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Country: **China**

Titel of the project: **The ScienceNet Blog-Based Strategy For Prevention Of Atrial Fibrillation-Related Strokes**

## Project details

### **Chun-Song Hu**

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Award amount: €50,000

To use the ScienceNet Blog as a media for popularization, education and conduction of knowledge on atrial fibrillation(AF) and its related strokes so as to enhance general public awareness of AF and prevent effectively this strokes; To develop a questionnaire (Q&A list) to compare difference between before and after this intervention.

1 Specific Idea: To use the ScienceNet Blog as a media for popularization, education and conduction of knowledge on atrial fibrillation(AF) and its related strokes so as to enhance general public awareness of AF and prevent effectively this strokes. And to develop a questionnaire (Q&A list) to compare the difference between before and after this intervention. 2 Creativity and Significance: This new strategy for prevention of AF-related strokes is a creative approach because: 1) It is a novel and comprehensive method by the ScienceNet Blog as a media and its also very convenient to AF patients and general public because internet becomes common in dairy life; 2) To popularize, educate and conduct a lot of knowledge on AF and its related strokes, such as induced diseases (hypertension, coronary artery disease, etc), symptoms, clinical signs, routine or Holter ECG characterizations, ECHO, CT or MRI results, and biomarkers. 3) To popularize, educate and conduct RT-ABCDEF strategy for management and preventions of AF and its related strokes; 4) To popularize, educate and conduct “E (e)SEED-BasED” health lifestyle(which named after Hu’s health lifestyle) because bad lifestyles are important risk factors of AF and stroke; 5) To develop a questionnaire(Q&A list) to compare the difference between before and after this intervention. These measures will help enhance AF patients or general public awareness of AF and prevent effectively its related strokes. 3 Its Scientific Basis: 1) AF is a common problem in clinical and a high risk factor to cardiovascular system because it can cause embolismic and stroke. It is one of the most important risk factors for stroke. People with AF are five times more likely to have a stroke than someone without the condition and up to three million people have a stroke related to AF each year. AF-related strokes tend to be more severe, disabling and deadly than other kinds of stroke. They are a huge burden for family and global healthcare services. Internet becomes a common tool in modern work and life and blog appearing as a new media or space is very suitable for people’s communication and exchange. ScienceNet.cn was launched in January, 2007. It reaches more than 3 million people per month and is the most well-known science media in Chinese research institutes, universities as well as many Chinese science communities scattered around the world. It hosts the most active and high-profile virtual community of Chinese-speaking scientists. The project investigator had already developed RT-ABCDEF strategy and “E(e)SEED-BasED” healthy lifestyles(see PubMed literatures or Dr. HuCS’ ScienceNet Blog) for management and preventions of human diseases, especially for heart attacks and cardiovascular events, such as a stroke, which is the brain equivalent of a heart attack. The project investigator will develop a questionnaire (Q&A list) for the evaluation of cardiovascular status among AF patients/carers or general public including healthcare professionals. Finally, investigator will popularize, educate and conduct knowledge on AF and its related strokes by the ScienceNet Blog and expects this will help enhance general public awareness of AF and prevent effectively this strokes.

## **Audience**

### **Type**

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

### **Location**

China, Asia