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Country: **Canada**

Titel of the project: **CARE-AF: Community Assessment of Risk and Education
About Atrial Fibrillation**

Project details

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Award amount: €50,000

This project will evaluate knowledge while educating public on risk factors and complications of atrial fibrillation. Population screening for individual risk level and presence of this condition will also be done while providing information and resource materials. This will occur over 8 days of July 2011 and repeated in 2012.

Community Assessment of Risk and Education about Atrial Fibrillation - CARE-AF The Nova Scotia HeartLand Tour is a public awareness campaign to educate about and change the excess burden of risk for cardiovascular disease and stroke in Nova Scotia. Please visit www.heartlandtour.ca for details. In 2011, the tour will continue its expansion to focus more on emerging disease "epidemics". Atrial Fibrillation (AF) is one of these and the HeartLand Tour is an excellent vehicle to assess and educate the public in this regard. Common cardiovascular risk factors are the leading cause of AF along with an aging population. Thus the present project will evaluate the knowledge about, and educate Nova Scotians during the HeartLand Tour regarding AF, its risk factors and its complications. It will also aim to screen the general population for the presence of this condition while providing information and resource materials regarding AF. Questionnaires will be utilized to assess knowledge base. Individual risk profile for developing AF as well as for developing cardiovascular disease including stroke will be offered. For those with an irregular pulse and those who also wish to have their risk of AF calculated, a 12lead ECG will be done and if abnormalities identified, advice regarding need to seek medical attention will be provided. For those with known AF, information on symptoms, when to seek medical attention and risk of stroke along with available prevention therapies will be made available and discussed. Patients already on Coumadin (Warfarin) will be offered to have their INR measured on site along with measurement of other common cardiovascular risk factors. From these, a Framingham Global Risk Score for cardiovascular disease will be calculated and explained. Those at "high risk" without known cardiovascular disease will be asked to see their family doctor and copies of all materials and their data will be provided. A large traveling display booth will serve as the focal point and be run by a medical student and nurse practitioner. This project will occur in collaboration with Dalhousie Medical School and the Heart and Stroke Foundation of Nova Scotia. Encouragement for physical activity and proper nutrition to decrease the chances of hypertension and development of AF will be a major focus as will symptoms and signs of the disease onset. This project will run for two consecutive terms. In the second term, questionnaires assessing awareness and attitudes regarding AF and its management from a patient perspective will be sought. Reports are generated after each term. There is very little reported in the literature regarding such population based educational campaigns. This project will add to this literature and allow future development of population based education efforts. More than 2000 people are expected to participate. In addition, many more will take part in several activities planned for each of 8 Nova Scotian communities. Two members of the "core team", including the former Minister of Health, have AF and will act as educators during the events. The 2011 HeartLand Tour will take place between July 9th and July 17th.

Audience

Type

- AF Patients
- Healthcare professionals
- Carers of AF Patients
- General public
- Government

Location

Canada, North America