

Title of Intervention: ISIS: a computer-assisted education program for hypertensive individuals

Intervention Strategies: Individual Education, Supportive Relationships

Purpose of the Intervention: To increase retention of health knowledge concerning hypertension and cardiovascular risk factors

Population: Adults with cardiovascular risk factors

Setting: Department of Hypertension of the Broussais Hospital in Paris, France; health care facility-based

Partners: Not mentioned

Intervention Description:

- Individual Education: ISIS (Initiation Sanitaire Informatisee et Scenarisee) is an interactive computer-assisted hypertension and cardiovascular risk education program. Six modules focused on hypertension and cardiovascular risk factors including physiology of circulation and of normal blood pressure, usual values of systolic and diastolic blood pressure, definition and prevalence of hypertension, target organs of hypertension, atherosclerosis, cholesterol and nutritional characteristics of foods and drug therapy options. The program provided 3-5 questions, encouragement, performance summaries and a review of questions.
- Supportive Relationships: Nurses helped individuals become acquainted with the computer. They provided encouragement during use and answered questions after the session.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Nurses, hospital staff
- Training: Not mentioned
- Technology: Computer
- Space: Not mentioned
- Budget: Not mentioned
- Intervention: Computer program (ISIS), educational pamphlets
- Evaluation: Survey

Evaluation:

- Design: Randomized trial
- Methods and Measures:
 - 28-item questionnaire assessed knowledge of hypertension

Outcomes:

- Short term Impact: The mean knowledge score improved.
- Long Term Impact: Not measured

Maintenance: Not mentioned

Lessons Learned: The results of the evaluation of ISIS support the use of a computerized education program as an enrichment of the usual education techniques. It remains to be demonstrated that health knowledge improvement will result in better compliance.

Citation(s):

Consoli, S. M., M. Ben Said, et al. (1995). "Benefits of a computer-assisted education program for hypertensive patients compared with standard education tools." *Patient Educ Couns* 26(1-3): 343-7.