Keep in touch with your patients: Communication via the internet and Facebook

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Internet opportunities

- Easy access to medical advice
  - Information
  - Chatt forum
    - Patient-health care provider interaction
    - Patient-patient interaction
- Conduct follow up
  - Remote monitoring of ICDs
  - Telemonitoring of symptoms and signs
- Support patients
  - Support groups
  - Professionals online
- Provide interventions
  - CBT therapy
Heart failure on the Internet

- Heart failure, also called congestive heart failure, is a condition in which the heart can no longer pump enough blood to the rest of the body. Symptoms of heart failure most often begin slowly. At first, they may only occur...
  - Causes
  - Symptoms
  - Tests
  - Treatment
  - Prognosis
  - Complications
  - Prevention

Heart failure - Wikipedia, the free encyclopedia
Heart failure (HF) often called congestive heart failure (CHF) is generally defined as the inability of the heart to supply sufficient blood flow to meet ...
- Acute decompensated heart failure - Management of heart failure
  - en.wikipedia.org/wiki/Heart_failure - Cached - Similar

Heart Failure
Heart failure is a progressive disorder in which damage to the heart causes weakening of the cardiovascular system. It manifests by fluid congestion or ...
  - www.heartfailure.org/eng_sitehf.asp - Cached - Similar

Heart Failure
Information as to what CHF is, how the heart works, living with CHF, as well ...
  - Heart Failure Org - Feedback - To create and communicate ...
  - www.heartfailure.org/ - Cached - Similar

Show more results from heartfailure.org

News for heart failure
- Blood Pressure Drug Helps Those With Mild Heart Failure
  - health.usnews.com/health-news/family-health/heart/articles/2011/03/22/blood-pressure-drug-helps-those-with-mild-heart-f
Millions of people in the world have heart failure.

With simple changes and a better understanding of the condition, many people live full and active lives. The time to take charge of your health is today.
Heart failure

From Wikipedia, the free encyclopedia

Heart failure (HF) often called congestive heart failure (CHF) is generally defined as the inability of the heart to supply sufficient blood flow to meet the needs of the body.¹²³ Heart failure can cause a number of symptoms including shortness of breath, leg swelling, and exercise intolerance. The condition is diagnosed with echocardiography and blood tests. Treatment commonly consists of lifestyle measures (such as smoking cessation, light exercise including breathing protocols, decreased salt intake and other dietary changes) and medications, and sometimes devices or even surgery.

Common causes of heart failure include myocardial infarction and other forms of ischemic heart disease, hypertension, valvular heart disease, and cardiomyopathy.⁴ The term "heart failure" is sometimes incorrectly used to describe other cardiac-related illnesses, such as myocardial infarction (heart attack) or cardiac arrest.

Heart failure is a common, costly, disabling, and potentially deadly condition.⁴ In developed countries, around 2% of adults suffer from heart failure, but in those over the age of 65, this increases to 6–10%.⁴⁵

Contents

1 Terminology
2 Classification
3 Signs and symptoms
   3.1 Signs
      3.1.1 Left-sided failure
      3.1.2 Right-sided failure
      3.1.3 Biventricular failure
   3.2 Symptoms

To create and communicate knowledge to improve cardiovascular health

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Heart Failure

What Is Heart Failure?

Heart failure is a condition in which the heart can’t pump enough blood to meet the body’s needs. In some cases, the heart can't fill with enough blood. In other cases, the heart can't pump blood to the rest of the body with enough force. Some people have both problems.

The term “heart failure” doesn’t mean that your heart has stopped or is about to stop working. However, heart failure is a serious condition that requires medical care.

Overview

Heart failure develops over time as the heart’s pumping action grows weaker. The condition can affect the right side of the heart only, or it can affect both sides of the heart. Most cases involve both sides of the heart.

Right-side heart failure occurs if the heart can’t pump enough blood to the lungs to pick up oxygen. Left-side heart failure occurs if the heart can’t pump enough oxygen-rich blood to the rest of the body.

Right-side heart failure may cause fluid to build up in the feet, ankles, legs, liver, abdomen, and the veins in the neck. Right-side and left-side heart failure also may cause shortness of breath and fatigue (tiredness).

The leading causes of heart failure are diseases that damage the heart. These include coronary heart disease (CHD), also called coronary artery disease; high blood pressure; and diabetes.

Outlook

Heart failure is a very common condition. About 5.7 million people in the United States have heart failure.
Heart Failure
Also called: Cardiac failure, CHF, Congestive heart failure, Left-sided heart failure, Right-sided heart failure

Heart failure is a condition in which the heart can’t pump enough blood throughout the body. Heart failure does not mean that your heart has stopped or is about to stop working. It means that your heart is not able to pump blood the way it should.

The weakening of the heart’s pumping ability causes

- Blood and fluid to back up into the lungs
- The buildup of fluid in the feet, ankles and legs - called edema
- Tiredness and shortness of breath

The leading causes of heart failure are coronary artery disease, high blood pressure and diabetes.
Outcomes of Computer-based Education in Patients with Chronic Disease

- 24 RCT N=3739
- Significantly positive effect on knowledge, social support and clinical outcomes
- Not possible to determine if there were effects on self-efficacy, emotional or economical outcomes

Murray E et al. Cochrane Database Syst Rev. 2005
Remote patient management

- ICDs store information about the device, arrhythmias, and parameters that may reflect heart failure status
- This data can be sent via internet
- Remote monitoring can reduce the need for in-office evaluations without compromising patient safety
- Remote monitoring technology has to be adopted by patients or physicians
- Implementation of remote monitoring include issues related to work flow and data management

Movsowitz C & Mittal S. J Interv Card Electrophysiol. 2011 Feb 17. [Epub ahead of print]
Remote monitoring in Europe

- 85% of the 61 responding centres from 15 countries used remote monitoring
- Remote monitoring were expected to increase importantly within 5 years
- New organisations of care based on dedicated allied professionals and/or the creation of remote monitoring units were planned or in place
- Limitations of remote monitoring are ethical and legal aspects, reimbursement issues, and the lack of specific national and European guidelines

Halimi and EHRA. Europace. 2010;12(12):1778-80
Telemonitoring

- Structured telephone support - 5613 participants
- Telemonitoring - 2710 participants
- Telemonitoring reduced all-cause mortality (RR 0.66, 95% CI 0.54 to 0.81, P < 0.0001) while structured telephone support had a non-significant positive effect (RR 0.88, 95% CI 0.76 to 1.01, P = 0.08).
- Structured telephone support (RR 0.77, 95% CI 0.68 to 0.87, P < 0.0001) and telemonitoring (RR 0.79, 95% CI 0.67 to 0.94, P = 0.008) reduced HF-related hospitalisations.
- Structured telephone support and telemonitoring are effective also in improving quality of life and reducing costs

Patient education on Facebook

Facebook isn't just for status updates or playing games anymore
Facebook

- Social networking sites such as Facebook are used for exchanging disease specific information
- They have become sources of knowledge, support and engagement especially for patients with chronic diseases
- One recent survey indicates patients search the Internet more frequently than they communicate with their doctors about health care questions

Greene, J et al. *Journal of General Internal Medicine* 2010
Heart failure matters!

We're doing our best to pass on the message about Heartfailurematters.org. We also have a person on the stand doing live demos of the site.

Heart failure matters!
Photos from the Heart Failure 2011 congress yesterday! Today new results from clinical trials will be presented.

http://on.fb.me/mP9ZDw
www.facebook.com

Heart failure matters!
The Heartfailurematters team has arrived in Gothenburg for the Heart Failure Congress. Good luck in Fallin' (c) Dip It Like It's Hot. G.
Social media in primary care

- Little is known about how health organisations use new media channels such as Facebook and Twitter to engage with the public and patients.
- Explore usage of social utilities in Primary Care Trusts in the National Health Services in England
- Results showed that 61 organisations (40%) used at least one utility with the most popular being Twitter (n=30) and Bebo the least (n=1).
- The organisations failed to take advantage of the interactive nature of social utilities and instead used them as unidirectional information "push" channels.

Facebook friend request from a patient?

- Generation gap in use of social media
- Ethical problems
- Legal problems
- Medical professionalism in the age of online social networking
- Guidelines for the use of social forums


Devi S. Lancet. 2011;377(9772):1141-2
Facebook fuelling divorce, research claims

Facebook is being cited in almost one in five of online divorce petitions, lawyers have claimed.
Heart Support Groups

We have nearly 300 affiliated Heart Support Groups bringing hope and a healthier lifestyle to thousands of patients and carers across England and Wales.

These groups are open to anyone with any kind of heart condition as well as their partners and families.
By patients, for patients

Heart Support Groups groups are as varied as the people in them. Some are large organisations offering a weekly programme of activities, while others are much smaller and meet once a month.

They offer the chance to share experiences in a friendly and mutually supportive environment, and provide a wide range of other benefits and activities for their members.

These could include:

- exercise sessions with qualified instructors
- walking, cycling and swimming groups
- coffee mornings and other social events
- evenings with guest speakers
- links to other services such as quitting smoking
- hospital visiting
- yoga and relaxation classes, and
- visits to places of interest.

"As soon as you walk into one of our meetings, all you hear is laughter.

We've all got the same problems - that's what brought us together - but we all have an incredibly positive outlook. That's what keeps people coming back."
Online support groups – I am not alone

- Evaluation of participation in an online support group for peripartum cardiomyopathy
- Twelve women (19 to 34 years) participated
- All contacts between researchers and respondents were through e-mail. A survey of open-ended and Likert-type questions was used.
- The online support group was a vital resource for women with peripartum cardiomyopathy.
- Benefits:
  - getting and sharing information
  - exchanging stories
  - being understood by other women
  - gaining hope

Online patient support groups endorses empowerment

- An online questionnaire was completed by 528 individuals active in online groups for patients with breast cancer, fibromyalgia and arthritis.
- The respondents felt empowered in several ways by their participation.
- The empowering outcomes that were experienced to the strongest degree were 'being better informed' and 'enhanced social well-being'.
- No significant differences in empowering outcomes between diagnostic groups were found.

12 cardiologist online, get an answer asap
The promise and pitfalls of internet based cognitive behavioral therapy

- Internet-administered cognitive behavior therapy is a promising new way to deliver psychological treatment

- There are increasing numbers of controlled trials on anxiety disorders, mood disorders and health conditions such as headache and insomnia

- Advantages with Internet based CBT
  - dissemination of the treatment
  - being able to access treatment from a distance
  - possibilities to tailor the interventions

Andersson G. BMC Med. 2010;7;8:82
Internet-based CBT

- Large effects have been obtained have included patient support from a clinician. Recent trials suggest that this support may come from non-clinicians and that therapist effects may be minimal.

- Internet-delivered cognitive behavior therapy can be equally effective as face-to-face cognitive behavior therapy.

- Internet-delivered CBT help increase adherence to treatment protocols and that training can be facilitated by internet support.

Andersson G. BMC Med. 2010;7;8:82
Conclusions

- Internet is a powerful source of patient information and communication, and can also be effective for delivering interventions.
- The role of remote ICD monitoring and telemonitoring of heart failure treatment are evolving quickly.
- The health care do not fully take advantage of the interactive nature of social media.
- Guidelines for how health care providers use of social forums need to be discussed.
- Online support groups are important virtual communities for patients affected by the same health issue and their families.
- Practice implications include referring patients to reputable Web sites and support groups and serve as a professional facilitator in online groups.
Thank you!

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