

Press release

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Basic information

Name: Vibeke Lynggaard Email: viblyn@rm.dk Phone: 25485645

Department of: Clinical Medicine

Main supervisor: Claus Vinther Nielsen

Title of dissertation: LC-REHAB: Effect of the patient education Learning and Coping Strategies in cardiac REHAbilitation - a randomised controlled trial

Date for defence: 12. April 2018 at (time of day): 14-16 Place: Regionshospitalet Herning, Auditoriet, Indgang N1, Kælderen, Gammel Landevej 61, 7400 Herning

Press release (Danish)

Ph.d. forsvar om genoptræning af hjertepatienter

Hospitalsenheden Vest inviterer torsdag 12. april til et ph.d. forsvar om en ny patientuddannelse for mennesker med forskellige former for hjertesygdomme. Afhandlingen er udarbejdet af klinisk koordinator og projektsygeplejerske Vibeke Lynggaard, som til dagligt arbejder i Hjerteforskningsklinikken på Regionshospitalet Herning. Ph.d. projektet er gennemført på Aarhus Universitet, Health.

Vibeke Lynggaard har i sit ph.d. projekt gennemgået resultaterne for 825 patienter, som har deltaget i et lodtrækningsforsøg, hvor alle patienter gennemgik et otte uger langt genoptræningsforløb.

Halvdelen af dem har modtaget en ny patientuddannelse, som hedder "Læring og Mestring". Der er tale om en deltagerinvolverende undervisningsmetode, hvor en erfaren, tidligere patient er medunderviser i et team sammen med en sygeplejerske og fysioterapeut.

Ph.d. afhandlingen synliggør effekten af "Læring og Mestring", hvor der blandt andet er målt på i hvor høj grad, patienterne gennemfører forløbet samt deres livskvalitet, udbytte af undervisningen, risiko- og livsstilsfaktorer, dødelighed og genindlæggelser.

Effekten af "Læring og Mestring" er i afhandlingen stillet op over for en mere traditionel undervisningsmetode.

Projektet er iværksat, fordi genoptræning af hjertepatienter er gavnlig. Alligevel har mange hjertepatienter svært ved at gennemføre et genoptræningsforløb. Samtidig har flere patienter svært ved at opnå og fastholde en sund livsstil.

Derfor er der brug for en patientuddannelse, der kan hjælpe dem bedre til selvhjælp ved at stille velafprøvet viden til rådighed på en mere involverende måde.

Forsvaret af ph.d.-projektet er offentligt og finder sted den 12/4 kl. 14 i Auditoriet, Regionshospitalet Herning, Indgang N1, kælderen, Gammel landevej 61, 7400 Herning. Titlen på projektet er "LM-REHAB: Effekt af patientuddannelsen Læring og Mestring anvendt i hjerterehabilitering - et randomiseret studie". Yderligere oplysninger: Ph.d.-studerende Vibeke Lynggaard, e-mail: viblyn@rm.dk, tlf. 25485645.

Bedømmelsesudvalg:

Bo Christensen, Professor, PhD, MD (Chairman)
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Press release (English)
PhD defence about rehabilitation of patients with heart diseases

Regional Hospital West Jutland invites to a PhD defence on Thursday the 12th of April about a new patient education strategy for patients with different kinds of heart diseases. The dissertation is carried out by Clinical Coordinator and Study Nurse Vibeke Lynggaard who is working at the Cardiovascular Research Unit at Regional Hospital Herning. The PhD project is carried out at Aarhus University, Health.

In her PhD project, Vibeke Lynggaard has reviewed the results from 825 patients which have participated in a randomised trial where all patients attended an eight-week rehabilitation programme.

Half of the patients received the new patient education called "Learning and Coping Strategies" which is a participant involving educational strategy using experienced former patients as co-educators in a team with nurses and a physiotherapists.

The PhD dissertation display the effect of "Learning and Coping Strategies" which has been assessed on adherence to the rehabilitation programme as well as quality of life, impact of education, risk and lifestyle factors, mortality, and hospital readmissions.

The effect of "Learning and Coping Strategies" has been assessed towards a more traditional education strategy.

The PhD project is launched because rehabilitation of patients with heart diseases is beneficial. Nevertheless, many patients with heart diseases are challenged in adhering to the rehabilitation programme and achieving and maintaining a healthy lifestyle.

Therefore, there is a need for a patient education which aims to improve self-care in patients by providing well tested knowledge in a more participant involving way. .

The defence is public and takes place on Thursday the 12th of April 2018, 2 o'clock p.m., at Regional Hospital Herning, Auditoriet, Indgang N1, kælderen, Gammel Landevej 61, 7400 Herning. The title of the project is LC-REHAB: Effect of the patient education Learning and Coping Strategies in cardiac REHABilitation - a randomised controlled trial. For more information, please contact PhD student Vibeke Lynggaard, email: viblyn@rm.dk, Phone +45 25485645.

Assessment committee:

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Department of Clinical Science, Faculty of Medicine and Dentistry, University of Bergen; and
Department of Heart Disease, Haukeland University Hospital; Bergen, Norwayname, title and place of
employment of the three members of the committee

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