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Country: **Spain**

Titel of the project: **Educational programs for self-care in atrial fibrillation**

### Project details

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Foro Español de Pacientes

Award amount: €100,000

Institutions must encourage the joint responsibility of patients and users, and the proper utilisation of health resources and services. The ACTUA educational program for managing auricular fibrillation, aimed at professionals and patients, influences the procurement of knowledge and auto-management of health for cerebrovascular diseases.

Support for responsible auto-management is one of the key elements in a health care system that reinforces the critical role of the patient in his/her own health. In this sense, institutions are encouraging the joint responsibility of patients and users, as well as the proper utilisation of health resources and services. The educational program for management of cardiovascular risk, designed by the University of the patients, wishes to influence the increased procurement of knowledge and the auto-management of health within the area of cerebrovascular diseases, using a strategy directed at developing skills, to health professionals and to patients. The project branches off into two educational programs. One is directed to health professionals ("Professional Tutor" program of 4 hours of duration), and a program directed to patients (specialised program with 20 hours of duration). The Professional Tutor program makes clear that that persons who perform their professional activities in the health care area are increasingly aware of the importance of self-care when attending to chronic diseases. In addition, sensitivity toward a care model that takes into account the needs and preferences of patients regarding decisions that affect their health and quality of life, is increasingly greater. The general objective of the program is to present those reasons why the great majority of persons at risk of suffering cerebrovascular diseases have difficulty understanding some of the information relating to health, carrying out daily activities and obligations relating to the management of their disease, and maintaining or initiating a responsible self-care program that includes the adoption of healthy lifestyles. The target audience for this program would be health care professionals who have an interest in promoting responsible self-care among their patients affected by respiratory diseases. The program for patients specialising in auricular fibrillation is oriented towards developing a strategy directed at persons affected by auricular fibrillation, based on the fostering of self-care, the management of the disease's symptoms and/or its treatment, and the development of healthy lifestyles. - Empower the patient affected by atrial fibrillation as the person principally responsible for caring for his/her health. - Provide the abilities, motivation and confidence needed so that affected patients can manage the symptoms of the disease, acquire healthy lifestyle habits, and obtain a better quality of life. The target audience for this program would be: persons at risk of suffering cerebrovascular diseases, and those who receive treatment for atrial fibrillation, as well as their relatives and caretakers. Once the educational program concludes, participants would receive a certified qualification.

## **Audience**

### **Type**

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

### **Location**

Spain, Europe