

RELATIONSHIP BETWEEN SELF-CARE PRACTICES AND READMISSIONS
AMONG ADULTS AGED 40-80 YEARS WITH CHRONIC HEART FAILURE AT
A CENTRAL HOSPITAL IN ZIMBABWE

BY

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Dissertation Submitted in partial fulfilment of the requirements of the degree of
Masters of Science in Nursing Science

UNIVERSITY OF ZIMBABWE

Department of Nursing Science

College of Health Sciences

May 2009

ABSTRACT

Readmissions for chronic heart failure are a major concern for medical surgical nursing and can be preventable in at least 40% of the cases (Robert & Bowling, 2001). Self-care practices could influence outcomes of chronic heart failure patients such as readmissions (Lee, 2009). The purpose of this study was to describe as well as examine the relationship between self-care practices and readmission among chronic heart failure patients. The theoretical model used to guide this study was Orem's self-care model. A non-experimental descriptive correlational study design was used. A simple random sample of 65 adults aged 40 to 80 years with chronic heart failure was selected from the outpatients' clinics. An instrument comprising of 3 sections namely the demographic data section, the readmissions section (RS) and the chronic heart failure self-care practices section (CHFSCP) was administered using the face-to-face interview technique. The relationship of self-care practices and readmissions was analysed using the inferential statistics. Data was analysed using the Statistical Package for Social Sciences (SPSS). There was a negative linear relationship between the independent and the dependent variables ($r = -.436$, $p < .01$). This means that as self-care practices improve, the number of readmissions decreases. The effect of the independent variable on the dependent variable as indicated by $R^2 = .191$ ($F = 14.828$, $p < .01$). This meant that self-care practices explained 19% of the variance observed in the readmissions. The mean score for the chronic heart failure self-care practices section was 46.5 and 33(50.8%) subjects had total scores below this mean. Medical surgical nursing practice should adopt protocols that support good self-care practices and the protocols should take an individualized approach to maximize reduction of readmissions among chronic heart failure patients.

ACKNOWLEDGEMENTS

I am deeply grateful to the following for making this study possible:

The University of Zimbabwe for granting the permission to do the Masters in Nursing Science Program.

Mrs G. Saburi for the guidance, support and encouragement throughout the study.

Mr A. P. G Charumbira for his guidance throughout the study

Mrs R. Nyamakura for the encouragement.

The Clinical Director of Parirenyatwa Group of Hospitals, Mr Makarawo for granting permission to carry out the study.

SrJera, the Sister-in-Charge of the Outpatients' Department, Matron Kuwaza for granting permission to carry out the study and the entire Outpatients' Department staff for their support during data collection.

Mr Oscar Zifamba for his support during data collection.

Adults with chronic heart failure for their willingness to participate in the study.

The Department of Nursing Science staff for their support and encouragement.

Mr Sibve for technical assistance during data entry and analysis.

GeldineChironda for her support and assistance throughout the study.

A special note of appreciation goes to my husband, James for his support and encouragement, my children, Ruvimbo and James for their understanding, cooperation and patience throughout the study.

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