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Improving self-efficacy of heart failure patients: A family-center empowerment model

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Introduction & Aim: Cardiovascular diseases are the most prevalent disorders in progressed countries and heart failure is the major one among them. Cardiovascular disease caused by numerous factors and one of the most considerable risk factor is unhealthy behavior. Also self-efficacy is posited in social cognitive theory as fundamental to behavior change. The aim of this research is to study the effect of family-center empowerment model on the self-efficacy of heart failure patients.

Methods: This is an interventional two group (test and control) study on 70 heart failure patients referred to Hazrate Fatemeh Heart Clinic in Shiraz. After convenience sampling, patients were divided into two control and test groups by block randomization method. The intervention based on family-center empowerment model performed during 8 virtual sessions and tele-nursing. Research tools are self-efficacy and demographic information questioners. Regarding the research aims chi-square, independent T-tests and paired T-tests were used for analyzing data.

Results: Both test and control groups was similar regarding their demographic information ($P>0.05$). Before intervention in self-efficacy, all measures of two groups were equal ($p>0.05$) but after the intervention, meaningful statistical differences recorded in all dimensions of self-efficacy ($P<0.05$).

Conclusion: Performing the family-center empowerment model for heart failure patients via tele-nursing is practically possible and lead to improvement or refinement of the self-efficacy of them and their families.

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