

Introduction

In individuals with heart failure (HF) prescribed with fluid restriction, thirst-related distress and inadequate fluid management contribute to ineffective health self-management, increasing the rates of mortality. Awareness of strategies toward health self-management is important to help individuals with HF.

Aims

To develop and validate the content of educational videos on self-management of fluid restriction and thirst management for individuals with HF.

Method

This study was conducted in three stages:

- 1) Identification of measures for self-management of fluid restriction and thirst management through an integrative literature review;
- 2) Development of videos on self-management of fluid restriction and thirst management with animations on the Renderforest® website;
- 3) Content analysis of the videos by specialists using Delphi rounds. Specialists were asked to rate the videos on 10 criteria regarding communication, illustrations, figures, narration, length of time and persuasive potential. For each item, the content validity ratio was calculated and considered adequate according to the number of participating judges, as recommended by Ayre & Scally.

A research project to prevent Ineffective health self-management in individuals with heart failure: development and content validity of educational videos on self-management of fluid restriction and thirst

Sophia Costa Rossetto, Daniele Cristina Bosco Aprile, Daiane Lopes Grisante, Juliana de Lima Lopes, Fabio D'Agostino, Vinicius Batista Santos, Camila Takáo Lopes

Results

In the literature review, 11 studies and a professional website were used, from which 1 tips for HR self-management were extracted. 10 scripts and videos were created lasting 30 seconds on average, with animation by an expert patient, who provides the tips to the viewers.



REDE DE PESQUISA
EM PROCESSO DE
ENFERMAGEM



GEPASAE



Conselho Nacional de Desenvolvimento
Científico e Tecnológico



BOSTON COLLEGE
Connell School of Nursing

Results

The scripts and videos were refined by three master nurses or doctors, two of them specialists in Cardiology.

In the content validation, 11 judges evaluated the videos. 22 items with $CVR < 0.636$ were modified according to the suggestions, when it was possible by the website used.

Conclusion

The strategies in the videos may be used for health education, helping in the understanding of their benefits, as well as self-management itself. Thereby, people with HF will be able to use their own skills and knowledge, adapting them to the context of life in living with the disease.

References

- Waldréus N, Hahn RG, Jaarsma T. Thirst in heart failure: A systematic literature review. Vol. 15, European Journal of Heart Failure. 2013. p. 141–9.
- Eng SH, Jaarsma T, Lupón J, González B, Ehrlin J, Díaz V, et al. Thirst and factors associated with frequent thirst in patients with heart failure in Spain. Heart & Lung. 2021 1;50(1):86–91.