

Fellow Research Grant - Jill M. Steiner, MD, MS
Adult Congenital Heart Disease Fellow, Division of Cardiology
University of Washington

Strategies for the Successful Adaption of the PRISM (Promoting Resilience in Stress Management) Intervention to Promote Resilience for Patients with Adult Congenital Heart Disease

Background:

Early mortality and reduced quality of life related to comorbidities and symptom burden are of serious concern for patients with adult congenital heart disease (ACHD), despite the fact that more than 90% of children born with congenital heart disease now survive to adulthood. Incorporating palliative care into medical ACHD care can help address these challenges. Enhanced resilience can help patients maintain physical and emotional well-being in stressful situations. The Promoting Resilience in Stress Management (PRISM) intervention is a brief, skills-based intervention targeting universal resilience resources such as skills in managing stress, setting goals, cognitive restructuring, and meaning-making. It has been shown to improve self-perceived resilience and quality of life and to lower psychological distress among adolescents and young adults with cancer and their parents. With a tailored approach, I believe PRISM can be successfully applied to strengthen the resilience of patients with ACHD. In this application, I propose a qualitative study to evaluate PRISM's potential in this important population.

Proposal:

We will conduct individual, semi-structured interviews with participants ages 18-45 years who have moderate or complex ACHD. To explore the feasibility, acceptability, and appropriate adaptations of PRISM for this population, questions will address patients' perceptions of their own resilience, what influences its presence, and examples of resources they have used to develop and maintain resilience. We will discuss the PRISM-specific skills, their relevance to developing resilience and promoting engagement in health care, and preferred learning opportunities in this population. We will use grounded theory to identify modifiable resilience resources and strategies to adapt PRISM for use in this population.

Impact:

The findings of this study will allow for a better understanding of the way patients with ACHD view and utilize resilience in their daily lives. It will result in an action plan for adapting PRISM for use in this population, with the goal of improving quality of life through enhanced resilience.