

How can the patient version of the ESC guidelines support implementation?

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Warsaw July 2025

My background as a patient

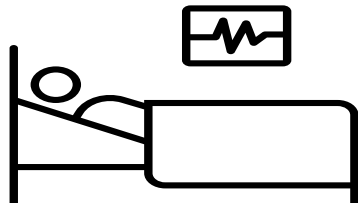


- **2010 Hypertension**
- **2011 Atrial Fibrillation (AF)**
- **2013-2014-2015 Catheter Ablations**
- **2018 Member of the Danish National Clinical Registries for AF**
- **2011-2019 18 Electro Cardioversions**
- **2019 Medical adjusted to permanent AF**
- **2022 Member of ESC Patient Forum**
- **2022-2024 Member of the taskforce for AF Guidelines**

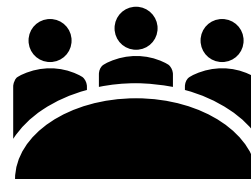
The Patient Guidelines



- **Tell what patients need to know from the Guidelines**



- **Give patients a voice and courage to interact on their disease**



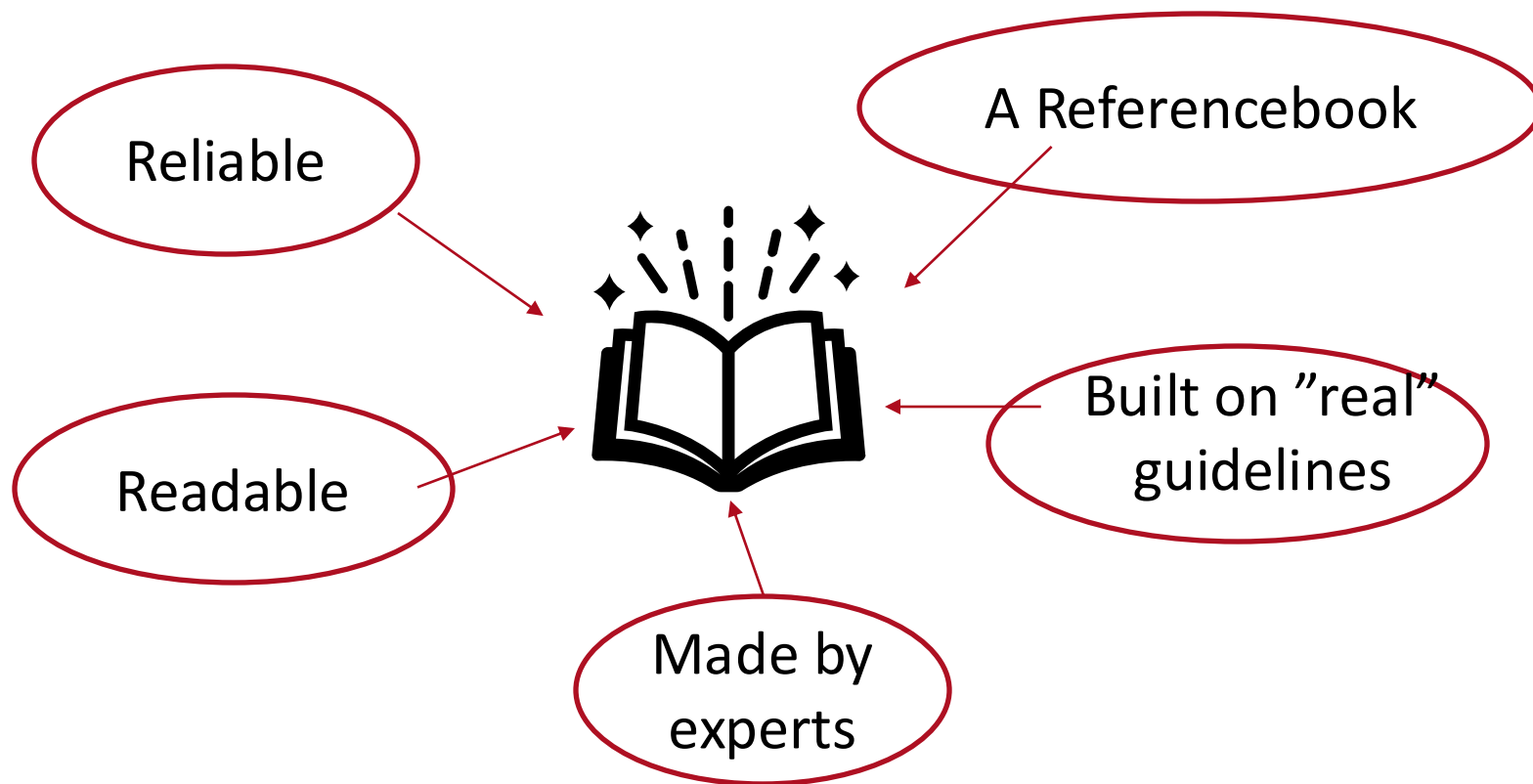
The Patient Guidelines



- Enable patients to pro-actively ask their healthcare team about Guidelines directed diagnosis and therapy
- It supports the talk with the healthcare team, who knows patients have that knowledge
- **Help implementing shared decision making**



The Patient Guidelines



The Patient Guidelines



- Easy to communicate to “new” patients and their caregivers
- It might lead to a better implementation of guidelines in general



Examples for text in patient versions

Initiation and Dosage of Heart Failure Medications

Medicines are the first treatment for all types of heart failure and should be started as early as possible, before devices or other non-medicinal treatments are used.

When diagnosed with heart failure, it is recommended that you are started on all medications quickly and their doses be rapidly increased because we know that this is the best way to improve your symptoms and reduce your risk of dying or going to hospital.

2021/2023 HF Guidelines
patient version, medication.

Shared care

You should expect to be involved in the decisions made, including what treatments you receive. This should involve a broad range of healthcare staff including nurses, pharmacists and specialist doctors, led by your general practitioner or cardiologist.

Examples of figures in patient versions



Use a validated BP monitor



Measure BP in a quiet room
after 5 mins of rest with arm
and back supported



Obtain two readings
on each occasion,
1-2 mins apart



Obtain readings morning
and evening for at least 3
and ideally 7 days



Record your readings
and show them to your
healthcare team

2024 Hypertension Guidelines patient version.

Common symptoms related to AF



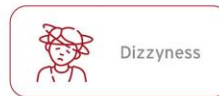
Palpitations



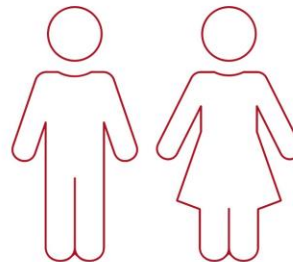
Chest pain



Fatigue and
less active



Dizziness



Disturbed
sleep



Worries



Breathlessness

2024 AF Guidelines Guidelines patient version.

The Reference Book

- Patients are sent home from hospital as soon as possible
- Is there time for giving comprehensive information so patients feel comfortable at home?
- Are patients always mentally able to take in the information and to remember it?
- You must recover at home
- **Avoid re-hospitalisation and save time for caregivers**

Patient versions of ESC Guidelines

Latest evidence-based recommendations translated into lay language to help patients understand how they can actively engage in their treatment and care.



escardio.org/Guidelines/guidelines-for-patients



ESC Clinical Practice Guidelines on
Cardio-Oncology:
**What Patients
Need to Know**



ESC Clinical Practice Guidelines on
**The Management of
Chronic and Acute
Heart Failure:**
**What Patients
Need to Know**



ESC Clinical Practice Guidelines on
**Cardiovascular
Disease Prevention
in Clinical Practice:**
**What Patients
Need to Know**



ESC Clinical Practice Guidelines for the
**Management of
Atrial Fibrillation:**
**What Patients
Need to Know**



ESC Clinical Practice Guidelines for the
**Management of
Elevated Blood Pressure
and Hypertension:**
**What Patients
Need to Know**



Thank you very much!



More information: www.escardio.org/The-ESC/What-we-do/esc-patient-engagement