Cardiovascular Diseases

Name

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Evidence-based practice is the clinical practice approach that is being used in a clinical setting to approach health threatening illness such as heart diseases and others. The exercise requires the healthcare practitioners to acquire the evidence about the problem to be able to approach it. The paper will address evidence-based lifestyle methods and guidelines that are used to prevent heart diseases. The evidence-based practice provides one protocol of intervention as the eating habits of the American Population (Brinks, et al., 2017). The evidence-based practice provides information on how individuals can eat healthily as prevention of cardiovascular diseases. Some of the material provided through evidence-based practice is the type of food that can be used to prevent life-threatening illness. Another healthier lifestyle modification that is considered through evidence-based in heart disease prevention is increased lifestyle physical activity which according to patients who applied the method proved that the technique reduces mortality rates by twenty prevent compared to the usual pharmacological care.

The current findings show that evidence-based practices used in lifestyle modification in the prevention of heart diseases have been effective compared to the pharmacological approach. A study conducted by Medicare involved individuals who underwent the lifestyle modification programs of diet and exercise which would be used to prove the prevention of heart diseases in America. According to the results as presented by the article by, the evidence-based life modification programs of exercising and proper dieting resulted in positive impacts (Brinks, et al., 2017). The participants showed more significant changes compared to the ones that use a pharmacological way of prevention. The findings prove that evidence-based practices that are applied in the prevention of heart diseases have a significant impact in controlling heart diseases and ensuring a healthy community. Evidence-based practice is, therefore, the best approach that is accommodated by healthcare practitioners to ensure that the community is educated on healthy lifestyles that will prevent cardiovascular diseases.

References

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