FACTORS RELATED TO SELF-CARE BEHAVIORS AMONG OLDER ADULTS WITH HEART FAILURE IN THAI NGUYEN GENERAL HOSPITAL, VIETNAM

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Self-care behavior is known to prevent frequent hospitalizations and reduce the mortality rates among older adults with heart failure. This descriptive correlational study aimed to explore the level of self-care behaviors and to examine the relationships between self-care behavios among older adults with heart failure and these related factors; gender, income, education level, co-morbidity, knowledge of heart failure and social support. One hundred and twenty-six participants were randomly selected and participated into this study during January to March 2011. The data collection was performed at the Cardiology-Rheumatology Unit, Thai Nguyen General Hospital, Vietnam by using the Demographic and Clinical Data Form, The Dutch Heart Failure Knowledge Scale (DHFKS), the European Heart Failure Self-care Behaviors Scale-9 (EHFScBS-9), and the Multidimensional Scale Perceived Social Support (MSPSS). The reliabilities of DHFKS, EHFScBS-9, and MSPSS were .72, .73, and .74, respectively. Percentage, mean, standard deviation, the Spearman's Rho and Pearson Product Moment Correlation Coefficient were employed to analyze the data.

The results revealed that participants in this study had low level of self-care behaviors. The mean score was 33.58 (SD = 5.32), with a range of 22 to 43, out of a possible maximum score of 45. The knowledge of heart failure and social support statistically and significantly correlated with self-care behaviors (r = .66, and r = .53, p <.01, respectively). However, the relationships between gender, income, educational level, co-morbidity and self-care behaviors were not statistically significant.

Nursing intervention programs in regarding of social support and knowledge of heart failure should be recommended for enhancing self-care behaviors of older adults with heart failure.

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