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Country: **Mexico**

Titel of the project: **Preventing CVD. The virtual AF-meter: The tool to learn and
measure the risk of suffering from AF**

Project details

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Award amount: €10,000

By means of an online course we intend to make aware, sensitise and teach the general population the adequate technique for auto-measurement of blood pressure; emphasise that AF is the primary cause of CVD, measure in participants the risk factors to develop AF, and generate evidence for subsequent analyses.

An online course will be presented as a learning object (LO) with a total duration of 4 hours, auto-directed and automated, through which we intend make aware and sensitise the general population regarding the characteristics of atrial fibrillation (AF) as the primary risk factor for developing CVD. One of the basic objectives of this LO will be to teach the general population the appropriate technique to measure pulse, to know if it is regular or irregular, since there is evidence that when classifying pulse in this manner (your own and the pulse of others), it can be appropriate enough to detect a disease of the same type as AF and therefore to raise the level of awareness and personal responsibility to visit the doctor. The course will be produced by an interdisciplinary group from the National Institute of Public Health (INSP) who will translate the knowledge provided by experts and scientific evidence into a language that can be understood by the general population. The interdisciplinary group consists of educational designers, graphic designers, web programmers, and multimedia producers. The course design will follow the educational foundations of the competency-based model that has been used at the INSP for the past 5 years. The online course will include three types of activities. The first one focuses on the evaluation of declarative content (knowledge), which will be presented through audio animations, dialogue between characters and texts; this type of content will be measured through automated reading controls. The second activity focuses on the evaluation of procedural content (knowing how-to), where we will monitor the patient learning to procedure of measuring his/her own pulse, which will be presented through animation and videos, and will be evaluated through an interactive activity (entertaining) that allows participats to illustrate the sound of their pulse and to recognise if the pulse is regular or irregular. The third part will be responding to an instrument called the "AF-meter". The AF-meter is an automated questionnaire that will measure the risk factors that have been identified in scientific and epidemiological evidence; it will process and produce results regarding the participant's present risk level to develop AF. These results will be stored in an anonymous and confidential manner, in a database for their subsequent analysis. The above will provide the foundations for pilot epidemiological and interventional studies in the high-risk population in Mexico.

Audience

Type

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

Location

Mexico, North America