



**Tehran University of Medical Science**

**International Campus**

**Nursing and Midwifery School**

**TITLE:**

**Effect of implementation of follow-up care model on self-management in patient with chronic heart failure disease**

**“A thesis submitted as partial fulfillment of the requirement for Master of Science (MSc) Degree”**

**In**

**Medical-Surgical Nursing**

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**Abstract**

**Background:**

Heart failure is a global health challenge affecting approximately 26 million people worldwide. The majority of individuals with heart failure live with substantial symptom burden, comorbidities, and disabilities up to 88% of people with heart failure will experience breathlessness at rest. In the context of chronic diseases. Self-management (SM) refers to the actions done by patients themselves to take control of their health. Daily weight and symptom monitoring, reviewing changes in weight and symptoms, adjusting medication and behavior based on symptoms, and so on are just a few of the many challenging and frustrating responsibilities that patients with heart failure must perform as part of their own self-management. After hospital discharge, continuous-care based on follow-up care model is one of the most important strategies to help those patients with heart failure to prevent deterioration of the disease.

The study aimed to determination the Effect of follow up care model on self-management in patients with chronic Heart Failure disease.

**Methods:**

A randomized control trail (RCT) was conducted at AL-Imam AL-Hussein Medical City in Holy Karbala. A purposive (convenience) sampling method of heart failure patients in and out clinic. Then based of Block Random Assignment, the patients were divided in to groups, the control group consist of (35) patients and study group consist of (35) patients, the patients in study group exposed to the follow-up care model. Data were collected by using demographic and The Self-Care of Heart Failure Index version 7.2 (SCHFI) questionnaire and data were analyzed by using of descriptive and inferential data statistical approach

**Results:**

The results of study indicated that self-management in both study and control group was inadequate before the intervention. After intervention the result of study group revealed significant increase of mean score in of self-care maintenance, symptoms perceptions, self-care management and self-care confidence from (19.50 ± 3.96, 21.86 ± 4.24, 21.81 ± 6.00, 20.07 ± 3.90) before the intervention to (74.92 ± 5.40, 77.01 ± 6.13, 75.32 ± 8.08, 73.92 ± 8.11) respectively after the intervention and significant decrease in number of rehospitalizations ( $P < 0.01$ ).

### **Conclusions:**

Implementation of follow-up care model can improve self-management and decrease the number of rehospitalization of heart failure patients.

Sharing the research results and educational materials to ministry of health to distributing it with health directories in Iraq will be helpful in order to establishing the heart failure rehabilitation centre for education of patients about medication, self- management and also follow up with patient to assess their condition. There is a need to coordinate with mass media with the goal of increasing the public's awareness about self –management of heart failure patients.

**Keywords:** Heart Failure, Self-Management, Continuity of Patient Care, Follow Up Care Model, Self-Care