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Religiosity and Patient Engagement in their Healthcare Among Hospital Survivors of an Acute Coronary Syndrome

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Background
- Approximately 1.4 million patients are hospitalized for an Acute Coronary Syndrome (ACS) annually in the United States.
- Optimum management after an ACS requires considerable patient engagement/activation.
- Religious practices permeate people's lives and may influence engagement in their healthcare. Little is known about the relationship between religiosity and patient activation in hospital survivors of an ACS.

Objectives
- Estimate the prevalence of religious involvement in survivors of an ACS.
- Evaluate the association between religiosity and patient activation/engagement in survivors of an ACS.

Methods
- **Data Source**: The Transitions, Risks, and Actions in Coronary Events Center for Outcomes Research and Education Study (TRACE-CORE)
- **Analytic Sample**: Patients (n=2,067) discharged after an ACS from six hospitals in MA and GA (2011-2013).
- **Exposure**: Three measures of religiosity: strength and comfort from religion, petition prayers for health, and intercessory prayers for health.
- **Outcome**: Patient activation assessed with the 6-item Patient Activation Measure, and categorized as low (levels 1 and 2) or high (levels 3 and 4).
- **Analysis**: Logistic regression used to examine the association between religiosity and patient activation.

Results
- Overall, 58% of patients had low levels of activation (Fig 1).
- Patients reported a high prevalence of strength/comfort from religion, petition and intercessory prayers for health (Fig 2).
- A great deal (adjusted OR (aOR): 2.02; 95% CI: 1.44-2.84), little/some (aOR:1.45; 95% CI: 1.07-1.98) strength and comfort from religion were associated with high activation as were intercessory prayers (aOR: 1.48; 95% CI: 1.07-2.05). Petition prayers for health was associated with low activation (aOR: 0.78; 95% CI: 0.61-0.99) (Table 2).

Conclusion and Practice Implication
- Majority of ACS survivors engage in religious practices for their health.
- For a holistic approach in patient care, healthcare providers should ascertain how patient’s religiosity/spirituality may influence their engagement with their healthcare.

Future Research
- Evaluate the relationship between religiosity and patient quality of life.
- Examine the association between religiosity and outcomes including readmissions and survival.

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