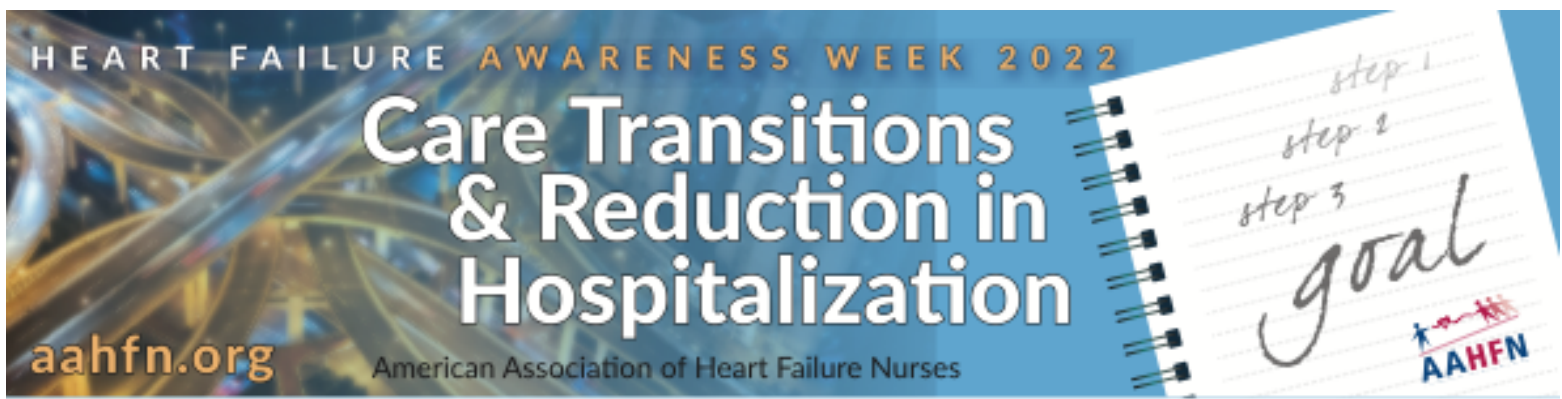




Heart Failure is where the heart is unable to pump enough blood to meet the body's needs.

Heart failure is a chronic condition and sometimes hospitalization is needed. Over 1 million people with heart failure are hospitalized each year. Over 50% of the people hospitalized wind up back in the hospital again within 6 months of their first hospitalization. Every time a person is hospitalized, it places a strain on the healthcare resources, but more importantly, it worsens outcomes for patients and often leads to further decline.

Reasons for rehospitalization in Heart Failure

Psychosocial Factors

- Hopelessness
 - *What is the point of changing my lifestyle? No matter what I do, I still have heart failure.*
- Depression
 - Decreased ability to take care of self
 - Tearfulness, sadness, anger all can occur
- Anxiety
 - Feeling overwhelmed
 - Understanding information in the office, but when you get home, your brain feels cloudy
 - Feeling unsure of what you can and cannot do:
 - *Can I still mow my lawn? Can I walk to the store and back?*
- Feeling alone, like no one understands what you are going through
- Feeling sad, no longer able to do some of the things you enjoy
- Fear of social settings
 - What if I have to use the bathroom or have an accident because of my water pills?
 - Embarrassment over having to watch what I eat
- Loss of control
 - You may have to limit activities at work, limit exercise or limit what you eat and drink
 - Needing help from others to do normal activities

Socioeconomic Factors

- Concerns about paying for medications or appointments
- Not able to attend appointments or get medications due to lack of transportation
- Language barriers
- Healthy food costs more money

Health System Downfalls

- No follow up scheduled with healthcare provider within 7-10 days of leaving the hospital
- Poor communication between the hospital and the healthcare provider in the office
 - Leads to misinformation and treatment delays
- Poor education on lifestyle changes
- Negative attitudes or lack of understanding from healthcare providers creating a barrier between patient and healthcare provider

Poor Self-care Management

- Lack of understanding of new information
- Not ready or lack of willingness to change lifestyle
- Multiple diseases
 - Difficulty in management of all diseases
- Other diseases: kidney disease, abnormal heart rhythms (atrial fibrillation), diabetes, high blood pressure, obstructive sleep apnea, anemia (low blood counts)