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Country: **Austria**

Titel of the project: **WATCH your rhythm!**

## Project details

### **Lukas Fiedler**

Interne Abteilung Krankenhaus Mödling

Award amount: €50,000

During a preventional education of lay people we want to teach from bottom up to notice arrhythmic pulse in everyday life with the help of a pulse monitor wristwatch. The key to be successful is to encourage them to increase the awareness in their social environment by word of mouth recommendation.

We will use a well organized, established preventional education (Schau auf dein Herz) for lay people to teach recognition of their heart-rhythm with the help of a standard pulse monitor wristwatch. These are equipped with modalities to show the daily frequency histogram to detect sudden frequency jumps as surrogates for possible arrhythmic episodes. We will provide an introduction about health issues of atrial fibrillation and make them familiar to their pulse monitor wristwatch during a talk. Participants will be supplied with a short plain manual, to ease remembrance of content. They will wear the pulse monitor wristwatch for 2 weeks and then will have a debriefing about their data. Every participant is encouraged to inform at least 5 friends about atrial fibrillation and its risks. After 2 weeks they have the possibility to bring one acquaintance who will overtake the pulse monitor wristwatch for another 2 weeks, he or she as well should teach 5 new persons about atrial fibrillation and come for debriefing after 2 weeks. This will be repeated three times. Every participant will complete a questionnaire after using the pulse monitor wristwatch so we can collect information about flow of information in a highly motivated collective. In total we reach 300 people for using a pulse monitor wristwatch and ideally 1500 people with the information. In our experience top down information (Schach dem Herztod) doesn't work that well. We think, that bottom up information does better results in this setting. So our project is embedded in an already well placed preventional education. We have sponsoring as you can read out from the attachments. We think that the setting of this project will give us the possibility to find out 10 out of 100 patients with pulse irregularities. About 4 out of ten will have actual hints for atrial fibrillation and will get further follow up. The key benefit we would see in a new setting of patient information in a highly motivated group to increase the awareness for atrial fibrillation.

## **Audience**

### **Type**

- Carers of AF Patients

### **Location**

Austria, Europe