|  |  |
| --- | --- |
| **Stine Maria Rosenstrøm,** ph.d.-studerende, cand.scient.san.er indskrevet ved Aarhus Universitet februar 2019. Den kliniske del af Stine Maria Rosenstrøms ph.d. gennemføres ved Amager Hvidovre hospital med titlen: **A Family-focused Nursing Intervention for Patients with Atrial Fibrillation- Effect of Group Education and Family Strength Orientated Therapeutic Conversations** |  |

**Background**

Atrial fibrillation (AF) is the most common cardiac arrhythmia and it is a rising problem for patients in Western countries. AF is a costly public health problem with hospitalizations as the primary expenditure. The disease and treatment are complex and requires a high degree of patient adherence to prevent complications (stroke and major bleedings) and the burden of symptoms due to irregular heartbeat often leads to poor health related quality of life. Consequences of AF also often lead to impairment of physical functioning and mental health.

When illness is considered a family affair it is important for patients and their families to have a chance to talk about issues of hope, suffering and coping. A family will need support and solutions when successfully adjusting to having a family member with a chronic illness. Little is known about how families experience habituate life with AF, their concerns and feelings and their needs for support. Family focused nursing (FFN) based on The Calgary Family Assessment model (CFAM) and the Calgary Family Intervention Model (CIFM) used as a theoretical model have been shown to be effective in FFN interventions supporting patients and families in adjusting to life whit a disease. The effect of these models has never been tested in nursing interventions towards patients with AF and their families.

**Aim**

To examine if a FFN intervention results in better outcomes for the patients suffering from AF.

**Methods**

The study consists of three sub studies. A qualitative explorative study with family unit interviews (n=15), three focus group interviews with a total of family members (n=15), and a randomized fidelity study evaluating the effect of the family-focused nursing intervention (n= 100). The primary outcome of the study will be accessed with the Atrial Fibrillation Effect on quality of life.

**Future perspectives**

The study will provide nurses and health professionals with evidence-based knowledge on how to implement family nursing – assessment and intervention in to care of patients with AF in daily clinical practice. This could help moving focus to a more patient-centered care.