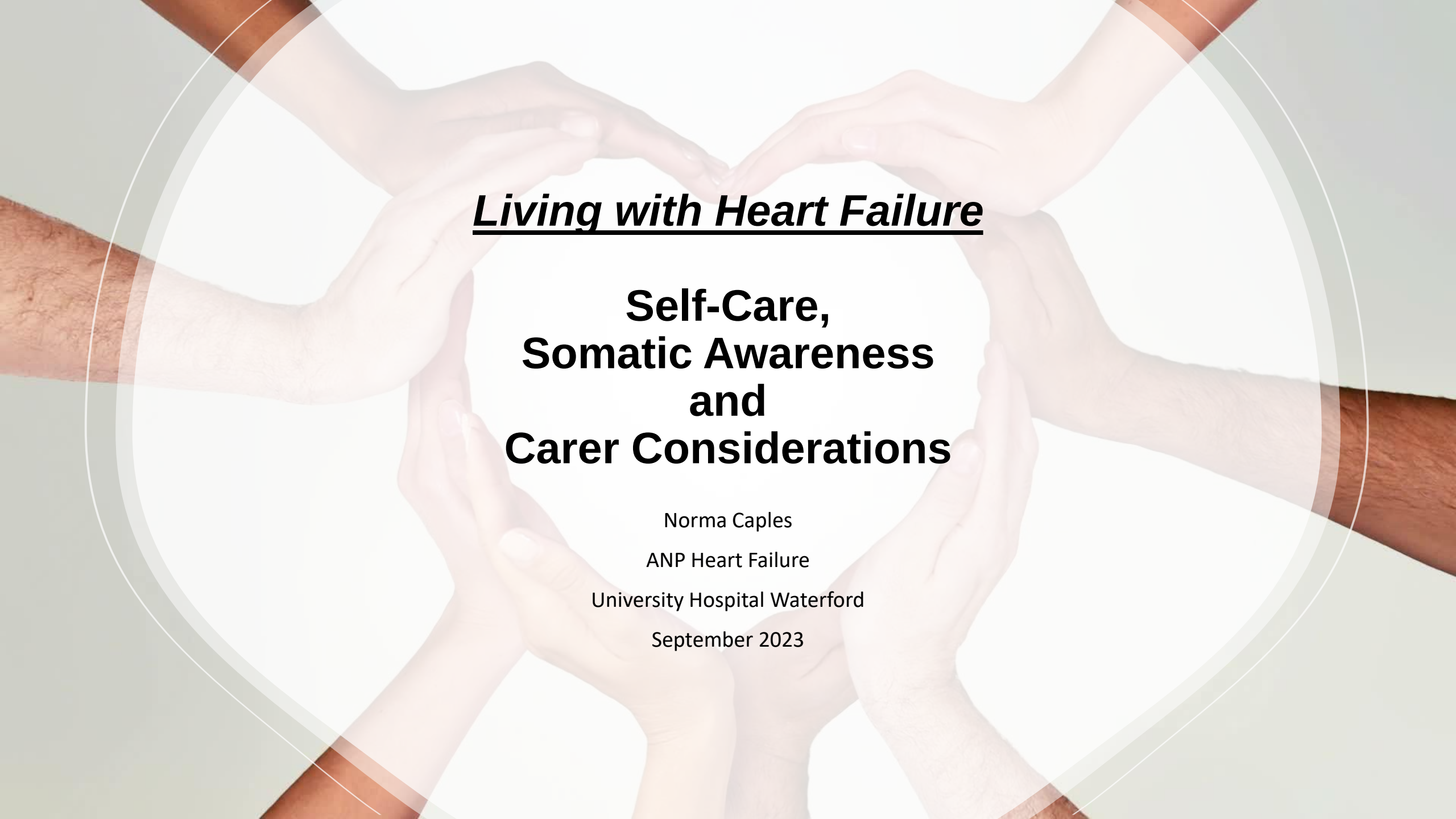




Living with Heart Failure

Self-Care, Somatic Awareness and Carer Considerations

Norma Caples

ANP Heart Failure

University Hospital Waterford

September 2023

Management of Heart Failure



The Evidence



SYSTEMATIC REVIEWS

The effectiveness of the teach-back method on adherence and self-management in health education for people with chronic disease: a systematic review

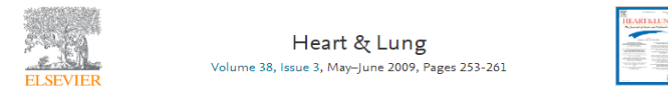
Ha Dinh, Thi Thuy^{1,2}; Bonner, Ann^{1,2,3,4}; Clark, Robyn^{2,5}; Ramsbotham, Joanne²; Hines, Sonia^{2,6,7}



SYSTEMATIC REVIEW PROTOCOL

A systematic review of the effectiveness of current interventions to assist adults with heart failure to comply with therapy and enhance self-care behaviours.

Kent, Bridie (PhD, BSc(Hons), RN)¹; Cull, Emily (BN, RN)²; Phillips, Nikki (PhD, MNStud., RN)³



Issues in heart failure

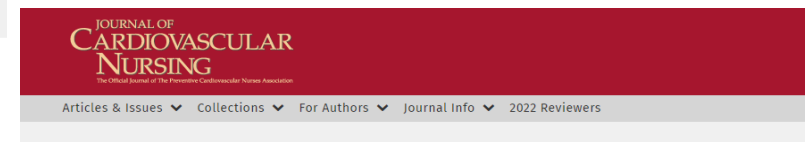
Are we teaching what patients need to know? Building skills in heart failure self-care

Victoria Vaughan Dickson PhD, CRNP.^a , Barbara Riegel DNSc, RN, FAAN.^b



A systematic review of heart failure dyadic self-care interventions focusing on intervention components, contexts, and outcomes

Harleah G. Buck.^a  , Anna Stromberg.^b, Misook L. Chung.^c, Kristine A. Donovan.^d, Karen Harkness.^e, Allison M. Howard.^f, Naoko Kato.^b, Randall Polo.^f, Lorraine S. Evangelista.^g



ARTICLES: HEART FAILURE

Self-efficacy and Educational Interventions in Heart Failure A Review of the Literature

Yehle, Karen S. PhD, MS, RN; Plake, Kimberly S. PhD, RPh

Complex





The Barriers to Self-Care

Complex

- Cognitive impairment – 75%
- Low numeracy skills
- Uncertainty
- Symptom cluster
- Low somatic awareness
- Culture/Environment
- Self-habits

Heart Failure Self-Care

Dr Victoria Vaughan Dickson (2008)

- Despite routine education and behavioral change counselling —————> patients struggled with self-care.

Classified:

- Expert
- Novice
- Inconsistent

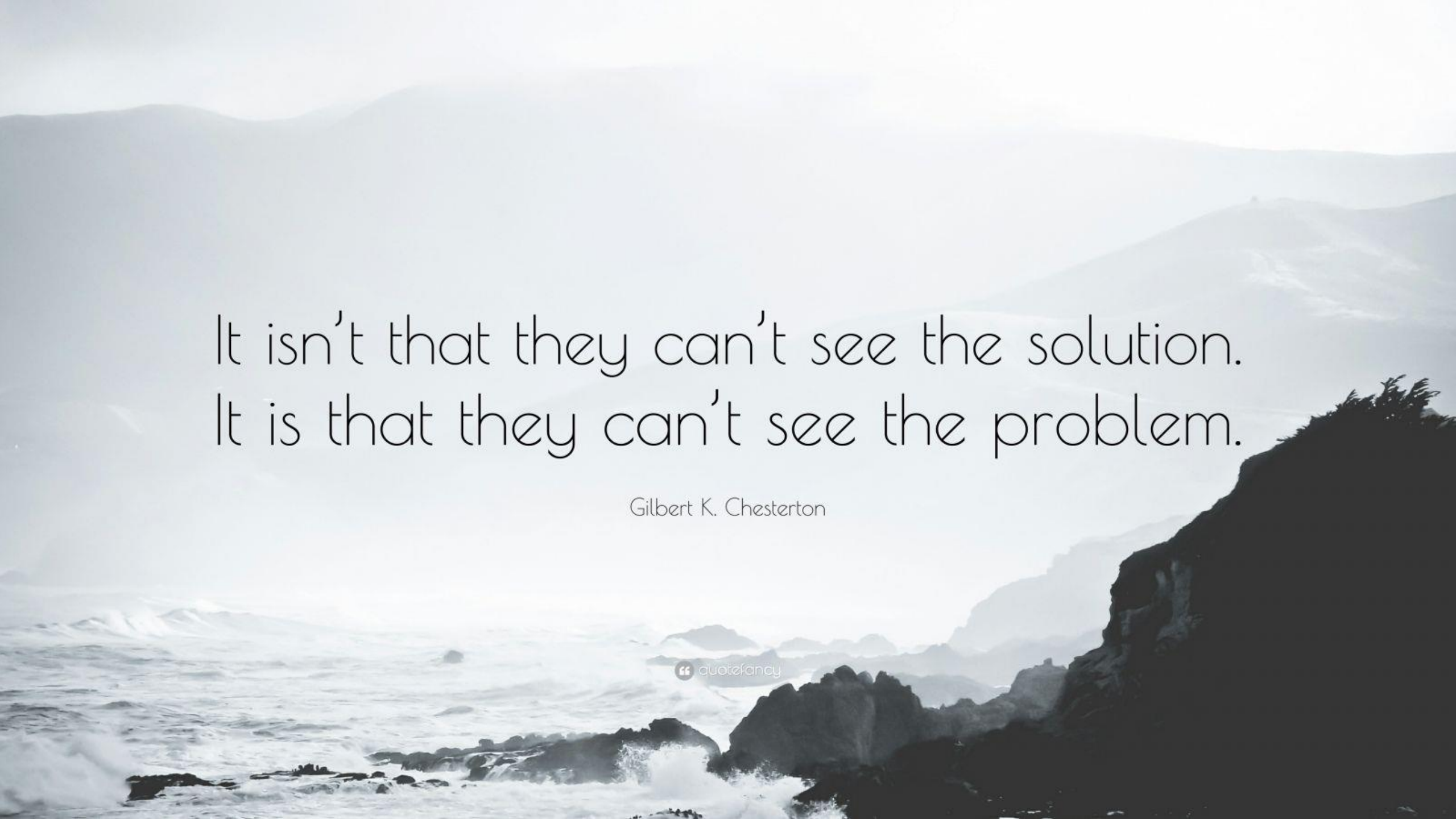


The situation-specific theory of heart failure (HF) self-care (Riegel *et al* 2016)



**Symptoms Perception
drives care-seeking**





It isn't that they can't see the solution.
It is that they can't see the problem.

Gilbert K. Chesterton

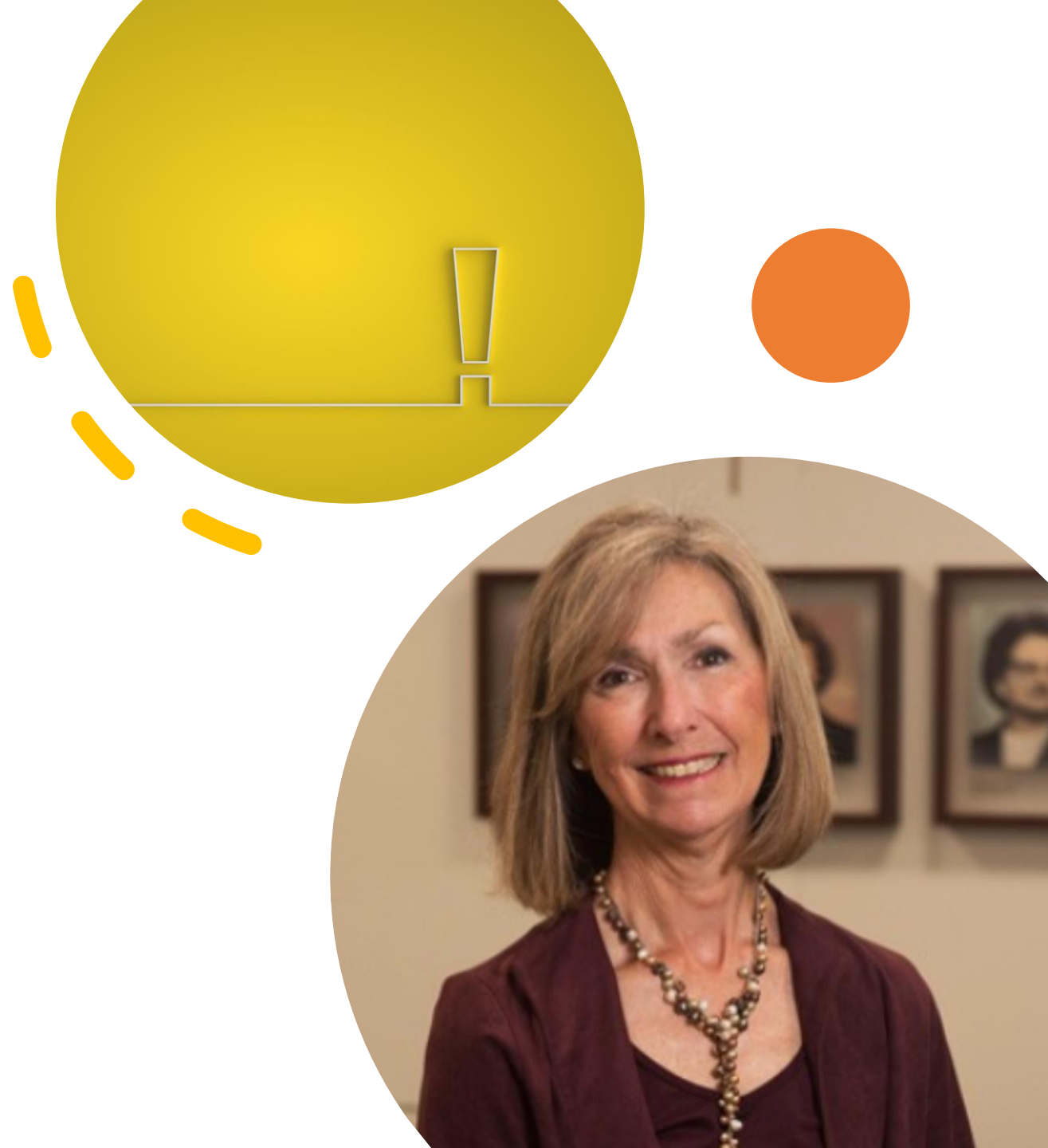
Somatic Awareness

Awareness/ ability to notice

Physical sensations secondary
to physiological change

Noticing changes in symptoms

Heart failure somatic awareness
scale (Jurgens et al 2006)





Low somatic awareness

- Associated with increased severity coronary artery disease – delay in seeking care for MI (Frazure-Smith, Warner 1987, Kenyon, Ketterer, Gheorghiade, & Goldstein, 1991).
- Associated with delay in seeking treatment for worsening heart failure (Chin-Yen *et al* 2021)

Influencing factors

- **Neurological Factors:** impaired cognition, stroke, or neurological disorders like multiple sclerosis
- **Psychological Factors:** such as depression and anxiety.
- **Chronic Stress:** Prolonged exposure to stress.
- **Heart Failure:** Reduced Blood Flow, Fatigue and Weakness, Fluid Retention and Shortness of Breath,
- **Medications:** Pain Anxiolytics, Antidepressants and Antipsychotic Medications.

Influencing factors

- **Substance Use:** Such as alcohol, opioids, stimulants and cannabis.
- **Sensory Processing Disorders:** Autism (Dyspraxia)
- **Sedentary Lifestyle:** Lack of physical activity and prolonged periods of sitting.
- **Nutritional Deficiencies:** such as Vit B12, Iron and thiamine.
- **Aging:** A natural decline.



The main support
to aid with
recognition of
worsening heart
failure is the
family
member/carer

Carer considerations

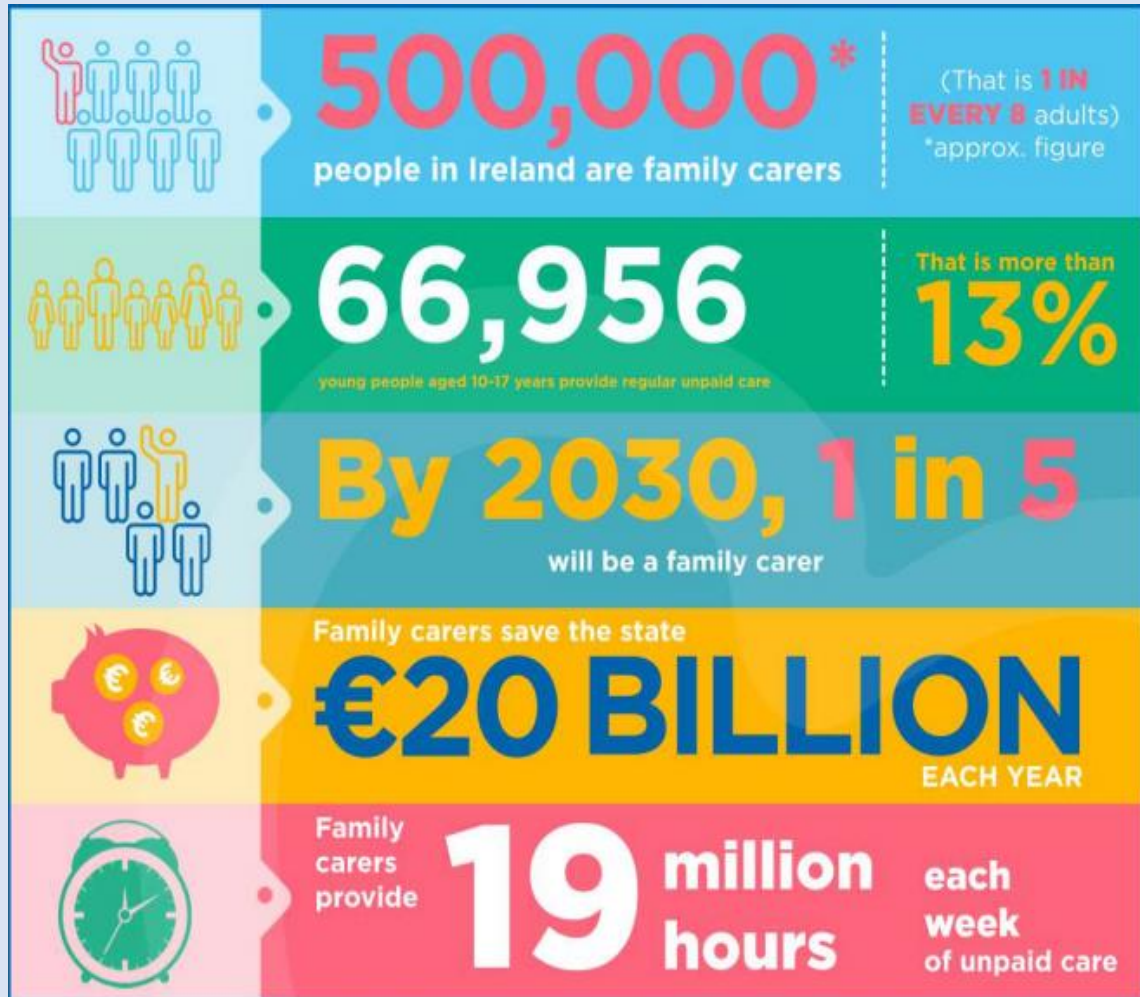


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Carer – crucial role

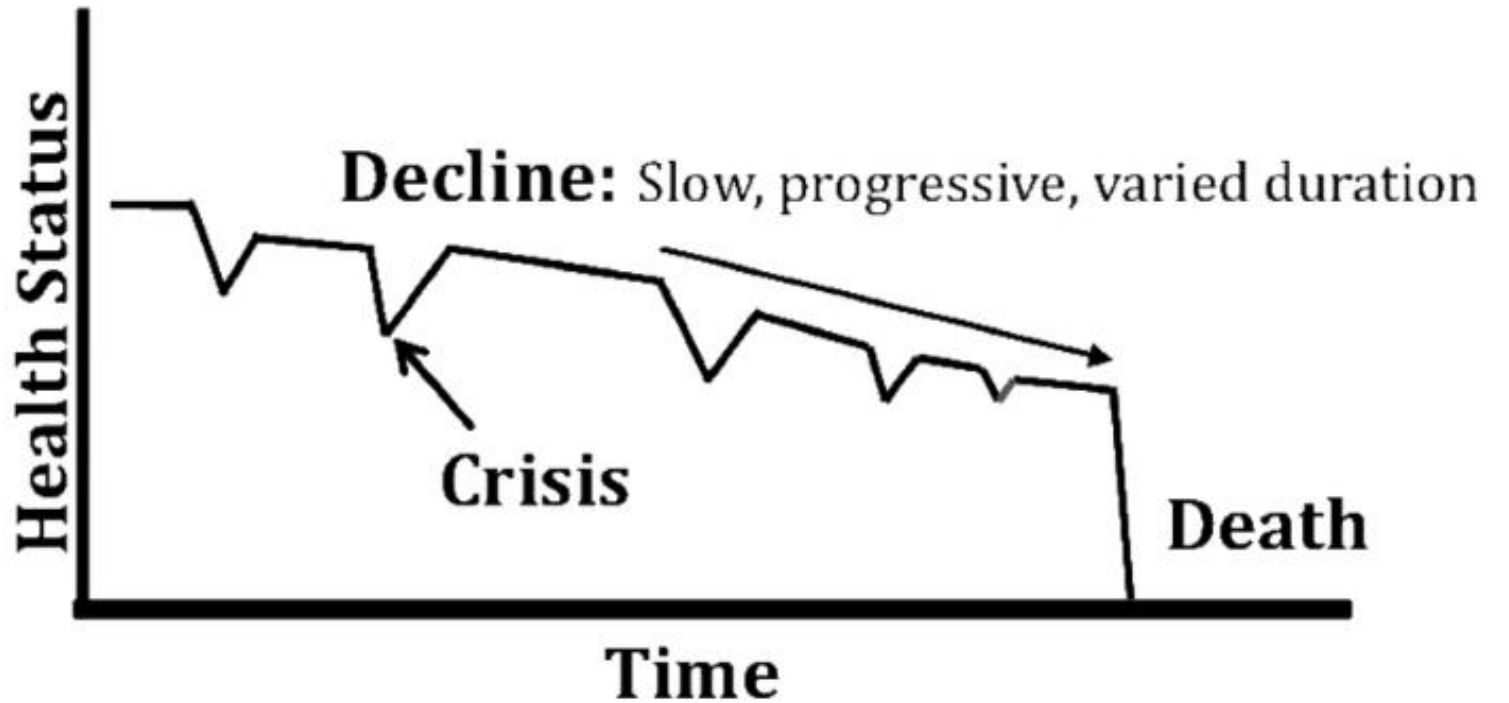
- Confidence – better management (Vellone *et al* 2020)
- Medication Management.
- Monitoring Symptoms.
- Dietary support.
- Physical Activity.
- Emotional Support.
- Healthcare Communication.
- Lifestyle Modifications.
- Safety and Fall Prevention.



- 116,838 receive carers support grant.
 - 88,906 receive carers allowance.
 - By 2030 1 in 5 will be a carer.
- (Family carers Ireland 2021)

- 
- An Irish study (RCSI- (ASPIRE-S)) found that cognitive impairment such as memory loss and poor attention could have a significant impact on family members.
 - Significant relationships between worse caregiver well-being and higher patient clinical event-risk (Bidwell *et al* 2017).
 - Carers often hide the extent of their emotional stress or anguish (Wingham *et al* 2017).
 - Significant burden, which was higher among caregivers of patients with more severe and symptomatic disease (Lahoz *et al* 2021).
 - Early integration of palliative care services improves quality of life for both patients and caregivers throughout the illness trajectory (Kitko *et al* 2020).
 - Early and repeated advanced care planning conversations (Kitko *et al* 2020).

Difficult to
navigate: Role
changing with
progression



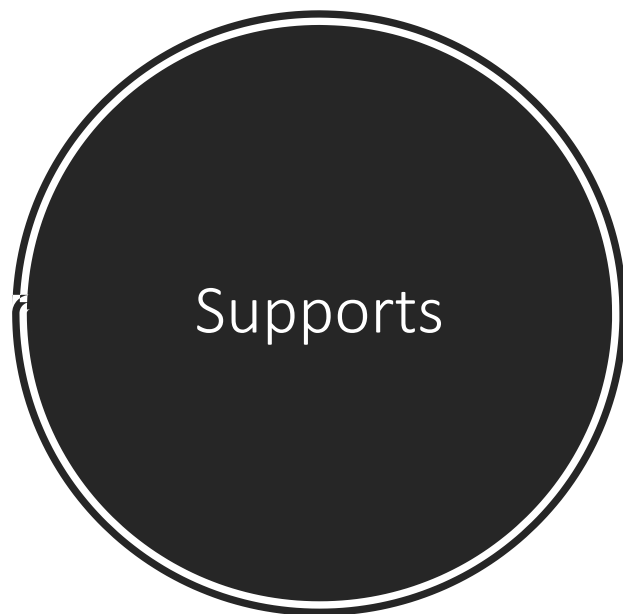
We need to consider the needs of the carer

- Signpost supports
- Respite
- Palliative care
- Advanced care plans





Fighting Heart Disease & Stroke





Thank you
Any Questions

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