

Assessment 2: Applying an EBP Model

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June, 2025

Applying an EBP Model

Acute heart failure (AHF) is defined as the beginning or exacerbation of signs of heart failure, which are commonly caused by circulatory congestion. It is the main reason of unexpected hospital stays in older individuals, and it is related to higher rates of death and clinical expenses (Mauro et al., 2023). An Evidence-Based Practice (EBP) model is an approach for identifying superior studies that may improve diagnosis and therapy. The paper focuses on AHF care, utilizing the Johns Hopkins Evidence-Based Practice (JHNEBP) paradigm to evaluate high-quality studies and inform medical decisions for patients with AHF.

Issue Associated with the Diagnosis

AHF can arise as the first symptom of cardiac failure or, more commonly, as an immediate recurrence of a chronic condition. A crucial issue regarding AHF care is recurrent readmissions due to inappropriate self-care education. Lack of guidance or knowledge of drug management, dietary practices, and fluid restriction causes fluid exacerbation and worsening patient condition. Fluid overload is a frequent issue linked with AHF because it causes difficulty breathing, impairs kidney functioning, and increases the chances of re-visits (Njoroge & Teerlink, 2021). Worsening of AHF due to fluid retention raises death rates and adverse medical results. Evidence showed that AHF is linked to poor outcomes, like readmission (10.1%), 1-year death rates (30.2%), and admission expense is \$16,000 per individual (Mauro et al., 2023).

Nurse-led interventions through EBP based on counseling on a healthy lifestyle are crucial for optimizing cardiovascular health and improving patient self-care. Research suggests that self-care solutions are especially useful since they can decrease death and re-hospitalization rates, promote standard of life, and raise awareness about the illness (Okazaki et al., 2024). Implementing systematic EBP self-care measures, such as earlier telephone assistance by nurses,

could successfully avoid symptom worsening in AHF patients. An EBP strategy can be beneficial because it enables medical decisions to be made based on the most recent research, taking into account patient needs.