TEXT MESSAGING & MOTIVATIONAL INTERVIEWING: A COMBINATION FOR IMPROVED PSYCHIATRIC OUTCOMES

**Introduction**

The World Health Organization (WHO) consistently reports medication adherence as a global problem. 50% of medications for chronic diseases are not taken as prescribed. The International Council on nursing (ICN) suggests that nursing interventions must be innovative and collaborative between the nurse and client to improve medication adherence.

**Purpose**

The purpose of this literature review was to further investigate the components of both text-messaging and motivational interviewing in order to determine whether a combined inpatient discharge program would yield better medication adherence and improve patient outcomes.

**Methods**

The design of this study is an integrative review of literature, aimed at discovering some of the successes and failures of both implementing an SMS-Text program as well as motivational interviewing into one program. Two Boolean searches were conducted. Using keywords: SMS Text, improved medication adherence and nursing motivational interview.

**Results & Discussion**

While all seven of the studies reviewed indicated positive outcomes, the researches all mentioned the need for larger, more ‘rigorous’ testing of these interventions and their effects on medication adherence. All the results prove that positive outcomes are potential from both text messaging and motivational interviewing.

**Conceptual Framework**


**Conclusion**

It is logical to believe that the combination of the two interventions would show added improvement, and perhaps longer-term results if studies were conducted with reduced bias, longer testing durations, stronger control methods and evidence-based motivational interventions for psychiatric patients.

**Nursing Implications**

Psychiatric Nurses must be sure to provide the psychiatric client with motivational entry and discharge interviews. Motivational interviews must stimulate buy-in from the client. Text-message medication reminders should include personal communication that encourages client self-determination which can lead to better medication-adherence which leads to better outcomes.

**Medication Adherence = Better Outcomes**

**Primary References:**

- World Health Organization
- Nurse.com
- Biomed Central Psychiatry
- Journal of Clinical Nursing
- BMC Medical Informatics and Decision Making
- Perspectives in Psychiatric Care
- American Heart Association: Circulation
- American Journal of Occupational Therapy
- New England Journal of Medicine

****Full Reference Page Available****