

Abstract

Congestive heart failure is a complex clinical condition which requires precise self-management interventions to reduce the risk of morbidity and mortality. Many patients diagnosed with congestive heart failure find it difficult to manage their symptoms, which can consequently lead to multiple emergency department visits and hospital admissions. This program implemented increased assistance in monitoring such symptoms in hopes of preventing hospital admissions and reducing hospital readmission rates. Five participants met the criteria for inclusion in this program and were closely monitored in regards to their daily weight, fluid and sodium intake, and medication compliance. Of the data collected, it was found that while three program participants excelled at monitoring their symptoms and implementing self-management interventions, one participant was not as cooperative nor compliant, and the final participant had already implemented such self-management interventions in their daily routine. In the future, a large sample size would be more beneficial for data collection and analysis. The findings from this program can be implemented in the inpatient or outpatient setting to provide further education to patients with the diagnosis of congestive heart failure.