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Country: **Singapore, Asia**

Titel of the project: **AF for AF- Awareness and Feedback for Atrial Fibrillation patients**

Project details

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Award amount: €10,000

This project will provide 1000 AF patients with educational tools to raise awareness as well as feedback systems to answer their queries on AF management and stroke symptoms. Features include multimedia educational materials in Singapore's four main languages and individualized responses to queries via email, snail mail or in person.

The AF for AF project (Awareness and Feedback for Atrial Fibrillation patients) aims to provide education and feedback to 1000 AF patients on AF management and stroke symptoms. We aim to provide knowledge as well as to empower patients with AF. Atrial fibrillation is a risk factor for stroke, which can be reduced with appropriate strategies such as optimal anticoagulation. Patient education and compliance is vital for stroke prevention. Acute stroke thrombolysis administered in the first few hours after onset is proven to reduce long-term dependence. However, most stroke patients present too late to be considered for thrombolysis due to lack of awareness of stroke symptoms and treatment. Hence there is a need to education and raise awareness of AF management and stroke symptoms among AF patients. Empowering patients with knowledge will translate into better utilization and compliance with AF management as well as earlier presentation to hospital with should stroke occur with potential for early thrombolytic therapy. We will target 1000 AF patients in Singapore from the cardiology outpatient clinic at the Singapore National Heart Centre as well as from the neurology inpatient service and outpatient clinic at the Singapore General Hospital. Singapore is a city nation in Southeast Asia with a population of 5 million on a small island. With the rapidly ageing population, the incidence and prevalence of AF and stroke is rising. The National Heart Centre is the largest cardiology service in Singapore as well as a regional referral centre. The Singapore General Hospital has a stroke service with more than 1000 ischemic stroke patients admitted annually with an AF prevalence of at least 15%. Singapore has a multiethnic population with 4 official languages- English, Malay, Mandarin and Tamil. In the education component of this project, AF patients will be given an "AF pack". We will design and prepare multimedia education materials for the "AF pack" in the form of brochures, videos, posters and fridge magnets in Singapore 4 official languages. The brochures will include information of what AF means, the associated stroke risk, strategies to reduce stroke risk, stroke symptoms as well as a portion to fill in their risk for stroke (using CHA2DS2- VASc score). We will film 2 videos on stroke symptoms and AF management in English with subtitles in Malay, Mandarin and Tamil. The posters and fridge magnets will contain the "FAST" message as reminders of stroke symptoms. In the feedback component of the project, AF patients can and will be encouraged to contact health care professionals with queries on AF management and stroke symptoms. This would be via email, snail mail or in person. Their queries will be addressed in the 4 main languages by expert healthcare professionals. Contact details for the feedback component will be included in the "AF pack". If funded, the AF for AF project will not only provide education and feedback for 1000 AF patients, but also develop a resource of educational tools which can be used for other AF patients.

Audience

Type

- AF Patients
- Carers of AF Patients

Location

Singapore, Asia