

Title of Intervention: Interactive computer-based heart failure education

Intervention Strategies: Supportive Relationships, Individual Education

Purpose of the Intervention: To increase knowledge, compliance and quality of life in heart failure patients

Population: Older heart failure patients

Setting: Five nurse-led heart failure clinics in southern and central Sweden situated at two university hospitals, two county hospitals and on primary health care clinic; health care facility-based

Partners: None mentioned

Intervention Description:

- Supportive Relationships: Participants received individualized patient education about physiology, heart failure, symptoms, symptom monitoring and life-style changes from a heart failure nurse.
- Individual Education: Directly after the educational session, participants in the intervention group used an interactive computer-based educational program that contained seven modules covering educational topics on heart failure and one module for the self-test.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Nurses
- Training: Intervention training for nurses
- Technology: Computers, heart failure educational software, telephone
- Space: Not mentioned
- Budget: Not mentioned
- Intervention: Heart failure educational materials, interactive educational software about heart failure
- Evaluation: Questionnaire

Evaluation:

- Design: Randomized trial
- Methods and Measures:
 - Questionnaire measured knowledge and compliance
 - EuroQol (EQ-5d) measured quality of life

Outcomes:

- Short Term Impact: There was an increase in knowledge about heart failure. Heart failure education improved the quality of life for the men, but women experienced lower physical health, more anxiety and pain.
- Long Term Impact: Not measured

Maintenance: Not mentioned

Lessons Learned: Often the older adults have barriers to computer use such as low self-esteem, visual, hearing and mobility problems. These barriers have to be addressed when creating programs. Computer-based education led to increased knowledge about heart failure compared to the traditional teaching alone.

Citation(s):

Stromberg, A., H. Ahlen, et al. (2002). "Interactive education on CD-ROM-a new tool in the education of heart failure patients." *Patient Educ Couns* 46(1): 75-81.

Stromberg, A., U. Dahlstrom, et al. (2006). "Computer-based education for patients with chronic heart failure. A randomised, controlled, multicentre trial of the effects on knowledge, compliance and quality of life." *Patient Educ Couns* 64(1-3): 128-35.