

A Situation-specific Theory for Health Management in Heart Failure

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METHODOLOGY

Self-care Deficit
Nursing theory

Literature
Review

GEPASAE
research

Theoretical
synthesis
and
derivation

Definition
of
concepts

Heart Failure (HF) is a chronic and progressive disease which individuals must be able to perform self-care activities in order to manage their health and prevent disease worsening. Nevertheless, the nursing diagnosis (ND) Ineffective Health Management is very frequent in these individuals.

By knowing that the ability of patients with HF to manage their health will reflect directly on their quality of life and reduce chances of hospitalization, the development of a situation-specific theory based on Orem's Self-Care Deficit Theory will enable nurses to better understand the factors that influence health management by these patients and how these professionals can contribute to this management by using elements of nursing practice and standardized language systems, such as NANDA, NIC and NOC.

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