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Heart Failure Patients With Cognitive Impairment: Understanding Their Needs to Develop a Nursing Interventions Protocol

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Purpose: Cognitive impairment in patients with Heart Failure has been associated with poor self-care. The reflexive process uses by patients to achieve self-care requires learning, understanding, concentration, working memory, and organization, but can all be altered by Cognitive impairment. Those patients often need nursing care to maintain and to improve their self-care capacity despite some cognitive deficits. Thus, in order to help Heart Failure patients, it is essential to assess the patient's needs because it is particularly useful to develop intervention that is adapted to their situation. The purpose of this presentation is to demonstrate the relevance of understanding the patient's needs of Heart Failure patients with Cognitive Impairment and developing a nursing intervention protocol.

Methods: Sidani and Braden's approach will be used to develop a nursing intervention protocol. First, through 3 approaches: theoretical, empirical and experiential, the needs experienced Heart Failure patients with Cognitive Impairment in their self-care practices will be described, as well as the interventions that are susceptible to help. Afterwards, the nursing intervention protocol will be developed and applied in a pilot test where its acceptability and its feasibility will be evaluated. The theory: A Middle-Range Theory of Self-care of Chronic Illness will be used to guide this study.

Results: Preliminary results show that patients seem to be able to practice their self-care maintenance and monitoring with social and professional supports, as well as with some help in the day-to-day situation such as memory trick for medication intake. In another way, self-care management appear to be more complicated: many Heart Failure patients lack sufficient knowledge about their condition. Likewise, there is a need for improvement in interaction with health care professionals, as patients do not always understand and know how to apply knowledge they receive.

Conclusion: Aspects such as self-management of the disease and dealing with emergency and quick situations should be addressed more prominently in Heart Failure patients with Cognitive Impairment.

Title:

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Keywords:

Cognitive Impairment, Heart Failure and Self-care

References:

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Abstract Summary:

Through this presentation, nurses will be aware of the relevance of assessing the needs of the Heart Failure patient with CI in their self-care practices. The development of a nursing interventions protocol will help nurses to support patients and will ensure the quality and the safety of care.

Content Outline:

I. Introduction

A. HF and CI are associated with poor self-care

B. Understanding the needs of those patients is necessary to develop a nursing interventions protocol

II. Body

A. Design and evaluation of nursing intervention: presentation of Sidani and Braden's approach.

-Understanding the problem: patients' needs

-Clarifying elements of the intervention

-Design of tailored interventions (nursing interventions protocol)

-Testing the acceptability and feasibility of interventions

B. Presentation of the theory used in this research: A middle-range theory of self-care of chronic illness.

-Self-care as a process

-Components underlying self-care practice

C. Preliminary results: Understanding the problem: patients' needs (especially for the self-care management)

-Need of knowledge about HF condition.

-Need for a better interaction with health care professionals: patients do not always understand and know how to apply knowledge they receive.

III. Conclusion

-Self-care Management and decision making in emergency and quick situations should be addressed more prominently in HF patients with CI.

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Author Summary: I have developed an expertise with Heart Failure patients, and also about self-care practices. I am currently working with heart failure patients who have also cognitive impairment.