





Education of patients with heart failure: The key to improving the quality of life - case report

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Introduction: Heart failure is a severe and chronic condition that requires active management and cooperation of the patient, family and healthcare professionals.^{1,2}

Case report: We describe an 81-year-old patient who was admitted to Department of Cardiology in February 2023, September 2023, February 2024, March 2024, May 2024 and July 2024 with a diagnosis of acute heart failure. Other diagnoses include permanent atrial fibrillation, severe mitral and tricuspid insufficiency, and type II diabetes. Considering the history of frequent hospitalizations, caused by non-compliance with prescribed therapy, improper diet and physical inactivity, we conclude that she needs additional education and support from the family that will accompany her. Her low level of interest in her health condition further aggravated the situation. Family support until then was minimal, because family members did not fully understand the seriousness of the condition and their role in helping the patient. During hospitalization in July 2024, all risk factors for frequent exacerbations of heart failure and poorly regulated diabetes were identified. We conducted daily education of the patient and her daughter. In addition to the nurses, a nutritionist, physiotherapist, and cardiologist participated. The workshops and lectures explained in detail, adjusted to their level of health literacy, the symptoms of the disease, signs of deterioration, the importance of adherence and proper taking of the prescribed therapy, ways of monitoring symptoms and self-management, then changing the way of life and proper nutrition. We taught her light daily exercises adapted to her age and the condition of her locomotor system, which she can do herself at home. Psychologists have emphasized the importance of providing emotional and psychological support. The role of the family was crucial for improving her health and quality of life. The last hospitalization was in July 2024. After that period, every 15 days, a nurse consults with the patient over the phone to check the health status and support, as a standard measure of permanent independent secondary prevention of cardiovascular patients.

Conclusion: This case report highlights how the education of the patient with heart failure and the involvement of the family, where it has become a more active participant in the patient's care, play a key role in improving the quality of their life, reducing the number of hospitalizations and optimizing treatment outcomes and long-term health maintenance of the patient with heart failure. The paper emphasizes the importance of continuous education and support for patients with heart failure to optimize treatment, reduce the number of hospitalizations and improve self-management of the disease.

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LITERATURE

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