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Evaluation of MOTIV@Coeur, an e-learning method in motivational interviewing for nurses in cardiovascular care

Submission date
21/02/2016

Recruitment status
No longer recruiting

Registration date
22/02/2016

Overall study status
Completed

Last Edited
22/08/2016

Condition category
Circulatory System

[X] Prospectively registered
[_] Protocol
[_] Statistical analysis plan
[X] Results
[_] Individual participant data

Plain English summary of protocol

Background and study aims
Cardiovascular disease (CVD) is a general term used to describe a disease affecting the heart or blood vessels. It is becoming more and more widespread, and is a major cause of death worldwide. There is a great deal of evidence showing that changing healthy lifestyle choices, such as quitting smoking, eating a healthier diet and exercising more, can help to lower the risk of developing CVD and even reduce symptoms in existing sufferers. Many patients however can be reluctant to make lifestyle changes and so helping to motivate them is very important. Motivational interviewing (MI) is a technique which uses goal-oriented, individual counselling to help encourage changes in behaviour. Although it has been shown to be very effective, few nurses are trained in MI due to high costs and low availability of training. The MOTIV@Coeur website is a new e-learning training program that has been designed to train nurses in MI techniques. The aim of this study is to investigate the effectiveness and practicality of this program at training nurses who work in coronary (heart) care in MI techniques.

Who can participate?
Nurses who work in the coronary (heart) care unit of Montreal Heart Institute.

What does the study involve?
All participants are assigned an identification number that they can use to log in on the MOTIV@Coeur website to complete the online training sessions. At the start of the study, participants are given the choice as to whether they would like to complete the first session at the study centre or at home. The session takes around 30 minutes to complete and involves training in motivational interviewing in different hypothetical clinical situations. This is in the form of mole-modelling videos, in which a role model (cardiology nurse practitioner) evaluates a patient's motivation to change their lifestyle for the benefit of their health (i.e. quitting smoking, improving diet, exercising more) and intervenes appropriately. Each of the clinical situations features patients with different levels of conviction and confidence towards changing their lifestyle. Participants then complete a second session at home around 15 days after the

first session. After thirty days, participants complete a number of questionnaires and usage data is collected from the website in order to assess how well the MOTIV@Coeur program has been received and its effectiveness.

What are the possible benefits and risks of participating?
Participants will benefit from receiving training in motivational interviewing which they can include in their College of Registered Nurses of Quebec portfolio. There are no notable risks involved with taking part in this study.

Where is the study run from?
Montreal Heart Institute (Canada)

When is the study starting and how long is it expected to run for?
September 2014 to August 2016

Who is funding the study?
1. Canadian Institutes of Health Research (Canada)
2. Montreal Heart Institute's Research Center (Canada)
3. Quebec's Minister of Higher Education, Research and Science (Canada)

Who is the main contact?
1. Mr Guillaume Fontaine (public)
guillaume.fontaine@umontreal.ca
2. Dr Sylvie Cossette (scientific)
sylvie.cossette.inf@umontreal.ca

Contact information

Type(s)
Public

Contact name
Mr Guillaume Fontaine

ORCID ID
http://orcid.org/0000-0002-7806-814X

Contact details
Montreal Heart Institute
5000, Belanger street
Montreal, Quebec
Canada
H1T1C8
+1 (0)514 3763330 Ext. 3069
guillaume.fontaine@umontreal.ca

Type(s)
Scientific

Contact name
Dr Sylvie Cossette

ORCID ID
http://orcid.org/0000-0001-5840-9122

Contact details
Montreal Heart Institute
5000, Belanger street
Montreal, Quebec
Canada
H1T1C8
+1 (0)514 376 3330 Ext. 4012
sylvie.cossette.inf@umontreal.ca

Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers
ICM-2015-1948

Study information

Scientific Title
Evaluation of MOTIV@Coeur, an E-learning Method in Motivational Interviewing for Nurses in Cardiovascular Care: a pilot study

FRENCH: Évaluation de la méthode d'E-learning en entretien motivationnel MOTIV@Coeur auprès d'infirmières en soins cardiovasculaires: une étude pilote

Acronym
MOTIV@Coeur

Study objectives
The aim of this study is to develop and assess the feasibility and acceptability of an E-learning method in motivational interviewing (MOTIV@Coeur) for cardiovascular nurses using a pre-post design.

The secondary aims of this trial are to assess the preliminary effect of MOTIV@Coeur on nurses' perceived skills in motivational interviewing as well as their frequency of delivering motivational interventions in the Coronary Care Unit.

Hypotheses:
Compared with the pre-training period, nurses trained with MOTIV@Coeur will present:
1. Higher perceived skills in motivational interviewing
2. More frequent delivery of motivational interventions for coronary patients

Ethics approval required

Old ethics approval format

Ethics approval(s)
Montreal Heart Institute Ethics Committee, 29/01/2016, ref: 15-1948

Study design
Single-group pre-post pilot study

Primary study design
Interventional

Secondary study design
Non randomised study

Study setting(s)
Hospital

Study type(s)
Other

Participant information sheet
Not available in web format, please use the contact details below to request a patient information sheet.

Health condition(s) or problem(s) studied
1. Secondary prevention in cardiology
2. Training in motivational interviewing

Interventions
Following provision of informed consent, nurses will be assigned an identification number with which they can identify themselves on the MOTIV@Coeur website to complete both MI training sessions online. During the first phase of the project, nurses will have to choose between completing the first session at the research setting in a computer lab or carrying out the first session of MOTIV@Coeur at home. In both cases, they will receive answers to their questions but won't receive any explanations of theoretical concepts by the student researcher. Questions asked will be addressed and documented in a Word file for descriptive purposes. The second MOTIV@Coeur session, also about 30 minutes in duration, will be completed at home about 15 days (± 5 days) after the first session. If participants interrupt a session, they may resume where they left off, or return to the beginning. Data collection for outcome measures will occur at 30 days (± 5 days) following the completion of the first training session. The two questionnaires on the measurement results will be completed confidentially online with email and phone call reminders as needed.

The experimental intervention (MOTIV@Coeur) is an E-learning method in motivational interviewing (MI) based on role-modeling videos. The intervention content is based on the work of several authors on brief motivational interventions. MOTIV@Coeur is available on the Web and consists of two sessions of 30 minutes each in which a theoretical introduction to MI is followed by two videos of plausible clinical situations on a coronary unit, in which a cardiology nurse practitioner (CNP) acts as a role model and then explains the interventions used. The clinical situations target secondary prevention with patients addressing lifestyle issues such as smoking, adherence to cardiovascular medications, physical activity or diet. In the videos, the

CNP evaluates the patient's motivation to change and then intervenes according to the principles of brief motivational interviewing. Each of the clinical situations features patients with different levels of conviction and confidence towards changing their lifestyle.

Intervention Type
Other

Primary outcome measure
Proportion of nurses completing the two training sessions is recorded using website usage data within 15 days (± 5 days).

Secondary outcome measures
Feasibility outcomes:
Feasibility of the MOTIV@Coeur intervention will be measured at 30 days (± 5 days) by recording:
1. The proportion of nurses who agree to participate in the study compared to the number in the target population
2. The time required for recruitment of participants
3. The proportion of nurses trained within the time frame suggested by the research team (time of use and time between sessions)
4. The proportion of nurses completing all outcome measures from baseline to 30 days (± 5 days) according to the research protocol

Acceptability:
The acceptability of MOTIV@Coeur for cardiovascular nurses will be measured at 30 days (± 5 days) using a survey designed to assess nurses' opinions on 27 items in eight sub-dimensions of the E-learning method (i.e., system quality, quality of proposed information, quality of services associated with the system, quality of the user interface, perceived usefulness, perceived ease of use, perceived pleasure to use, and finally, intent to use).

Perceived skills and motivational interventions:
The perceived skills towards different motivational interventions and the perceived frequency of motivational interventions for coronary patients will be measured by a survey adapted from the list of Nursing Interventions for different levels of conviction and confidence at 30 days (± 5 days).

Other:
The use of MOTIV@Coeur (number of completed sessions (1 or 2)), time using the application (minutes) and subsequent use of the application (or not) will be recorded using website usage data at 30 days (± 5 days).

Overall study start date
01/09/2014

Completion date
13/05/2016

Eligibility

Key inclusion criteria
1. Certification from the Order of Nurses of Quebec or Candidate for the Exercise of Nursing Profession (people who have completed their college or university nursing programs and have a

restricted practice, but are waiting for their full license to practice nursing)
2. Full-time position or replacement shift in the coronary care unit
3. Comfort with basic computer instructions

Participant type(s)
Health professional

Age group
Adult

Sex
Both

Target number of participants
30 participants.

Key exclusion criteria
Those who have undertaken training in motivational interviewing in the past year

Date of first enrolment
07/03/2016

Date of final enrolment
07/04/2016

Locations

Countries of recruitment
Canada

Study participating centre
Montreal Heart Institute
5000 Belanger street
Montreal
Canada
H1T1C8

Sponsor information

Organisation
Montreal Heart Institute

Sponsor details
5000, Belanger street
Montreal

Canada
H1T1C8

Sponsor type
Hospital/treatment centre

ROR
https://ror.org/03vs03g62

Funder(s)

Funder type
Government

Funder Name
Canadian Institutes of Health Research

Alternative Name(s)
Instituts de Recherche en Santé du Canada, Canadian Institutes of Health Research (CIHR), CIHR_IRSC, Canadian Institutes of Health Research | Ottawa ON, CIHR, IRSC

Funding Body Type
Government organisation

Funding Body Subtype
National government

Location
Canada

Funder Name
Montreal Heart Institute Research Center

Funder Name
Quebec’s Minister of Higher Education, Research and Science (MHERS)

Results and Publications

Publication and dissemination plan
Planned publication of study results in the Journal of Medical Internet Research.

Intention to publish date
30/09/2016

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not expected to be made available

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	18/08/2016		Yes	No