

Congestive Heart Failure and Importance of Patient Understanding

[Name of Writer]

[Name of Institution]

SAMPLE

Congestive Heart Failure and Importance of Patient understanding

Clinical Problem

The clinical problem that has been identified is congestive heart failure, which refers to the situation when heart is unable to supply sufficient blood flow and does not fulfill the needs of the body. Failure of heart can cause numerous symptoms and diagnoses of the condition can be done through blood tests and echocardiography. In the countries that are developed, approximately 2% of the adults suffer because of failure of heart, however when they are normally 65 year old, the chances of heart failure increase to 6 to 10%.

Contrary to popular belief, heart failure is not a disease. Heart failure is called arises due to various reasons state in which the attenuated contractility of the heart muscle (myocardium) and the heart loses the ability to provide the body with the necessary amount of blood . The syndrome of heart failure complicated by a number of diseases of the cardiovascular system, particularly as often the disease occurs in people suffering from coronary heart disease and hypertension. Heart failure in many cases reduces the quality of life and can cause death.

Importance

For the heart to work effectively, it needs to pump in a controlled and regular rhythm, with coordination between the atria and ventricles. If these cease to work in unison, then the result in the worst case scenario may be death, depending on the type of arrhythmia. Congestive heart failure may be caused by any interference with the usual means regulating cardiac output. Cardiac yield depends on preload (amount of body-fluid in the ventricle at the end of diastole), after load (the force against which the left ventricle ejects), contractility of the sinew and heart

rate. Any alteration in these factors can lead to declined ventricular function and subsequent congestive heart failure. The heart is the body's main circulatory system. It is a muscular organ located in the conical chest cavity. It works like a pump, pushing blood through the body. Its size is slightly larger than the fist of the wearer. The heart is divided into four chambers: two upper-called right atrium (right atrium) and left atrium (left atrium) and two lower chambers, called the right ventricle and left ventricle. The heart is an organ muscular self-controlled, a pump applicant and stimulating, consisting of two parallel pumps that work in unison to propel blood to all organs of the body. The atria are chambers of receipt, which send blood to get into the ventricles, chambers that function as expulsion. The right heart receives poorly oxygenated blood from:

Literature Critique

Five studies that address the problem have been reviewed, and the details of the work have been mentioned below.

Summarize the problem

There has been a high rate of prevalence of probability for the people to become a victim of heart failure. This is because of numerous causes; however, since heart is the most primary organ in our bodies without which our bodies cannot function, it is important for it to function well. Therefore, it is also important for the doctors and the nurses to create awareness with regards to the problem in order to educate the people about it and to tell them about the symptoms and ways which can prevent them from becoming a victim.

Key five points of each article

Article # 1 - To reduce heart failure readmissions use the teach-back method

1. This study has revealed the fact that educational programs with regards to the patients suffering from heart failure have played a positive role in reducing readmissions.
2. The example of Lehigh Valley Hospital can be quoted, that shows that the readmission rates have reduced by 12% (Patient Education Management, 2011).
3. Patients who belonged to the age group of 65 also reduced the rates of readmission by one third. This has been done by University of California San Francisco Medical Center.
4. This is because of the opportunities that have been provided by teach-back protocols.
5. Through teach-back protocols, patient repeats instruction in their own words, they have access to understanding and they can rephrase the message that enables them to identify the gaps.

Article # 2 - Acute heart failure: Patient assessment and management

1. Acute heart failure is life threatening because of which it requires assessment and treatment on an immediate basis.
2. Care is taken by the nurses.
3. The primary elements of patient assessment include the important signs, status of fluid and its assessment and investigations with regards to diagnostics.

4. Physical aspect of health is affected because of the symptoms of heart failure, therefore, psychosocial assessment is also important. Thus, in this group, pharmacological investigation as well as the other treatments is highly important.
5. Monitoring changes in the condition of the patient is essential and patient care must be advocated by the nurses, patients should be educated and heart failure specialist must be consulted (Whitlock & MacInnes, 2010).

Article # 3 – Learning for heart failure patients (The L-HF patient study)

1. Information delivery to the heart patients is important; therefore educational programs for the patients must be initiated.
2. Discrepancies occur between the perceptions of the nurses and the patients with regards to the study.
3. There is no evidence with regards to the educational programs which have been based on the learning needs of the patients suffering from heart failure.
4. Semi-structured interviews of 12 patients was conducted which resulted in four themes, knowledge quest, barriers to learning, facilitators for learning, and meeting educational needs (Boyde, et.al, 2009).
5. Preferred learning modality of the heart failure patients is revealed by the study.

Article # 4 – An innovative approach to standardizing heart failure care: The heart failure support team

1. Comprehensive program with regards to heart failure have been determined by the study by using a three step approach during acute care which was headed by advanced practice nurse and whether it enhances the outcome.
2. Implementation of Centers for Medicare and Medicaid Services Appropriate care recommendations for the patients suffering from heart failure was required to reduce variation and increase quality care.
3. Reviews have shown that patients were admitted with one diagnosis but were discharged under the group related to heart failure diagnosis. In the study, patients with heart failure were not identified; therefore, care during program development could be improved.
4. Scores of the patients of heart failure showed improvements from 82.12% to 100% (Manning &Wendler, 2010). The keystone of the program was electric tracking of the patients, identification, and monitoring of the patient.
5. Team should be appointed to support the approach of heart failure.

Article # 5 - Hospital Discharge Education for Patients With Heart Failure: What Really Works and What Is the Evidence?

1. Patients should be educated before they are discharged from the hospitals because this promotes self care, and reduces the number of readmissions.
2. To manage health, patients should have partners who are active.

3. Patients should know about the conditions and the medications which should be used by them for treatment (Paul, 2008).
4. Nurses must know the barriers of health care.
5. Nurses should assist patients in overcoming the barriers.

Examples

Research Design

The research design that has been used in the study is qualitative and the patients suffering from heart failure have been observed and the number of readmissions has been noted (Boyde, et.al, 2009).

Sample and Setting

The setting that has been used includes more commonly the hospitals where the patients come for treatment and the statistics that show the number of readmissions. Moreover, the level of education that the patients possess with regards to heart disease have also been identified.

Relevancy to Practice

This practice is extremely relevant to clinical practice and this is because of the development of effective modes with regards to education which will increase the number of heart failure programs and will prevent the patients to suffer from heart failure.

Research in Practice

With regards to literature critique, current policies that address the problem of heart failure have been reviewed, after which a recommendation has been made.

Maintain Current Practice

With regards to the study, it has been revealed that the strategy that is being used to create awareness related to heart failure has been quite successful. This can be further proved by the figures that show that educational programs have played a positive role. The example of Lehigh Valley Hospital can be quoted, that shows that the readmission rates have reduced by 12%. Moreover, teach-back protocols have also resulted in improvements. This enables the patient to repeat instruction in their own words, have access to understanding and they can rephrase the message that enables them to identify the gaps. However, discrepancies occur between the perceptions of the nurses and the patients. A three step approach should be used during acute care which should be led by advanced practice nurse because it enhances the outcome. However, the implementation of Centers for Medicare and Medicaid Services Appropriate care recommendations is required in order to enable the patients suffering from heart failure to reduce variation and increase quality care. Since heart failure in patients is not identified at the time they are admitted, it can be said that care during program development could still be improved. Scores of the patients of heart failure showed improvements from 82.12% to 100%. The keystone of the program was electric tracking of the patients, identification, and monitoring of the patient (Patient Education Management, 2011).

Conclusion

In the end, it can be concluded by saying that education must be provided to the patients before they are discharged from the hospitals. This is important because this promotes self care, and reduces the number of readmissions. Moreover, the patients should be aware about the conditions and the medications which they should be use for treatment. Much care should be provided by the nurses to ensure that then barriers of health care are crossed.

Current State of Evidence Based Practiced and Performance

The current performance is much than what it was in the earlier times, and this is because of the strategies that have been adopted to educate the patients with regards to heart failure.

1. Lehigh Valley Hospital can be quoted, that shows that the readmission rates have reduced by 12%.
2. Scores of the patients of heart failure showed improvements from 82.12% to 100%.

Key Stakeholders

Patients are the key stakeholders and this is because they are the ones who are being affected because of heart failure. This is because they have to face problems in their bodies and psychological problems too. Besides the patients, the other stakeholders include the nurses and the heart failure specialists who are responsible for treating the patients. The people who are near and close to the patients also have an impact in their lives if someone suffers from heart failure.

Evaluation Strategies

Evaluation of the number of readmissions with regards to heart failure should be done to know about the progress of the educational programs. Moreover, factors that elevate the risk associated with unsuccessful surgical intervention should be worked upon. These include severe refractory disease, conduction disorders, ventricular arrhythmias, underlying coronary artery disease, and valve disease. There are many conditions that can contribute to the development of heart failure. These include hypertension, coronary heart disease, diabetes mellitus, myocardial infarction, anemia, valvular disease and pulmonary embolism, which should be avoided. Moreover, cardiomyopathy occurs because of various conditions which include alcoholism and viral infection, which should also be avoided.

Implications on Nursing

Although the patients who suffer from heart failure have to face a lot of problems, the nurses also have some implications of heart failure. This is because the nurses have to cure the patients for whom they need to adopt new strategies to show their competence and save the patients.

References

- Patient Education Management. (2011). *To reduce heart failure readmissions use the teach-back method*. ACH Media. Vol. 18, no. 10, pages 109-120.
- Whitlock, A. & MacInnes, J. (2010). *Acute heart failure: Patient assessment and management*. British Journal of Cardiac Nursing. Vol 5 No 11.
- Boyde, M., Tuckett, A., Peters, R., Thompson, D., Turner, C. & Stewart, S. (2009). *Learning for heart failure patients (The L-HF patient study)*. Blackwell Publishing Ltd, Journal of Clinical Nursing.
- Manning, S. & Wendler, M.C. (2010). *An innovative approach to standardizing heart failure care: The heart failure support team*. Journal of the American Academy of Nurse Practitioners.
- Paul, S. (2008). *Hospital Discharge Education for Patients With Heart Failure: What Really Works and What Is the Evidence?* CRITICALCARENURSE. Vol 28, No. 2.