

Intervention mapping: Academia and community partnership for the chronic diseases self-management in a low-income community

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Background: Chronic diseases such as diabetes and cardiovascular diseases are the leading causes of mortality and morbidity in Puerto Rico. Community active participation in the design, implementation and evaluation of culturally appropriate interventions to strengthen patient's skills and knowledge to manage adequately their diseases is crucial for increasing the effectiveness of these interventions.

Objectives: As part of a partnership between the UPR School of Medicine and the Piñones community, a research project was designed to: 1) develop a culturally-tailored intervention to support chronic diseases self-management in the community through an intervention mapping (IM) approach, and 2) evaluate the use of IM strategy in the community. **Methods:** A working group, consisting of eight community members with chronic diseases, two lay community health workers (CHWs) and four members of the academia, met on a weekly basis for 12 weeks to develop an intervention to increase patient's knowledge, self-efficacy, and self-management practices of their chronic conditions. The IM steps were applied: conduct a needs assessment; create matrices of change objectives; select theory-based intervention methods; organize methods and applications into an intervention program; plan for adoption, implementation and sustainability of the program; and generate an evaluation plan. **Results:** Priority areas were identified and a community intervention was developed including an evidence-based intervention carried out by CHWs, followed by weekly home visits for six weeks after the initial training. A pilot study to assess this intervention feasibility was completed. **Conclusion:** IM facilitated the identification of factors and potential determinants of change and the selection of the most appropriate interventions to be implemented in the community.

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