

## ***Heart failure management: The effectiveness of a nurse-led heart failure clinic***

*Katheryn Ziron*

*Indiana University Northwest, Indiana*

### ***Abstract***

The purpose of this project is to improve quality of life and reduce readmission rates for heart failure patients through the development and implementation of an evidence-based nurse-led heart failure program. The following clinical question was used to guide the implementation: Does tailored education, self-management, interprofessional collaboration, and support improve readmission rates and quality of life in community dwelling heart failure patients? Methodology & Theoretical Orientation: The John's Hopkins PET Model of Evidence-Based practice was used to guide a nurse-led heart failure program. The program was designed following a thorough review and critical analysis of the existing evidence including aspects of similar programs of area clinics. Guidelines provided by the American Heart Association and the Eighth Joint National Committee were also incorporated. A nurse-led heart failure clinic was established at one local facility seeking an in-house program and includes tailored education, self-management training, interprofessional collaboration, and support services for patients. Findings: Data from the established program is minimal due to the limited time of operation. One evidence-based strategy that was implemented into the program has shown successful self-management and extensive continuous interprofessional collaboration decreases readmission rates and adverse outcomes. Additionally, providing current heart failure education to patients, families, and staff has had a positive direct correlation in decreasing 30-day readmission rates. Conclusion & Significance: The prevalence of heart failure continues to increase. A nurse-led clinic that provides the tools, education, and support for patients with heart failure may provide opportunities for improvement in quality of life and decreased readmission rates.

### ***Biography:***

Katheryn has been a registered nurse for 20 years with extensive cardiac training. She began her nursing career in the cardiac ICU and now resides in a fast-paced medical-surgical unit that specializes in orthopedic surgery. She acts as wound-care champion for a local facility. She participates as a faculty adjunct focussing on student nurse clinical rotation. She is completing her master's degree in nursing with a Family Nurse Practitioner focus and is member of Sigma Theta Tau. During her studies, she developed the Heart Healthy Empowerment Program that is fully functioning.

[56th World Advanced Nursing and Nursing Practice Congress](#); September 21-22, 2020.

### **Abstract Citation:**

Heart failure management: The effectiveness of a nurse-led heart failure clinic, *Advanced Nursing 2020, 56th World Advanced Nursing and Nursing Practice Congress*; September 21-22, 2020.