

# 'Patients' & Carers' Heart and Lung Transplant Café' Clinical Audit (2022)

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## 1. Background

- Pre and post-operative heart and lung transplant patients are affected by emotional, cognitive and social changes
- Social support provided by networks such as family, friends, community positively impacts upon coping and self-management (1)
- Online support groups, such as the Heart and Lung Transplant Café, allow patients to gain social support from peers with similar lived experiences through sharing, networking and communicating together (2)

## 2. Aims

1. Explore patients' and carers' positive and negative experiences of participation in the Heart and Lung Transplant Café
2. Evaluate and identify ways in which best practice and quality of service can be improved to ensure that patient feedback is implemented into the service

## 3. Methods

### Design

- Convergent parallel mixed-methods design

### Participants

- 13/70 respondents = 19% response rate
- Males and females aged between 31-80 years

### Procedure

- Approved by Trust communications
- Informed consent gained, anonymity and confidentiality maintained
- Patients recruited via volunteer sampling
- Online questionnaire sent to patients via monthly emails - data collected over 3 months

### Data Analysis

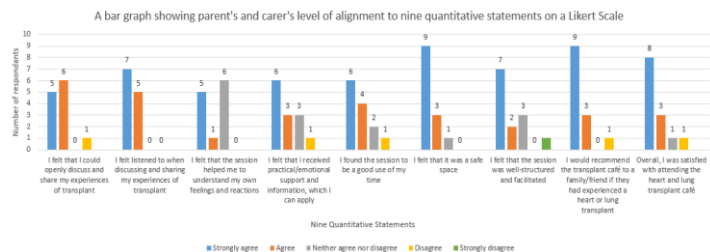
- Quantitative – Descriptive statistics
- Qualitative – Inductive approach to thematic analysis



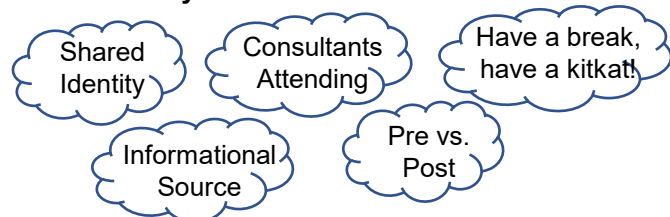
## 4. Results

### Descriptive Statistics – 3 Most Common Experiences:

1. Felt listened to when discussing and sharing their experiences (n=13, 100%)
2. Felt it was a safe space (n=12, 92.3%)
3. Would recommend the café to a family/friend (n=12, 12.3%)



### Thematic analysis:



## 5. Discussion

- Findings consistent with the limited existing literature
- **Strengths** – For those whom attending in-person is psychologically/physically demanding, emotional support was greatest incentive, promoted sense of empowerment in living with chronic/long term condition
- **Weaknesses** – Length of sessions, joint pre and post-operative heart and lung transplant sessions, greater involvement from medical consultants, online questionnaire prevented follow-up questions, patients from UK, English speaking country – lacks generalisability ≠ representative
- **Recommendations** – Greater advertising, “Special” events, reduce session length, updated list of attendees, regular evaluation

1. Goktas, S et al., (2019). Social Support Perceptions and Hope Levels of Patients Waiting for Organ Transplantation. *Transplantation Proceedings*, 51(7), 2245-2249.

2. Perkins, V., Coulson, N., & Davies, E. (2020). Using Online Support Communities for Tourette Syndrome and Tic Disorders: Online Survey of Users' Experiences. *Journal Of Medical Internet Research*, 22(11), e18099