

Abstract

Original Article

Self-Care Management of Individuals with Heart Failure: A Qualitative Study

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Abstract

Background: Heart failure is an important health problem that is common in Turkey and the world.

Aim: The aim of this study is to clarify heart failure patient's status of self-care management.

Methods: This descriptive qualitative study was performed in the cardiology clinic of a university hospital. We included in this study 24 patients who were diagnosed with heart failure and who attended the cardiology clinic to manage their self-care. Data were collected by using a semi structured interview form and in-depth interviews. Data were analyzed by using content analysis.

Results: We determined two themes: facilitators and obstacles. Facilitators were composed of themes such as recognition of symptoms /do not want to experience symptoms, fear, family support, believing in the treatment, motivation and being forced. Besides, obstacles were composed of themes such as not giving up habits, lack of knowledge, not accepting the disease/ not minding, lack of self-confidence and fatalism.

Conclusion: Conclusively, it is important to provide training and consultancy about the diagnosis and treatment of the disease to ensure the motivation of patients during the disease management process. It has been suggested that nurses should have roles in providing education, consultancy, and motivation to patients.

Keywords: Heart failure, self-care, nursing, qualitative research.