

Report from 'Train the Trainer' workshop, December 2017

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Chair of the National Societies Committee

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The two day 'Train the Trainer' workshop in Heart House on 7–8 December 2017 had attendees from Cardiovascular Nurses National Societies in Cyprus, Poland, Greece, Switzerland, Czech Republic, Croatia, USA, Netherlands, UK, Finland, Switzerland, Italy, Slovenia, Austria, Ireland, Israel, Portugal, Denmark, Norway and Indonesia.

Day one began with a welcome address from CCNAP chair, Ekaterini Lambrinou, followed by an informative talk entitled 'EORP registries and their link with ESC Guidelines' given by Bernard Iung. Donna Fitzsimons presented the Be Guideline Smart Initiative and the CCNAP Survey results and Veronica Dean spoke about the development of the ESC Guidelines and the link between Guidelines and education. Communication and dissemination strate-

gies using social media was discussed by the ESC social media manager, which was followed by an animated talk on how to do a presentation. A workshop that gave participants an opportunity to identify their own country specific challenges in implementing Guidelines ended the Day one programme. In the evening, a nice relaxed dinner gave participants the chance to network and make new friends.

The next morning was opened by Anna Catrine Eldh, who spoke about Implementation Science. An overview of CCNAP and a call for new members was given by Tina Hansen and Catriona Jennings. The second workshop got participants working on an Action Plan for dissemination of the Guidelines. Donna Fitzsimons gave a summary of the two days and Mary Kerins closed the event. I think it is safe to say that all agreed that it was a worthwhile two days and went away prepared to implement Guidelines as part of the 'Be Guideline Smart' project.

Empowering the patients in their own care – one step at the time

Mariela Acuna Mora

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The STEPSTONES (Swedish Transition Effects Project Supporting Teenagers with chrONic mEdical conditionS) research group aims to develop and evaluate transition programs for young persons with chronic conditions. These interventions will prepare young persons to assume responsibility for their own care and lives during adulthood. Previously, interventions have mostly focused on clinical outcomes and have not considered the psychosocial part of the transition process. However, patient empowerment is an outcome that has potential to cover both the clinical and psychosocial needs of the person moving into adulthood. An empowered person will be more capable of participating in care and with higher self-management skills. This means being more involved in the decision making process and assuming responsibility for their own care. Even if empowerment is a central and

important concept in transition, there has been no instrument to measure empowerment in young person's available. Based on prior conceptualization of patient empowerment we decided to develop an instrument, the Gothenburg Young Persons Empowerment Scale - GYPES. In our transition program for patients with congenital heart disease we provide the skills to manage the disease and give support to assume this responsibility in the best way possible. In this setting, GYPES has become a tool to measure these abilities and give insight as to where further support is warranted.