

Assessment 2: Presenting Your PICO(T) Process Findings to Your Professional Peers

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Acute Heart Failure (AHF) is a serious condition that leads to hospital stays, especially in older adults. Many patients are readmitted because they lack knowledge on how to care for themselves at home (Malik et al., 2025). This assessment looks at how nurse-led self-care support can help people with AHF. This work reviews evidence showing that nurse-led education and follow-up can lower readmissions and improve health. The goal is to explore if nurse-provided self-care support is better than standard discharge care within three months. The findings aim to support better care, fewer hospital visits, and improved patient lives.

Explaining Acute Heart Failure (AHF)

AHF is a critical medical problem which can lead to signs like difficulty breathing, chest discomfort, rapid heartbeat, and extreme fatigue. AHF can lead to many risks, including repeated hospital stays, kidney damage, and even death. Older adults are more likely to get this disease, and they are also more likely to face poor outcomes (Malik et al., 2025). Many patients return to the hospital within three to six months after discharge. This happens because patients do not always understand how to take care of themselves at home. They may forget to take their medicine, eat the wrong foods, or not know when to get help (American Heart Association, 2024). These problems can lead to more serious issues like fluid buildup in the lungs or organ failure. After a first heart attack, many people return to normal life. But around 1 in 4 go back to the hospital within 90 days, and a second heart attack during this time can double the risk of dying within five years (American Heart Association, 2024).

Complications of AHF are both physical and emotional. Patients often feel sad, anxious, and confused, especially if they are readmitted to the hospital. This affects their quality of life. Some may even stop trying to manage their health. However, Marques et al. (2022) show that

when nurses provide education and support, patients do better. Nurses help patients learn about their condition, follow their treatment plan, and make healthy choices. When patients receive this kind of care, they are less likely to be hospitalised again.