Title of Intervention: Computer-generated personalized goals for cholesterol lowering

Intervention Strategies: Individual Education, Supportive Relationships

Purpose of the Intervention: To lower cholesterol levels

Population: Individuals with cardiovascular disease

Setting: Washington Hospital Center, a tertiary care teaching hospital; health care facility-based

Partners: None mentioned

Intervention Description:
- Individual Education: Each participant received a computer-generated tailored report presented as an 11" X 17" laminated color poster backed with magnets. The poster graphically depicted their LDL-cholesterol, HDL-cholesterol, blood pressure and weight status along with a bulleted list of personalized goals and steps necessary for achievement of the goals. The report was based on participant's response to a one-page questionnaire. Participants also received a personalized wallet card that included their baseline lipid and blood pressure status, with room to document subsequent values. One postcard per month was sent to each participant for the duration of the study. The postcard emphasized the relationship between LDL-cholesterol and atherosclerosis and provided an action step to lower LDL-cholesterol.
- Supportive Relationships: After personalized tools were distributed, participants received one phone call from a health educator to discuss their personalized poster.

Theory: Not mentioned

Resources Required:
- Staff/Volunteers: Health educator
- Training: Not mentioned
- Technology: Computer and printer
- Space: Consultation space
- Budget: Not mentioned
- Intervention: Laminated poster, wallet cards, postage and telephone
- Evaluation: Health care provider, materials for biological tests

Evaluation:
- Design: Randomized control trial
- Methods and Measures:
    - Questionnaire assessed demographics, weight, blood pressure, list of medications, fasting lipid profile, dietary, exercise, and smoking habits

Outcomes:
- Short Term Impact: Participants receiving intervention tools had significant reductions in LDL-cholesterol from baseline compared with patients in the control group.
- Long Term Impact: During the study period, intervention patients had fewer cardiac procedures as compared with control patients.

Maintenance: Not mentioned

Lessons Learned: Not mentioned

Citation(s):
Levetan, C. S., K. R. Dawn, et al. (2005). "Impact of computer-generated personalized goals on cholesterol lowering." Value Health 8(6): 639-46.