

# Family Education Session Pilot

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## Aim

The aim of the project was to introduce an education session for relatives / carers – providing them with an insight into the self-management education that service users receive at class, easing their concerns about living with someone with a long-term condition and enabling them to help their family member with their rehabilitation.

## Method

Questionnaires were issued to service users across Tier Three and Tier Four to ascertain which topics relatives would like more information about. The five most popular topics were used to create an education session. After the education sessions relatives were given an evaluation form to assess the information provided. The five topics of discussion were: physical activity, diet, dealing with setbacks, symptom management and future planning. Service users were asked for verbal feedback on the session (specifically - whether the session provided sufficient, relevant information) at their next class.

## Results

Five full sessions across five sites were delivered. Feedback from both service users and family members was extremely positive – with 94% of family members and 84% of service users strongly agreeing that the topics were relevant. Family members felt that more information was required on diet, symptom management and future planning. 94% of family members and 89% of service users strongly agreed the information was understandable.

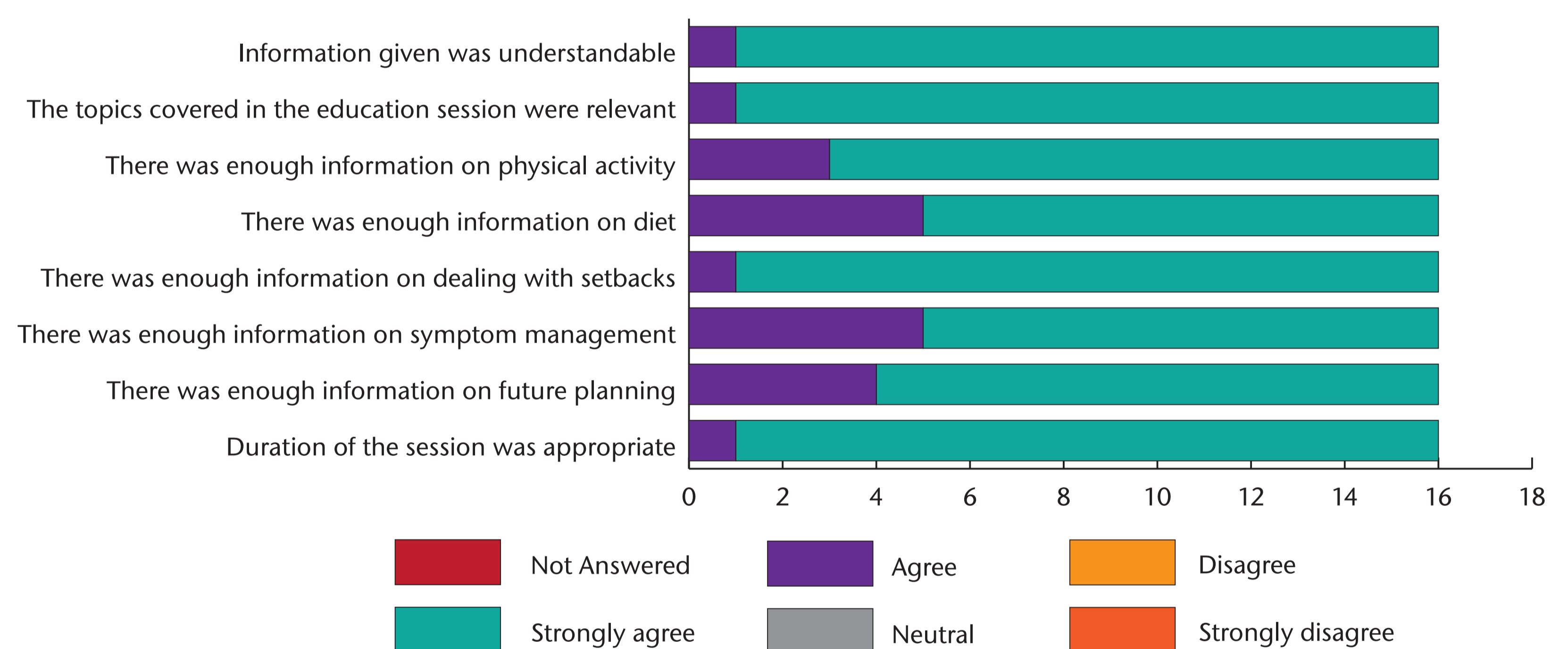
## Conclusions

The majority of those who attended found the session to be sufficiently informative and relevant, with benefits extending to the home environment. Feedback on session content and duration will be used in future implementation of the family education session. Many of those whose family member(s) did not attend, stated that their family member(s) would have benefitted from attending the session.

## Family feedback

- Would be good to have a session for just spouses/partners
- More information and discussion of emotional wellbeing and stress factors
- More support for family from NHS during this difficult time
- Unexpectedly emotional when considering impact
- Made you feel you were not alone and there are other groups and professionals... available to support
- Lots of good information explained very well and easy to understand

### Family Feedback



## Service user feedback

- Good session interesting to hear other people's problems and how to deal with them
- Group discussion always help
- Certainly worthwhile and beneficial
- This was a very useful and informative session..all the staff were (and are) brilliant
- Other people's problems are always relevant to one's self

### Service User Feedback

