

10th Global Nursing & Healthcare conference

August 18-19, 2016 Sao Paulo, Brazil

Randomized controlled trials on the effectiveness of home-based exercise in patients with heart failure: A systematic review

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Aim: Home-based exercise program is extended in application to heart failure patients and used to replace the hospital-based exercise. Little is known about the effectiveness on clinical practice in Taiwan. The aim of this study was to systematically review and to investigate the effectiveness of home-based exercise interventions for heart failure patients.

Methods: Randomized controlled trials in MEDLINE, PubMed, CINAHL, Embase and CEPS were reviewed using the keywords including home-based exercise and heart failure. Types of outcome were not restricted. The Jadad scale appraised the quality of identified studies.

Results: Nine studies met the inclusion criteria. There were significant improvement in participants' physical capacity, depression mood and quality of life.

Conclusion: Home-based exercise program (walking combined resistance training; at least three times per week; duration 12 weeks) supervised with telephone or home visit is important for safety and effectiveness, as well as adherence in heart failure patients.

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Mindfulness and compassion training in nursing

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Mindfulness and compassion — the practices of focusing awareness on the present moment, and relating kindly to ourselves and others — offer nurses powerful resources to cope with stress, resulting in improved self-care and better patient outcomes. To nurse mindfully, you need to be mindful. There's no way around it. Being totally present with your patients is the greatest gift you can give to them. In light of this, the first part of this session will be largely experiential in nature, beginning with a guided mindfulness practice so that you can first learn to embody the practice. Exercises and meditations from the new book, *The Nurse's Guide to Cultivating Mindfulness and Compassion*, will be used to explore the benefits and value of cultivating mindfulness and self-compassion. The benefits of mindfulness and compassion practice have been well researched. These practices enhance physical and emotional well-being, help cultivate presence and empathy in everyday life, improve awareness and attention, and boost compassion for oneself and others. Current research highlighting the benefits of mindfulness and compassion practice will be explored. You will walk away with tangible tools that will build resilience and foster mindfulness by bringing a kind attention to the here and now. Using an interactive and experiential format, the workshop will deepen your understanding of how these practices can be easily integrated into your workday and help you to: Nurture others without depleting oneself; overcome compassion fatigue and burnout; decrease frustration and job overwhelm; reduce mistakes through managing attention and; respond rather than react to crises.

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