

**Patients' and healthcare professionals views/experiences of atrial fibrillation and oral anticoagulant therapy: A meta-synthesis**

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**Background:** Atrial fibrillation (AF) patients are prescribed oral-anticoagulant (OAC) therapy, often warfarin, to reduce stroke risk. However, it is under-prescribed and sometimes refused by patients. We explored existing qualitative evidence about patients' and health professionals' experiences of OAC therapy. **Method:** Data from nine studies were synthesised qualitatively. Quality was appraised using the CASP tool. **Findings:** Three themes emerged: (1) deconstructing the medical consultation, (2) AF, OAC therapy and the patient experience and (3) challenges in OAC prescription and acceptance. Synthesis uncovered perspectives that could not be achieved through individual studies. **Discussion:** Physicians' and patients' experiences present a dichotomy of opinion on decision making, which requires further exploration and changes in practice. Outcomes of workload pressure on both health professionals and patients should be investigated. There is also a need for ongoing support and education to both patients and physicians, which is critical to achieve best practice and treatment adherence.

**Evaluating health behaviours among old men for planning psychoeducational group interventions**

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**Background:** Group interventions to promote health and prevent disease among elderly require gender issues to be taken into account. The objective was to identify health needs of old men and plan group interventions to set up health behaviours. **Methods:** This study was conducted using qualitative techniques of data collection and analysis. Thirteen men participated, mean age of 69 years, married and with different chronic diseases. They answered a semi-structured interview to identify repertoires of health behaviours and define individual goals. Analysis of contents was used. **Findings:** Three thematic categories were identified: healthy habits (e.g. practice of physical activity, healthy eating habits), search and utilisation of health services (e.g. doctor consultations and preventive exams) and social skills (e.g. express feelings in an assertive way). **Discussion:** This preliminary assessment allowed planning the strategies to attend the specificities of participants and favoured a comprehensive approach of old men's health.

**Fatigue in airline pilots: The importance of objective and psychosocial aspects of the work environment**

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Pilot fatigue is associated with a higher risk of airline accidents. Objective work measures such as flying hours are known drivers of fatigue, but the relative importance of psychosocial work stressors is unclear. This cross-sectional survey of pilots assessed fatigue (Fatigue Severity Scale), objective work measures (combined into a work index), perceptions of work demands and control (Karasek demand-control model) and organisational justice. 492 questionnaires were returned (41.7% response rate). Significant fatigue (FSS  $\geq 5.0$ ) was reported by 45% pilots. In multiple linear regression, fatigue was predicted independently by higher perceived demands ( $\beta = 0.162$ ,  $p < 0.001$ ), lower job control ( $\beta = -0.147$ ,  $p < 0.001$ ) and higher than average work index (2.501,  $p = 0.002$ ), adjusting for age, financial strain and chronic