Heart Failure

Institutional Affiliation

Student’s name

Course

Date

**Heart Failure**

**Problem Background**

Heart failure is a condition where the heart fails to pump enough blood required by the body. We have cases where the heart fails to be filled with enough blood, and another case where there is insufficient pumping of blood (Ponikowski et al, 2016). This is a major health issue that currently affects most people, leading to serious consequences like death. For this reason, there is need to for healthcare services to pay much attention to this issue, in order to enable support those who are affected in their recovery process and also guide those who are not affected on things to avoid in order to avoid suffering from the same.

According to statistics, most people affected with heart failure are the old age, people of the age above 65 years. This means that the risks of having this issue is highly related to age. Apart from that, we also have other diseases that might lead to heart failure. This includes congenital effects and diseases, coronary artery diseases among others (Yancy et al, 2017). Other factors include weight, gender, for instance, men are more likely to experience a heart attack as compared to women. For this reason, it raises the need of healthcare to draw much attention to this health issue, since it is manageable, provided people get provided with different medical education of the need to lead healthy kind of lifestyles, and also getting treatment on time before their minor diseases lead to heart failure.

**Organizations Concerned**

Organizations concerned with the matter of heart failure include Heart Failure Matters. This organization is concerned with proving information through the use of video clips which explain the causes and symptoms of heart failure (Cleland et al, 2005). It plays an important role in making people understand what they need to do as a way of avoiding being affected. You will find that there are certain causes which people might fail to understand their risks. Talking of things like exercise, minimizing salts and alcohol may appear to be very common, but then from the medical perspective, they are some of the important aspects that prevent people from being affected.

The approach of fighting heart attack by simply education people, and also putting in place various things that might be used in the treatment of heart attack will highly benefit society as a whole. If the medical healthcare takes the initiative to provide free screening as well as providing medication for free or at a lower cost, then it will be expected that the number of people with a Heart attack will greatly reduce. At the same time, it would enhance the health condition of the society since trough education people will be in a position to understand things they need to avoid in order to lead a healthy life.

 **PICOT Question**

In adults patients with heart failure, how effective is heart surgery compared to change of lifestyle in controlling heart valve problems during the perioperative and recovery time?

**Objectives of the Problem**

The main purpose of the project is to come up with different strategies that might be used in the effective treatment of heart failure. It is evident that the disease is now affecting most people, especially when it grows from another disease (Braunwald 1988). Although it has serious effects, looking at its causes like poor lifestyles, lack of exercise among others, you realize that they are all manageable. For this reason, the projects aim at education the society about what heart attack is all about its effects and how to prevent it from happening. The objective of the project is to ensure that there is the provision of treatment to the affected and educating the unaffected on ways to prevent being affected. It is the role of each and every person to ensure that we manage such diseases well, to avoid many consequences.

References

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