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Conference abstract

An on-line education and coaching programme to promote self-care in heart failure patients

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Abstract

Introduction: In Europe 14 million people suffer from heart failure (HF). HF is associated with high mortality rates and frequent re-hospitalizations. More than 50% of the re-admissions can be prevented by appropriate self-care. However, currently the level of self-care is low, mainly due to poor patient education.

Aims and objectives: One of the objectives of the HeartCycle project is to promote HF self-care by offering education and coaching which is tailored to the characteristics of the individual patient. When HF patients adhere to their medication regime, eat a low-sodium diet, limit fluid intake, are physically active, and monitor symptoms, readmission rates are lower.

Methods: The education and coaching is based on the NHS Lothian Heart Manual and delivered via the Motiva telehealth system. It is automatically tailored to the patient's knowledge level and behaviour as assessed via questionnaires. To raise commitment, patients set their own goals and make their own action plans. They record their progress in an electronic diary such that the system can provide appropriate feedback.

Results and conclusions: This presentation will explain the novel education and coaching approach that we developed. The HeartCycle trial, planned for 2011, will provide insight into the effectiveness of this approach.

Keywords

self-care, patient education, heart failure management
