

Cardiac Vitals Journal

by R M Dietrich Deel

Data Meta-Analysis of 20 studies, representing 5624 individual heart failure patients data showed that self-management interventions had a beneficial effect to heart failure related hospitalizations and even elicited a small increase in heart failure related quality of life. (1)

Approximately 5.8 million Americans are living with heart failure, with an estimated 660,000 new cases each year.

US Health Care Systems are under pressure to slow/reverse the often poor outcomes (most notably hospital readmission rates) and escalating health care costs associated with chronic illness care. Heart failure is a leading cause of readmission to hospitals within 30 days of the heart failure admission.

Self-management of heart failure patients decreases over all hospital readmissions and readmissions specifically for heart failure. With a reported monetary savings from \$1300 to \$7515 dollars per patient per year. This is according to a review of 6 randomized trials with 857 patients. (2)

The Center for Disease Control (CDC) State of Aging and Health In America Report as well as The Institute Of Medicine (IOM) identify self-management as a priority for US Health care. With self-management prioritized for improving quality and effectiveness of chronic heart failure patient care. (3)

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In emerging changes (directives) in health care policy a patients role is being transformed from being a passive to an active consumer who becomes an engaged member of the health care team. (3)

It is critical for desirable outcomes for active participation of an informed patient. Giving them a key role in influencing health care cost and quality. The rationale being that self-management as a fact takes place in each individuals every day life. (3)

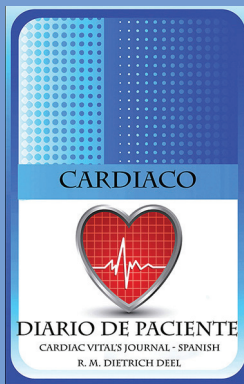
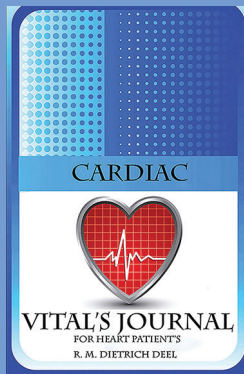
Clinicians strongly encourage heart failure patients to regularly take medications, monitor symptoms, keep appointments, monitor weight, and follow a low-salt diet.

Hibbard et al (4) showed that patients more actively involved were more likely to engage in self-management behaviours, such as better medication adherence. Depending on the level of participation by the patient, some see successful self-management as compliance and more active patients saw self-management as a form of control and working in partnership with their health care professionals. (4)

This Cardiac Vitals Journal is an easy go-to for Doctors, Nutritionists & Physical Therapists when you have questions of how the patient has been progressing in their process of self-maintenance.

There are 4 Sections within the book, instructions for each section, to last approximately 3 months. Patients use the Journal to document daily vitals, daily food choices, sodium, potassium, fluid intake/output, am & pm blood pressures & heart rate. An area is included for insulin detailing & blood sugar for those who need it, daily medications & supplements, & daily exercise habits.

* References and Contact info on reverse side.



ABOUT THE AUTHOR

Raven Marie Dietrich Deel, former audio engineer and author of the books “Colorado Colors: Off the Path”; “Cardiac Vital’s Journal”; & “Walking Through Misty Colored Memories”, unexpectedly ended up with Endocarditis & Myocarditis and Multi-Organ failure with Respiratory Shutdown in June of 2013 at the age of 39. Destroying the left ventricular & affecting the mitral valve of her heart.

After learning how to walk again and slowly building her body back up (although she has been told numerous times at different hospitals throughout the country she needs a mechanical heart and heart transplant, (with her heart currently at 25%) she hasn’t stopped. She is a photographer and also works from home designing clothing and fabrics. Not willing to give up on a second chance she has received in life.

Throughout her journey with congestive heart failure (her ejection fraction rate is currently under 25%) - she felt she could fulfill a need in the heart failure community with this Patient Journal and informative website.

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