”, “helps you dialogue with your doctor about questions or concerns you may have about your particular situation”, and “it has a common cause or purpose”. As a result of this partnership, culturally sensitive adjustments were made to the CBC-36.

Abstract History:
This abstract has been presented or accepted for presentation in whole or in part at the SNRS or other scientific meeting.
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