

## Abstract to be submitted to HF-DACH Dreiländertreffen 2021

### Title

Heart failure symptom exacerbation identification by a woman with chronic heart failure: a case report

### Abstract

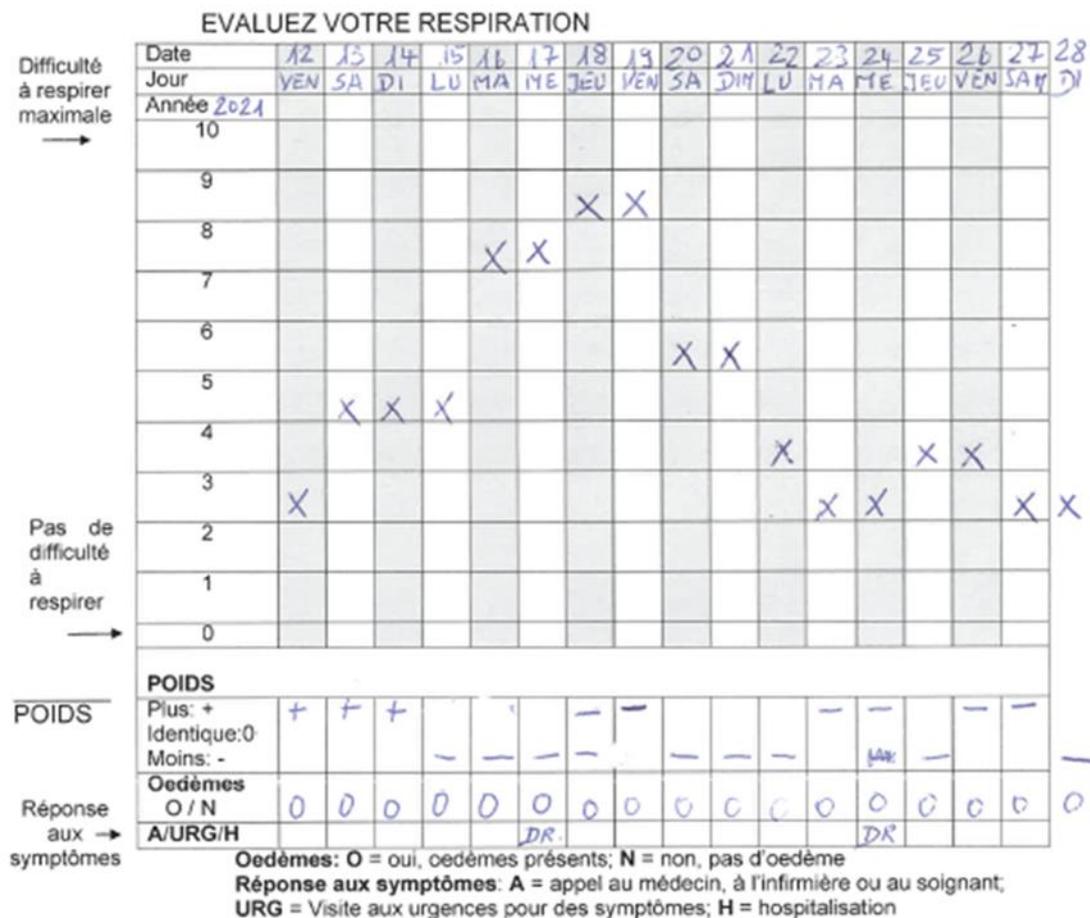
**Introduction.** A home-dwelling 76-year-old woman with chronic heart failure (HF) and a history of three HF hospitalizations over the past two years, NYHA class II, learned to monitor, recognize and interpret her HF symptoms within the framework of the SYMPERHEART intervention delivered by her homecare nurse.

**Method.** The SYMPERHEART intervention is an evidence-informed intervention tested within a feasibility study. It is based on the situation-specific theory of HF self-care. It targets HF symptom perception in supporting and educating the person to observe and analyze their own HF signs and symptoms. The nurse delivers the intervention with three one-hour face-to-face interactions at home during one month. First, the nurse evaluates and discusses HF self-care and individual HF symptom clusters with the person based on patient-reported outcomes. Self-care maintenance behaviours and alarm signs needing a symptom response are discussed using the HF booklet of the Swiss Heart Foundation. Then, body observation is supported in guiding daily HF symptom monitoring and documentation of results on a paper monitoring graph (Figure 1). Finally, body analysis is supported with open-ended questions using guided reflection to recognize and interpret HF symptoms.

**Results.** The woman monitored her symptoms of dyspnea, fatigue, palpitations, weight and edema daily. She documented symptom intensity and weight on the graph. She identified a gradual increase in dyspnea, fatigue and edema, with a dyspnea intensity of 8/10 on a visual analog scale (VAS), and a two-kilogram weight gain. The woman responded to a sudden increase in symptoms on day 2 of a VAS of 8 in contacting her general practitioner, who adapted her diuretic dose. After treatment adaptation, symptom intensity decreased to a dyspnea intensity of 3/10, and her weight went down to dry weight.

**Conclusion.** A nursing intervention targeting symptom perception led to an accurate identification and response to increasing HF symptoms.

Figure 1. Paper monitoring graph



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