Development of a co-designed written resource for carers of patients with heart failure


Published in:
European Journal of Heart Failure

Document Version:
Publisher's PDF, also known as Version of record

Queen's University Belfast - Research Portal:
Link to publication record in Queen's University Belfast Research Portal

Publisher rights
© 2019 The Authors. European Journal of Heart Failure © 2019 European Society of Cardiology. This work is made available online in accordance with the publisher’s policies. Please refer to any applicable terms of use of the publisher.

General rights
Copyright for the publications made accessible via the Queen's University Belfast Research Portal is retained by the author(s) and / or other copyright owners and it is a condition of accessing these publications that users recognise and abide by the legal requirements associated with these rights.

Take down policy
The Research Portal is Queen's institutional repository that provides access to Queen's research output. Every effort has been made to ensure that content in the Research Portal does not infringe any person's rights, or applicable UK laws. If you discover content in the Research Portal that you believe breaches copyright or violates any law, please contact openaccess@qub.ac.uk.
Development of a co-designed written resource for carers of patients with heart failure

Lorna Cassidy¹, Loreena Hill¹, Jennifer McGaughey¹, Eunice Green¹, Donna Fitzsimons¹, ²
(1) School of Nursing & Midwifery, Queen’s University Belfast
(2) All-Ireland Institute for Hospice and Palliative Care, Our Lady’s Hospice, Ireland
Email: lorna.cassidy@qub.ac.uk

BACKGROUND

• Increasing evidence carers of patients with heart failure (HF) have unique unmet needs that impair their own quality of life and potentially that of their loved one ¹,²
• Many carers desire better communication with healthcare professionals, in addition to more information on symptoms and their patient’s current and future management ¹, ³
• A recent systematic review found written material was a valuable resource, to significantly improve a range of carer outcomes including quality of life, depression and heart failure knowledge ⁴

PURPOSE

To co-design a practical booklet for carers of patients with heart failure

METHODS

PURPOSE

Step 1
Review of current resources available across the UK

Step 2
Consultation with Steering Group (carers & professionals)

Step 3
Thematic analysis to identify key themes and inform the resource

RESULTS

No current written resource exclusively for carers of patients with heart failure within the UK. Booklet comprises of 5 chapters:

1. What is heart failure: overview of condition and symptoms
2. Your role as a carer: understanding importance of carer role and financial support
3. Looking after yourself: ways of looking after your own mental and physical health
4. Communication: importance of communicating with your loved one in a motivating way
5. Planning for the future: adjusting to hospital discharge and importance of supportive and palliative care

CONCLUSION

There are currently no written resources tailored specifically for carers of patients with heart failure. The impact of this novel co-designed written resource is currently being tested among carers of patients with heart failure across Northern Ireland. Results will inform a future randomised control trial, potentially impacting practice by improving the support and information to carers that they so urgently require.

REFERENCES


DECLARATION OF INTEREST

I have nothing to declare

The development of this booklet was funded by NICHS as part of a larger study.