

Perceived social support and self-care in hospitalized heart failure patients

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Abstract

Statement of Problem: Self-care is recommended in heart failure (HF) management and to reduce hospitalizations, yet only one study has demonstrated improved patient outcomes with adequate self-care. This study evaluated perceived social support and self-care in hospitalized HF patients compared with community dwelling HF patients.

Methodology and Theoretical Orientation: The medical outcomes study of social support (MOS-SS) and the self-care of heart failure index (SCHFI) were the key measurement instruments for this multisite descriptive study. Multiple regression and two-sample t tests for unequal variances were used to analyze the data from a convenience sample of 121 hospitalized HF patients and a comparative study of 211 community-dwelling HF patients. Theoretical frameworks were the Self-Care of HF Theory and the Stress-Buffering Model of the Social Support Theory.

Findings: Hospitalized HF patients had significantly lower self-care maintenance scores and perceived social support than community-dwelling HF patients. Perceived social support was associated only with self-care confidence, and self-care confidence was associated with self-care maintenance and self-care management. 25% of hospitalized study candidates had cognitive impairment compared with less than 6% of community-dwelling patients.

Conclusion and Significance: Community-dwelling HF patients had better self-care skills than hospitalized HF patients. Additional research is needed to determine the best strategies for improving self-care or reasonable substitutes in these patients. Additional research is also needed to evaluate cognitive impairment across the spectrum of HF patients, as this impairs self-care success.



Biography:

Lyne Chamberlain was a Clinical Nurse Specialist with expertise in chronic heart failure patients and a passion for facilitating self-care when this study was conceived. She has presented at numerous national conventions for the American Association of Heart Failure Nurses and the American Association of Critical-Care Nurses. Lyne has also published several articles related to heart failure self-care. Currently Dr. Chamberlain is the Program Manager and a Professor of Nursing in Central Florida's Seminole State College's bachelors program.

Speaker Publications:

1. Ampadu, J., & Morley, J. E. (2015). Heart failure and cognitive dysfunction. *Int J Cardiol*, 178, 12-23. doi:10.1016/j.ijcard.2014.10.087
2. Cene, C. W., Haymore, L. B., Dolan-Soto, D., Lin, F. C., Pignone, M., Dewalt, D. A., . . . Corbie-Smith, G. (2013). Self-care confidence mediates the relationship between perceived social support and self-care maintenance in adults with heart failure. *J Card Fail*, 19(3), 202-210. doi:10.1016/j.cardfail.2013.01.009
3. Chamberlain, L. (2017). Perceived social support and self-care in patients hospitalized with heart failure. *Eur J Cardiovasc Nurs*, 16(8), 753-761. Doi:10.1177/1474515117715842
4. Davis, K. K., Himmelfarb, C. R., Szanton, S. L., Hayat, M. J., & Allen, J. K. (2015). Predictors of heart failure self-care in patients who screened positive for mild cognitive impairment. *J Cardiovasc Nurs*, 30(2), 152-160. doi:10.1097/JCN.0000000000000130
5. Lee, C. S., Moser, D. K., Lennie, T. A., & Riegel, B. (2011). Event-free survival in adults with heart failure who engage in self-care management. *Heart Lung*, 40(1), 12-20. doi:10.1016/j.hrtlng.2009.12.003

[35th Euro Nursing & Medicare Summit](#); Zurich, Switzerland- October 12-13, 2020.





Abstract Citation:

Lyne Chamberlain, Perceived social support and self-care in hospitalized heart failure patients, Euro Nursing 2020, 35th Euro Nursing & Medicare Summit; Zurich, Switzerland - October 12-13, 2020
(<https://europe.nursingconference.com/abstract/2020/perceived-social-support-and-self-care-in-hospitalized-heart-failure-patients>)