



## 3<sup>rd</sup> INTERNATIONAL CONFERENCE ON CARDIOLOGY

November 30-01 December, 2023 | Dubai, UAE

### **TITLE: Relationship between Disease Knowledge and Self-care Adherence among Heart Failure Patients at King Abdulaziz University Hospital**

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#### **ABSTRACT (up to 300 words)**

Backgrounds: Heart failure (HF) is a progressive syndrome characterized by complicated therapeutic regimens and repeated hospitalizations. HF has turned into a global epidemic demonstrating serious mortality and morbidity. This study aimed to assess the relationship between disease knowledge and self-care adherence among adult HF patients at King Abdulaziz University Hospital (KAUH). Methods: A cross-sectional descriptive correlational design was utilized. Patients were recruited from outpatient clinic at KAUH in Jeddah, Saudi Arabia. A convenience sample of 208 HF patients. The Dutch Heart Failure Knowledge Scale (DHFS) and the European Heart Failure Self-Care Behavior Scale (EHFSCBs) were used to measure the main study outcomes. Participants were recruited from heart failure outpatient clinics at KAUH from January 31 – May 17, 2021. Results: 63.9% of participants were male, 49% were over 61 years old, and 30.8% of the participants were not educated. 55.8% of the participants had an adequate level of knowledge about HF disease and 57.2% had a good level of self-care adherence. The mean total HF knowledge score DHFS was  $8.58 \pm 3.08$  out of 15 and the self-care adherence score EHFSCBs was  $28.97 \pm 5.61$  out of 60. A significant positive moderate correlation existed between disease knowledge and self-care adherence. Conclusion: Disease knowledge was adequate in more than half of the participants, and self-care adherence was good. This study has shown a relationship between disease knowledge and self-care adherence, which means that a high level of HF knowledge was associated with improved self-care adherence.

#### **BIOGRAPHY (upto 200 words)**

I have completed my master's degree at the age of 37 from King Abdulaziz University (medical-surgical nursing) with an accumulative grade point average of 4.72 and an excellent Second Honors degree. I am a nursing educator in the coronary care unit at King Abdullah Medical Complex in Jeddah and a trainer in the critical care diploma program of the Saudi Commission for Health Specialists. I have four publications available in the International Journal of Novel Research in Healthcare and Nursing, the British Journal of Healthcare and Medical Research, and the IOSR Journal of Nursing and Health Science.



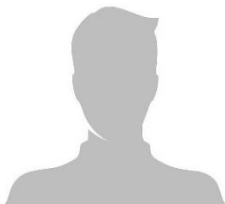
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