

Comparisons- healthcare



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Assignment 2: Effectiveness of the Proposed EBP Guidelines A multicentre RCT evaluating the effectiveness of a comprehensive cardiac rehabilitation program to improve the quality of life of elderly patients with HF stages II and III shall determine the effectiveness of the proposed EBP guidelines. Properly conducted multicentre RCT and systematic reviews are found to provide the best and strongest evidence in determining the effectiveness of an intervention (Evans, 2003, pp. 80, 82). As such are the following objectives: (1) to identify the needs of the patients and the resources available in the community, in order to ensure that the recommended healthcare provision is appropriate and feasible; (2) to teach patients and their families requisites related to self-care management and maintenance (low-sodium, low-fat diet; exercise; medicine; risk factors; etc.), so that when at home the patient and the family would know what to do and not to do for the patient; (3) to assess patients for vital signs and problems before and after the exercise session for the exercise training be safe for the patient; and (4) to provide patients with an individualized exercise program at the cardiac rehab center supervised setting and at home, because each patient has different condition and need that requires specific type of exercise program. Assignment 3: Abstract Heart failure, which HFSA (2010) defined as “ a syndrome rather than a primary diagnosis” (p. 479) remains to highly cause death and disability among older adults. A coordinated effort between PHC physicians and HF specialists, and home care and cardiac rehab for its early identification, prevention, and stabilization are found crucial along the healthcare continuum (p. 493). Evidences show exercise training beneficial to healthy heart condition; though, it may not be safe for all patients (NHLBI, n. d.). Thus this RCT of EX CR study seeks to investigate the effectiveness of <https://assignbuster.com/comparisons-healthcare/>

supervised exercise training in CRP compared to receiving only written instructions for home exercise in improving HF patient's quality of life.

References Evans, D. (2003). Hierarchy of evidence: A framework for ranking evidence evaluating healthcare interventions. *Journal of Clinical Nursing* 12, 77-84. Retrieved from <http://cys.bvsalud.org/lildbi/docsonline/5/9/195-52.pdf>

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National Heart Lung and Blood Institute (NHLBI) (n. d.). What is cardiac rehabilitation? Diseases and Conditions Index. US Department of Health and Human Services, National Institute of Health. Retrieved from http://www.nhlbi.nih.gov/health/dci/Diseases/rehab/rehab_all.html