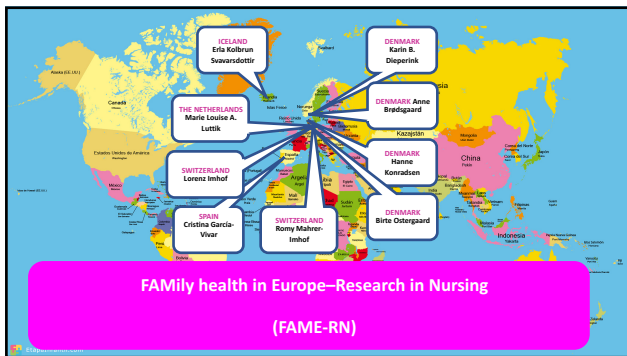


Health Practices towards families of older patients with Cardiovascular Diseases in Europe:

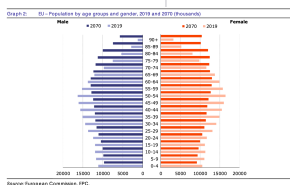
The Need to Expand Family Nursing in Cardiology

For the FAME-RN Group
Prof Romy Mahrer-Imhof





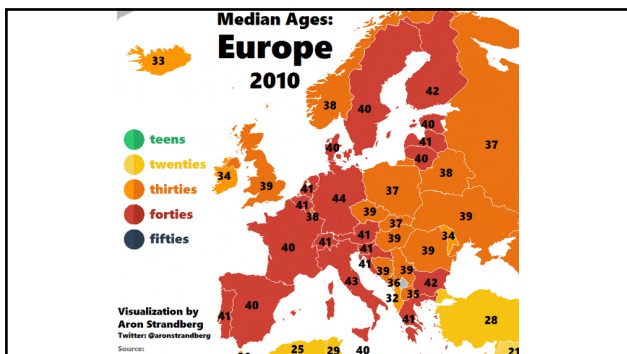
Ageing Population

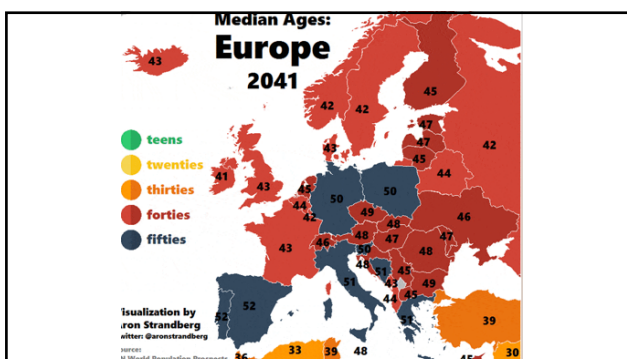


Between 2019 and 2070

- 50 million more people age 65 years+
- Fertility rate will increase slightly
- Total population will decrease

The 2021 Ageing Report, European Commission





Increase of Chronic Diseases

- Diseases in old age – cancer, cardiovascular diseases, dementia

Guest Editorial

Prioritizing Family Health of Older People in Europe: Current State and Future Directions of Family Nursing and Family-Focused Care

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REVIEW ARTICLE

Health practices in Europe towards families of older patients with cancer: a scoping review

doi: 10.1111/1365-1205

Hanne Konradsen PhD (D1)^{1,2}, Anne Brodsgaard PhD (D1)³, Birte Østergaard PhD (D1)⁴, Erla Svavarsdóttir PhD (D1)⁵, Karin B. Dieperink PhD (D1)⁶, Karin B. Dieperink PhD (D1)⁶, Marie Louise Luttik PhD (D1)⁷, Rommy Maher-imhof PhD (D1)⁸, and Cristina Gardo-Viscarra PhD (D1)⁹

➡ 3 scoping reviews

- Cancer published
- CVD and Dementia under review

Cardiovascular Disease (CVD)

- Mortality of CVD ↓
- Patients with Heart Failure ↑
- Length of hospital stay ↓
- Expectations towards families ↑ due to lack of resources in health care systems

Go et al, 2014, Farmakis et al, 2016, Wilkens et al 2017

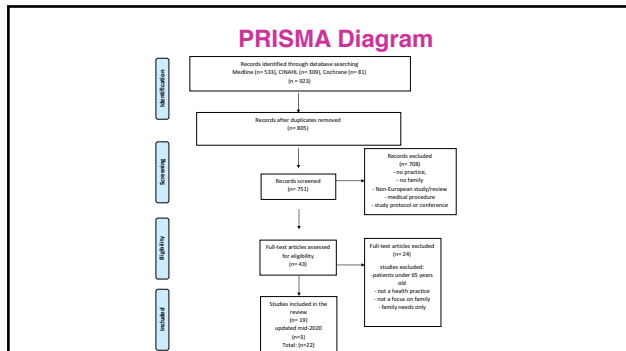
What are the healthcare practices / interventions in Europe involving the families of older patients with CVD and HF?



To determine the extent, range and variety of research in Europe describing current health practices and interventions directed at families of older patients with CVD and HF

METHODS

- Method: Scoping review
- Databases: Pubmed, Cinahl and Cochrane until Mid 2020
- Inclusion criteria:
 - Patients with CVD and HF and their families
 - Patients over 65 years of age
 - Focusing on health practices and interventions in Europe
- Exclusion criteria:
 - Studies published in European journals, but reporting results of health practices in other countries outside of Europe.
 - Age under 65 years



RESULTS

- 22 articles from 17 studies
- Practices / interventions towards
 - family as a unit (6 studies)
 - dyads (5 studies)
 - patients, but reaction/responses from family members (5 studies)
 - Family members, but reaction/responses in patients (1 study)

RESULTS

- Content:
 - Palliative care interventions towards family as unit (2), professionals (1)
 - Family health / therapeutic conversations (2)
 - Psychoeducational interventions to increase self-care (8)
 - Gamification and new technology (2)
 - Hospital at home (1) and special home care (1)
 - Usual care (2)
- Target outcomes
 - Caregiver burden in family members
 - Health-related QoL
 - Perceived control in patients
 - Family functioning
 - Health behavior changes
 - Knowledge in both patients and family members

CONCLUSIONS

- Practices /interventions:
 - Disease-related information (psychoeducational)
 - Few family-focused interventions (psychosocial and family-centered)
 - No integral view of family
- Urgent need to implement family-focused interventions for aging families living with CVD in Europe.
- Increase research to examine family-focused health practices/ interventions towards families of older patients with CVD
 - to ameliorate stress and burden in families
 - to test new models of care and their impact on family.

Reducing or avoiding disparities in family health and care systems in Europe!



Prof. Romy Mahrer-Imhof
Nursing Science & Care Ltd
romy.mahrer@ns-c.ch
