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

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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

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

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

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