

Abstract

The relationship between caregiver contributions to self-care and quality of life in heart failure patients in Ardabil hospitals in 2021

Introduction: Heart failure is one of the most common chronic diseases in the world. The long process of chronic diseases and its impact on the health dimensions of patients requires the use of effective care methods in controlling physical, psychological and social complications. Among the suggested methods for taking care of chronic diseases is caregiver contributions to self-care. Therefore, this study was conducted with the aim of "determining the relationship between caregiver contributions to self-care and the quality of life of heart failure patients hospitalized in Ardabil hospitals - year 2021".

Methods: A descriptive-correlational study was conducted on 280 heart failure patients and their caregivers in Imam Khomeini and Sablan hospitals in Ardabil city. Sampling was done by the available method from four classes of heart failure (I, II, III, IV). Data collection tools were demographic information questionnaire (participatory patient and caregiver), Caregiver Contribution to Self-Care of HF Index2 (CC-SCHF2) and Minnesota Quality of Life Questionnaire (MLHFQ). The data were analyzed with SPSS version 16 and using descriptive (mean, standard deviation, frequency) and analytical (t-test, F and regression) statistics.

Findings: The results showed that the majority of patients were male (51.8%), married (76.4%) and illiterate (41.4%), and most caregivers were female (70.7%), married (76.8%).) and had high school education (34.6%), Caregiver Contribution to

Self-Care of these patients was reported favorable (90.38 ± 34.15). The majority of patients (56.1%) had an unfavorable quality of life, and the physical dimension (24.72 ± 6.84), the quality of life of the patients was more unfavorable than other dimensions. Also, there was a positive and significant correlation between care and the patients' quality of life ($r=0.02$, $P<0.05$). The regression analysis showed that the Caregiver Contribution to Self-Care management had a significant effect on the quality of life of heart failure patients ($p<0.05$). Also, caregiver's gender, living with patient and caregiver's marital status, Job status, and Relationship with patient had a significant relationship with Caregiver Contribution to Self-Care of heart failure patients.

Discussion and conclusion: The findings showed that there was a significant relationship between Caregiver Contribution to Self-Care and the quality of life of heart failure patients. Therefore, it is suggested that according to the caring, educational and managerial role of nurses, the necessary planning from the time of diagnosis to discharge is done in order to empower patients and caregivers and familiarize them with the effective factors in improving and reducing the complications of chronic heart failure. To provide a better quality of life for heart failure patients through training patients and cooperative caregivers.

Keywords: Caregiver contribution to self-care, heart failure, quality of life