

Assessment 3: Applying the PICO(T) Process

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Applying the PICO(T) Process

Acute Heart Failure (AHF) is a complex disorder in which the heart experiences difficulties in delivering oxygen-rich blood to the body (Cleveland Clinic, 2024). Effective management involves controlling symptoms, preventing complications, and reducing hospital stays. AHF is a foremost reason for hospitalization amongst elderly persons in the United States, resulting in increased morbidity, mortality, and healthcare costs (Ortega et al., 2025). This paper analyzes the effect of nurse-provided self-care support compared to average discharge care in managing AHF within three months, focusing on its impact.

Explaining Diagnosis

AHF is a severe condition characterized by symptoms such as chest tightness, chest pain, abnormal heart rhythm, and heavy breathing. Causes include kidney disease, diabetes, blood clots, high blood pressure, sleep apnea, and stroke (Cleveland Clinic, 2024). This serious emergency often requires frequent hospitalization, particularly among vulnerable populations. AHF is linked to elevated rates of illness, mortality, and readmission rates, posing a critical concern for healthcare systems worldwide. According to Ortega et al. (2025), this illness is linked to prolonged inpatient care and high readmission rates (29-59% within six months post-discharge). This illness places a substantial burden on medical systems and increases costs.

One more issue associated with the management of AHF is inadequate patient self-care discharge, which leads to early readmissions (Browder & Rosamond, 2023). Effective management also involves patient education, particularly during discharge and health camps, to prevent early admissions. Patients often struggle with medication adherence, symptom recognition, and lifestyle changes due to limited health knowledge. These challenges are more pronounced in elderly patients with limited health literacy. Standard discharge education often

falls short in providing personalized guidance tailored to individual patient needs. According to Alzahrani (2021), rehospitalization affects patients with both psychological and physical conditions.