ABSTRACT

RESEARCH PAPER: Self-Care Behaviors of Individuals with Heart Failure Following an Educational Program

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Older patients with Heart Failure (HF) are often frail, have limited mobility, and socially isolated, limiting ability to manage self-care and access clinic-based services. Patient self-management programs motivate patients to collaborate in care by teaching self-management. The purpose of this study is to describe elderly heart failure patients’ perceptions of self-care behaviors following an educational program on HF for two groups of HF patients, one with traditional care, and one attending a self-care support educational program. This is a replication of Jaarsma et al.’s (2000) study. The framework is Orem’s Self-Care Deficit Theory of Nursing. The anticipated sample will be 50 elderly patients from a heart failure heart failure clinic in Northern Indiana. The Heart Failure Self-care Behavior Scale will measure self-care behaviors of patients with heart failure heart failure. The study will provide information on-theory-based behavioral strategies to assist elderly people in recognizing and managing manifestations of heart Failure.