**Title of Intervention:** Computer-based program for patients with heart failure

**Intervention Strategies:** Group Education, Individual Education

**Purpose of the Intervention:** To educate older adults about heart failure

**Population:** Older adult heart failure patients released from the heart failure unit

**Setting:** University Hospital of Malmo in Sweden; health care facility-based

**Partners:** None mentioned

**Intervention Description:**
- Group Education: In the control group, education sessions were provided to small groups of 2-4 individuals. A nurse educated groups about heart failure. A pharmacist educated groups about heart disease related drugs. Leaflets with basic information on effects and side effects of certain drugs were distributed based on the medications prescribed to individuals.
- Individual Education: Subjects in the intervention group completed an interactive computer program that educated and quizzed subjects on signs and symptoms of heart failure and the effects and side effects of diuretics.

**Theory:** Not mentioned

**Resources Required:**
- Staff/Volunteers: Nurse, pharmacist
- Training: Not mentioned
- Technology: Computer
- Space: Room for classes and computer session
- Budget: Not mentioned
- Intervention: Booklets, leaflets, the computerized education program
- Evaluation: Questionnaires, access to medical records

**Evaluation:**
- Design: Randomized controlled trial
- Methods and Measures:
  - Questionnaire measured knowledge of heart failure and its treatment
  - Hospital records were used to obtain information on length of hospital stay, medication at discharge and diagnosis of diabetes
  - Three heart failure nurses evaluated how the patients used the program and their attitudes towards the computer
  - Personal interviews were conducted with a small portion of randomly selected patients by a registered nurse

**Outcomes:**
- Short term Impact: Individuals in the intervention group had significantly higher knowledge of heart failure and treatment at both 2.5 months and 6.5 months.
- Long Term Impact: Not measured

**Maintenance:** Not mentioned

**Lessons Learned:** The computer program was developed by a multidisciplinary group. It had large, clear illustrations and buttons. All patients could use the program, regardless of past experience with computers. The patients were satisfied with the computer-based information. They appreciated that the program was interactive, flexible and contained a self-test. They thought it was a better way of receiving information than reading a booklet or watching a video about heart failure. The nurses reported that the patients were positive...
towards the computer and seemed to understand the information. This form of patient education was less time-consumining.

Citation(s):