

NP-4

A qualitative exploration of causes of anxiety in parents of children with Tetralogy of Fallot. How can the Cardiac Nurse Specialist team improve current practice?

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Purpose

This service improvement project aims to gain an insight into causes of parental anxiety for parents whose children have Tetralogy of Fallot, and how the cardiac nurse specialist team can improve practice to reduce this stress and anxiety. This study was undertaken at a paediatric cardio-respiratory specialist center in London.

Methodology

for this service improvement project, and Experience-Based Co-Design methodology was utilised. Qualitative research was undertaken in the form of a focus group. Six parents of children diagnosed with Tetralogy of Fallot were asked open ended questions to discuss what caused them anxiety and stress.

Results

The focus group was recorded and data was analysed using thematic mapping. The themes that emerged were; anxiety, communication, quality of life, support in the community and social networks. Once themes were recognised, these themes were analysed and discussed using current relevant supporting literature.

Research Limitations

This research was a single center study in London, therefore this service improvement project is not necessarily representative to other centers or areas of medicine.

Practice Implications

The findings of this project will enable improvements to be made to the cardiac nurse specialist service. A multi-disciplinary team meeting will be held to circulate the results, and plan how we can better support families whose children are diagnosed with Tetralogy of Fallot based on the results found within this research.