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Country: **Spain**

Titel of the project: **Expert patient with atrial fibrillation programme.**

Project details

Luciano Arochena Candame

Federación Española de Asociaciones de Anticoagulados (FEASAN)

Award amount: €50,000

It is a complete health education programme for patients with atrial fibrillation (AF) and the objective is for these patients to take control and manage their own illness, thereby improving their quality of life. The expert patient can also educate other patients. The programme will have support materials (internet, toolkit).

The project is a health education programme for patients with AF and it is based on the pioneering experience of self-management patients at the University of Stanford (rolled out successfully in more than 20 countries). The objective or aim of the project is the prevention of stroke in these patients. Health education of the patient in terms of responsible self-management of AF is a key factor in the prevention of strokes in AF. Various actions are required in order to achieve this objective: 1. Development of a monographic website (www.pacientexperto.org) on AF: a site for education and training which will include information which is specialised, up-to-date, accessible (using terms patients can easily understand) and interactive, organised in the form of training capsules on everything you need to know about AF (aetiology, prevalence, treatment, risks, prevention etc.). Materials which are relevant to the patient will be posted on this website and these will be edited within the project itself; other resources which already exist will also be posted. 2. Selection of expert patient candidates. 11 candidates will be selected (one for each association comprising FEASAN). In addition to wanting to participate, the candidates must have been diagnosed with AF. The 11 candidates will undertake blended learning on their illness and training skills. Didactic materials will be developed for the training: what is AF, aetiology and prevalence, risk factors, what is a stroke, stroke risk factors, treatment (anticoagulants and antiarrhythmics), healthy habits, etc. The candidates will have access to materials as well as to a tutor who will support them in their learning process and will assess the knowledge they have acquired. Between two and four face-to-face sessions will be offered depending on the progress of the candidates. The face-to-face sessions will mainly focus on training the patients to train other patients. 3. Publishing of a self-management guide for patients with AF (toolkit). A self-management guide or manual will be written, which will include the most relevant information that these patients need to know. It will be an illustrative guide which will be given to patients who participate in the health education sessions, but which will be available for any patient to download in pdf format from the website www.pacientexperto.org. The guide will also contain a recommendations section (diet, physical exercise, medication control chart, etc.). 4. Sessions with patients with AF. Each expert patient (once trained) will provide sessions for patients with AF, which will be scheduled through their respective associations. The session will be supported by a professional but they will act as an observer. A maximum of 20 patients will attend these sessions and they will receive six weekly health education sessions, each lasting two hours. During the first session the patients' knowledge of their illness will be evaluated along with their expectations of the programme, their quality of life, healthy lifestyle habits, etc. This evaluation will be repeated at the last session and their level of satisfaction will also be assessed. The data obtained will be analysed and a final report of the pilot experience will be written up.

Audience

Type

- AF Patients
- Carers of AF Patients

Location

Spain, Europe