

## Abstract

REASERCH SUBJECT: Effects of Mutual Goal Setting on Quality of Life in patients with Congestive Heart Failure

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Congestive Heart Failure (CHF) is a common chronic condition among the American population and the single most frequent reason for hospitalization. The quality of life for CHF patients is often poor, which may increase disease exacerbations and re-admissions to acute care facilities. Little is known about how nursing activities, such as mutual goal setting, can affect quality of life in patients with CHF. The purpose of the study is to examine the effects of mutual goal setting on quality of life in CHF patients. This is a replication of Rogers' (2002) work. The organizing framework for this study is King's (1981) goal attainment theory. Patients with CHF who do and do not participate in a nursing intervention of mutual goal setting will be compared for degree of quality of life. An estimated sample of 100 CHF patients in two acute care settings will be used. The Minnesota Living with HF Questionnaire (Rector, 2005) will be utilized to collect data. If interventions can be identified that will promote mutual goal-setting in CHF symptoms, fewer exacerbations of the disease may occur and quality of life for these patients may improve