

The project aims to evaluate the effectiveness of remote motivational interviewing (MI) therapy in improving self-care and health outcomes for heart failure (HF) patients and their caregivers. Given the growing number of HF patients and the limitations of traditional face-to-face interventions, this project is exploring an alternative, remote approach.

Heart failure (HF) affects about 2% of the world's population and leads to high mortality rates, frequent hospitalizations and a significant reduction in patients' quality of life. Effective self-care, including medication adherence, symptom monitoring and a healthy lifestyle, is key to managing HF, but many patients and their caregivers face difficulties in doing so due to a lack of knowledge, motivation and access to specialized care. Current approaches to HF management require innovative solutions to address the challenges of accessing care, especially in remote or underserved areas. The COVID-19 pandemic has highlighted the need to develop remote forms of healthcare, such as telemedicine and remote patient monitoring. Remote motivational interviewing (MI) offers a promising solution, allowing patients and caregivers to receive support without having to physically go to clinics.

The project includes a two-arm randomized controlled trial involving 300 patient-provider pairs from Department of Heart Diseases; Clinical University Hospital in Wrocław. The experimental group will receive 7 MI sessions over 12 months, while the control group will receive standard care. Outcomes will be assessed at baseline and at 3, 6, 9 and 12 months after the start of the study. Using standardized questionnaires, the study will assess domains such as self-care maintenance, symptom perception, self-care management, physical functioning, physical role, body pain, general health, vitality, social functioning, emotional role, mental health, physical limits, symptom frequency, quality of life, and social limitations.

With our project, we want to demonstrate that remote MI is effective in improving self-care and quality of life for HF patients and reducing the burden on caregivers. In addition, the project will evaluate the cost-effectiveness of this intervention. Positive results may lead to the integration of remote MI into standard care practices for HF patients, which will reduce barriers to education and improve access to care. The project can provide valuable information on the feasibility and impact of remote MI interventions on health outcomes for HF patients, which can influence health policy and support the adoption of digital solutions for chronic disease management.