Self-Management Strategies for Monitoring Fluid Intake in Heart Failure Patients: A Literature Review

Zachary Hathaway
Nursing Coop Student, Class of 2017
College of Nursing & Health Professions, Drexel University, Philadelphia PA

Methods
Searches were conducted on two electronic databases. Articles had to be published in English, after 2000, and abstracts had to include either of the these terms in the text, "self-management heart failure" or "fluid restriction heart failure."

Of the 1,639 articles generated, from "self-management heart failure," 39 were selected for review and of the 164 articles generated for “fluid restriction heart failure,” 7 articles were chosen.

Results
In heart failure patients, effective self-management strategies can lead to a reduction in hospital readmission, improved quality of life, and reduced symptom severity.

Despite the many benefits of self-care, there is no standardized patient education regarding strategies for success.

Many heart failure patients report difficulty adhering to self-management practices, including monitoring fluid intake. Patients also frequently complain of thirst due to the fluid restriction.

Conclusions
It is difficult to discern if a patient is actually adhering to their prescribed fluid restriction.

Most of that data collected in a clinical setting is self-reported by the patient and subject to error.

Relatively few studies have been conducted regarding fluid restriction in heart failure patients and measurement tools used do not provide evidence of validity.

Further research is needed to develop a valid and reliable approach to monitoring fluid intake.

Acknowledgements
This project was supported by a Research CO-OP Funding Award by the Office of the Provost and the Steinbright Career Development Center.

Faculty Mentor: Rose Ann DiMaria-Ghalili, PhD, RN, CNSC, FASPEN, Associate Professor, Doctoral Nursing, CNHP.

Purpose
To explore current literature that examines self management and fluid intake relating to heart failure.

Background
Heart Failure (HF) is one of the most common conditions in the United States with over five-million Americans affected.

To control edema associated with HF, many patients are placed on a fluid restriction and need to monitor their daily fluid intake.

Self-management is crucial to caring for Heart Failure. It gives the patient autonomy, and reduces readmission to the hospital. This improves the patients quality of life.

Symptoms
- Tiredness
- Shortness of breath
- Coughing
- Pulmonary edema (excess fluid in lungs)
- Swelling in abdomen (ascites)
- Swelling in the ankles and legs
- Swelling in the legs
- Breathlessness
- Pleural effusion (excess fluid around lungs)

Life Style Choices
- Excessive salt and fluids
- Fluid Retention
- Excess fluids in the legs
- Excess fluids in the lungs

Excess fluids in the legs
- Swelling

Excess fluids in the lungs
- Breathlessness