A mid-term results of nurse-aid self-educational program for the child and early adolescents with congenital heart disease in outpatient clinic


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Background: The transitional program from the child to adult with congenital heart disease (CHD) has become an important issue, to avoid a drop out from medical center and to keep their life in good medical care along their life. We report the impact of a self-educational program on understanding of their own disease and treatment to facilitate the smooth transition to the adult CHD medical center, no matter where the ACHD patients live.

Aim: we evaluate the nurse-aid self-educational program for young adolescents with CHD guided by questionnaire in outpatient clinic.

The subjects were 6214 patients with CHD > 15 years old visited to our outpatient clinic between May in 2011 to November in 2014.

Methods: All patients were once informed from the age of 6 years old about their diagnosis and the content of treatment including the surgery and medications with figures in outpatient clinic. The status of the ACHD patients was assessed by questionnaires regarding to their diagnosis, surgical procedure, hemodynamics, medications, exercise range, the prevention of infective endocarditis, and the issues of pregnancy.

Results: The patients were also requested to draw the figures of their post-surgical state which had been taught by the charged doctor from the elementary school age.

Results: the rate of the correct answers for all major questions was 13.6% (<20y) and 36.7% (20y<), while that of no correct answers for all major questions was 14.7% (<20y) and 16.3% (20y<). The rate to need further follow-up to ascertain the self-esteem for their medical and social issues changed from 71.5% (<20y) to 47% (20y<). After receiving the nurse-aid program, 67% of patients could improve their achievement scores, however there still remained high percentage of those who could not draw their post-surgical figures.

In conclusion, the nurse-aid self-educational program for children and early adolescents with CHD is indispensable to train them to be independent in adult as a transition, however the educational approach needs to improve the self-confident understanding of their own disease.