



**Heds FR**

Haute école de santé Fribourg  
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# What is the role of heart failure nurses with post-diploma education in clinical practice? Results of a Swiss Survey

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**Hes·so**

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## Background Heart Failure (HF)

HF: Poor prognosis, high symptom burden, low quality of life

- 1-2%; 10% >70y<sup>1</sup>; 160 000 patients with HF in Switzerland<sup>2</sup>
- 2.1y survival after HF diagnostic<sup>2</sup>; 14% mort. increase 2015 CH<sup>3</sup>
- HF as major cause of hospitalisation >65 years old<sup>1</sup>
- 9-12 symptoms, mainly dyspnoea & fatigue<sup>4-5</sup>

European Society of Cardiology (ESC) recommends HF Nurses in HF care<sup>6</sup>

- HF nurses play a central role in multidisciplinary HF care
- HF Association of the ESC provided a HF nurse curriculum

In Switzerland, post-diploma education for HF nurses exist

- Recommendations for HF nurses in HF care<sup>7</sup>
- NDS Kardiologie, Bildungszentrum Bern<sup>R</sup>
- CAS en soins de cardiologie, Heds FR<sup>R</sup>

Little is known about the role of HF nurses in clinical practice

<sup>1</sup>Conrad et al., 2018; <sup>2</sup>Ponikowski et al., 2016; <sup>3</sup>OBSAN, 2017; <sup>4</sup>Bekelman et al., 2007; <sup>5</sup>Schäfer-Keller et al, 2018; in progress, <sup>6</sup>Riley et al., 2016; <sup>7</sup>Buser et al., 2006; <sup>R</sup>see reference list

## Study aim

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to describe the role of HF nurses in Switzerland

## Method

Cross sectional design

Convenience sample of nurses registered

- in “CAS en soins de cardiologie” or “IG-HIB” database

Variables and measurement

- Application of relevant issues in HF care as defined by the ESC HF nurses curriculum (12-items, closed questions)
- Assessment of essential knowledge, skills and professional behaviours needed in HF care from the HF nurse perspective (one open question)
- Evaluation of the HF role in clinical practice from the HF nurse perspective (one open question)

Data collection

- SurveyMonkey by e-mail, responses were anonymized

Ethical considerations

- Voluntary participation, response considered as consent

Data analysis

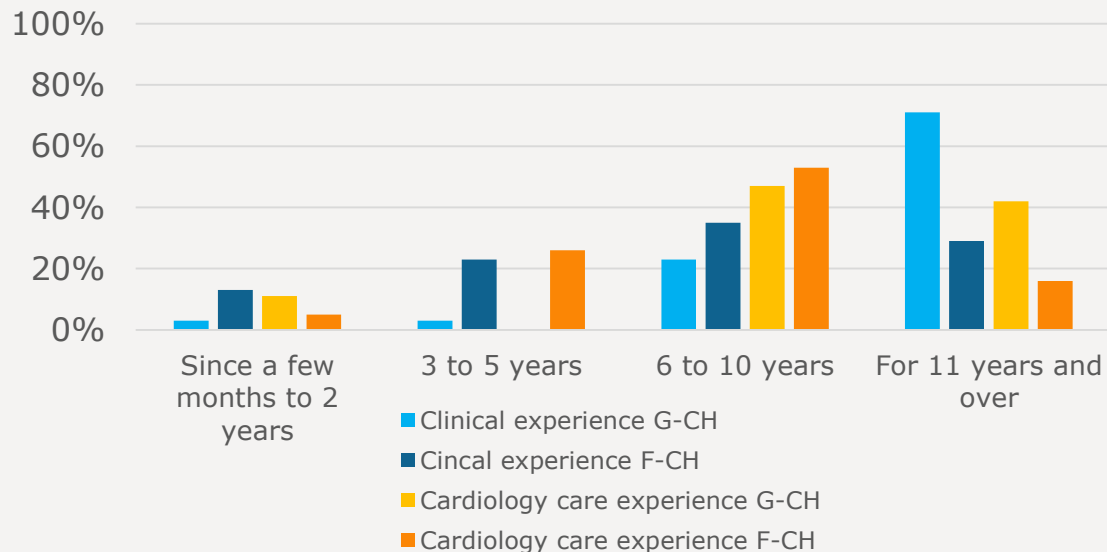
- Descriptive statistics; thematic analysis<sup>1</sup> (open questions)

<sup>1</sup>Braun et al., 2006

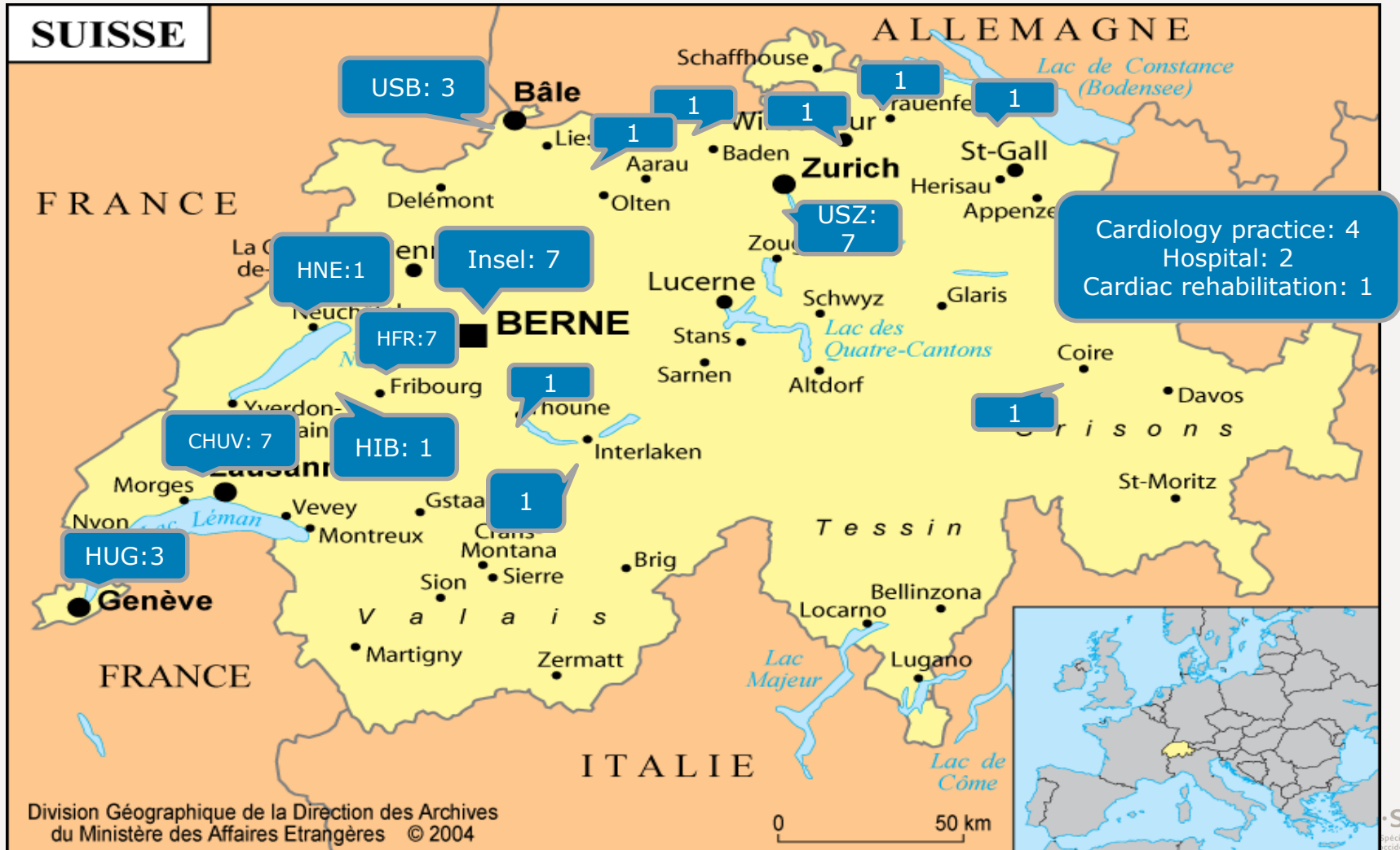
## Results 51 nurses (39.8% response rate; 32 G-CH and 19 F-CH)

Participants N=51 (88% women, 12% men)

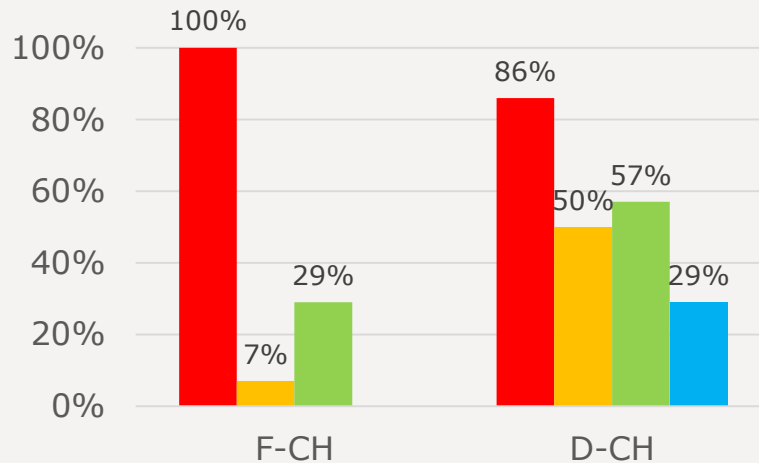
- 25 Dipl. Pflegefachpersonen HF; 4 Dipl. FH; 2 med. PraxisassistentInnen
- 10 Bachelor HES; 6 Diplôme niveau II; 1 ES; 1 Diplôme état français
  - 19 NDS / NDK, 2 CCNAP; 4 other
  - 14 CAS en soins de cardiologie, 2 others
- Nurses with high experience in clinical and cardiology care



# Settings with HF Nurses in German- & French-speaking CH



## Patient education – use of materials



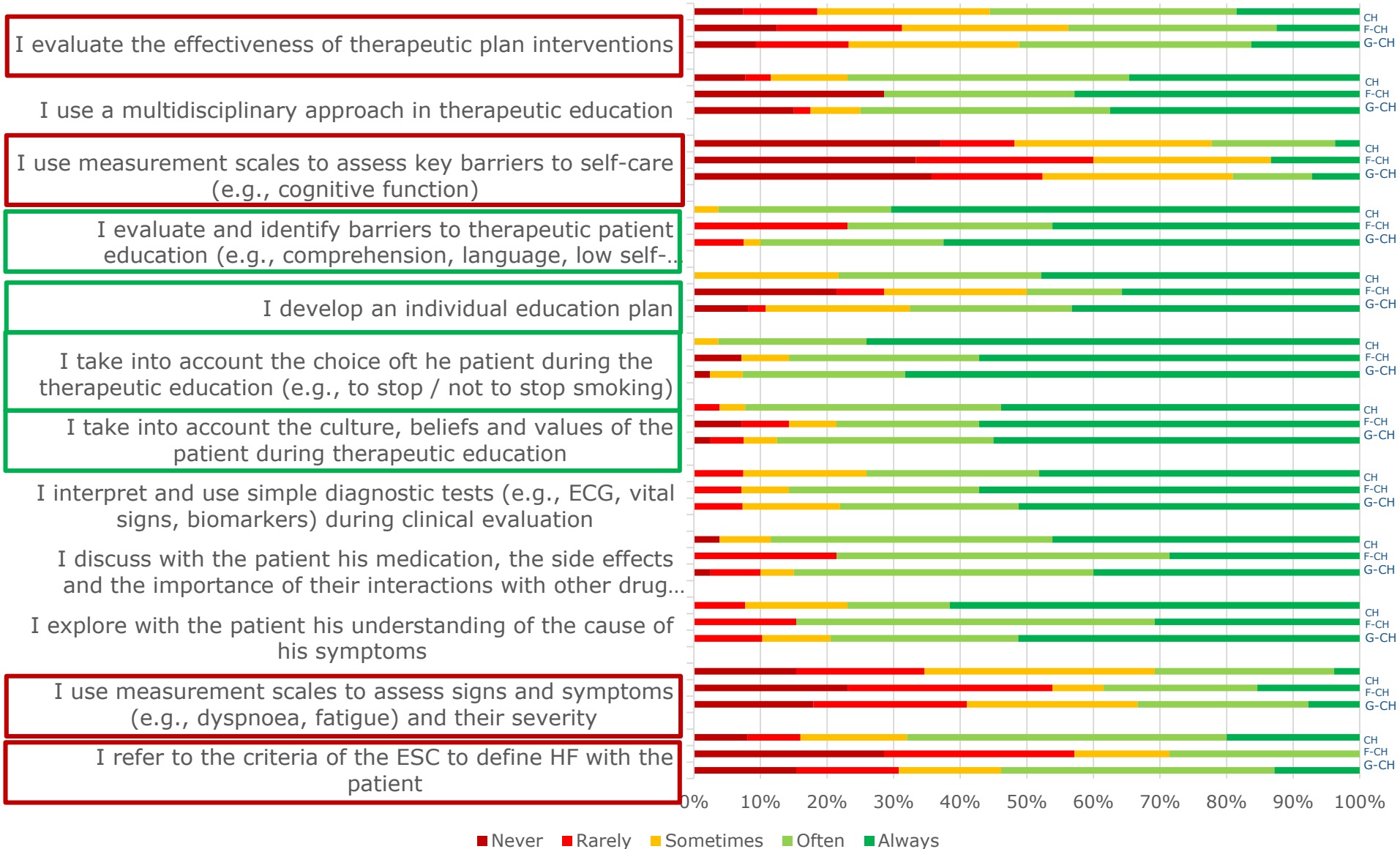
- Brochure of the Swiss Heart Foundation
- Didactic tools of [www.heartfailurematters.org](http://www.heartfailurematters.org)
- Brochures developed in-house
- Others



<https://www.swissheart.ch>

- G-CH: 39% plan 1 session; 61% plan 2-3 sessions
- F-CH: 43% plan no session, 21% plan 1 session; 29% plan 2-3 sessions; 7% plan 4-5 sessions

# As a nurse, when I look after a patient with heart failure ... (12-items)





# Essential knowledge, skills and professional behaviours needed in HF care: HF nurse perspective

## Knowledge

- HF specific knowledge & clinical experience in HF
- F-CH: Knowledge in therapeutic patient education

## Skills

- Providing (individualized) patient education
- Building a therapeutic relationship
- Person centred-care

## Professional behaviours

- Working independently and also in multi-professional teams
- G-CH: Professionalization; evaluation of patient education; leadership

# Evaluation of the HF role in clinical practice: HF nurse perspective

## What to retain

- Infrastructure (room, time)
- (Several) individualised consultations, face-to-face
- Education and prevention
- Discussing brochure of the Swiss Heart Foundation with patients
- Collaboration with cardiologists and other professions

## What to change

- Role description, time (%), structure, organisation
- Reimbursement of patient education/counselling
- Clinical pathway for HF; coordination with medical follow-up
- Patient education across HF illness trajectory
- Supporting patient skills

## Other comments – quotes from participants

„Ich wünsche mir ein Instrument (...) zur genaueren Einschätzung (...) [von] Symptomen. Die ich kenne, sind für mich in der Praxis nicht (...) geeignet.“

„Die Pflege bei Patientenschulungen (...) hat zu hohe Erwartungen an die zu erreichenden Kompetenzen der Patienten. (...) [Alle Spezialisten] haben die Erwartung, dass der Patient (...) bestens Bescheid weiss.“

„Es würde mich sehr freuen wenn die HI Beratung mehr Akzeptanz erhalten würde. Die Wichtigkeit der Nachberatung erkannt würde.“

«Nous avons l'impression que l'éducation thérapeutique n'existe pas en soins aigus.»

«Consultation infirmière pour les patients IC est très importante. Elle apporte beaucoup aux patients et permet aux infirmières d'asseoir leur propre rôle en collaboration avec les autres thérapeutes.»

«Je crois qu'il est essentiel d'être et de se sentir reconnu dans notre rôle infirmier pour nous motiver à mettre en place un projet. Jusqu'à maintenant cela a toujours été un échec.»

## Discussion & Conclusion

- To our knowledge, this is the first survey to describe the role of HF nurses in Switzerland
- The survey was based on the ESC HF nurse curriculum
- HF nurses in Swiss settings address relevant ESC recommended themes
- HF nurses are concerned about lack of infrastructure, role description, restraints of time jeopardizing patient education in HF care
- These results may be valuable for both, HF nurses with a role in HF care, those developing or enabling such a role in clinical practice, and for further optimizing post-diploma HF education in Switzerland
- Further research is needed
  - Representative sample
  - What differences exist between HF nurse roles in F-, G- CH?
  - How do HF nurses manage to keep up to date with state-of-the art knowledge?
  - In what situations do HF nurses plan no sessions but 4 or 5; when do they develop in-house brochures?
  - What impact of HF nurses role on patient outcomes in HF care?

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**CAS en soins de cardiologie:** <http://www.heds-fr.ch/FR/formation-continue/cas/Pages/cardiologie.aspx>

**NDS Kardiologie:** <https://www.bzpflege.ch/weiterbildung/weiterbildungsangebote/pflege-beratung-gesundheitsfoerderung-praevention/kardiologie/beschreibung>

# Thank you for your attention

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