

Investigating the effect of self-care training on increasing general health and self-care of heart failure patients

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Abstract

Heart disease leads to health problems in people. During one year, 42% of women and 24% of men die due to a heart attack caused by it. Heart failure is one of the most common cardiovascular disorders and is considered as a chronic, progressive and debilitating disorder. Its prevalence and incidence increase with age, so that in the United States, approximately one percent of people over 50 years old and about ten percent of the elderly over 80 years old have heart failure (1). On the other hand, progress in treatment and surgery has caused patients who survive death due to heart infarction to subsequently suffer from heart failure (2).

The growing trend of heart failure caused by the complications of infectious, inflammatory, vascular and valvular heart diseases is also considered a major health problem and an epidemic disease in the United States of America, so that 5 million people suffer from heart failure in the United States and about 500,000 new cases will be added to this figure, and it is expected that the existing statistics will double in the next 30 years (3).

In Iran, according to the statistics published by the Disease Management Center in 2010, the number of heart failure patients in 18 provinces of the country is 3337 per 100,000 population. During a survey in September 2017 in Iran, 25% of the patients hospitalized in cardiac departments had heart failure (4). Heart failure leads to exercise intolerance and changes the patient's lifestyle, which affects his satisfaction and quality of life (5). The restrictions created also make the patient's work, family and social life difficult and cause social isolation and depression (6). Martenson, Drakop, Kanari and others (2003) also state that the primary source of depression and unfavorable quality of life in these patients is due to the presence of numerous physical symptoms caused by the disease.

Also, Denderdal and others state that the severity and number of symptoms of the disease have a threatening nature for these patients, and the feeling of imminent death causes mood disorders (7). Anxiety, fear, worry and mood disorders ultimately cause not to benefit from proper sleep (8). The physical symptoms caused by the disease and intolerance of activity cause social isolation and also disrupt the sexual relations of the patients, and as a result, they change the patient's roles in family and social life and ultimately reduce their satisfaction with life. In addition, the need to take some drugs such as diuretics creates a disturbance in the patient's social relationships and somehow affects their quality of life in the social dimension (9). Chronic diseases have emerged as the main challenge of health systems in the 21st century. Today, the epidemic of non-communicable diseases is responsible for 60% of the world's deaths. About 80% of outpatient visits in England and 75% of health care costs in America are related to chronic diseases. England has estimated that by 2030, the incidence of chronic diseases in the country's population over 65 will more than double (10).

The importance and necessity of self-care for heart failure patients are:

- 40% reduction in visits to general practitioners
- 17% reduction in visiting specialist doctors



- 50% reduction in visits to emergency centers

- 50% reduction in hospitalization

- 50% reduction in days of absence from work

This research is a review of articles on the effect of self-care training on increasing the general health and self-care of heart failure patients.

Keywords: Self-care, heart patients, patient education

Result:

The review of all domestic and foreign articles and researches from 2000 to 2023 has shown us that self-care training in patients, especially heart patients, which is the subject of our article, is one of the most effective components in increasing life expectancy and shortening the process of serious treatments. There is, and these activities have a direct relationship with reducing their stress and increasing the self-confidence and spirit of self-belief in these patients, and it has caused the feeling of being disabled and useless in these people to go away.

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