

# Introduction

In individuals with heart failure (HF), nutritional changes are frequent and related to undesirable outcomes, such as fatigue.

During acute episodes of decompensation, additional appetite changes can negatively impact altered nutrition and fatigue

## Aim

To assess the relationship between nutrition-related nursing diagnoses (NDs) of hospitalized HF patients and the evolution of appetite and fatigue following discharge.

## References

- Heart & lung.* 2012;41(5):484-91.  
*Eur J Prev Cardiol.* 2019;26(16):1748-50.

# Relationship between nutrition-related nursing diagnoses in individuals with heart failure during hospitalization and the evolution of appetite and fatigue following discharge

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## Methods

Patients admitted for decompensated HF at a hospital in São Paulo, Brazil, will be included.

The NDs Imbalanced nutrition: less than body requirements, Obesity and Overweight will be evaluated using the body mass index.

Appetite will be measured according to the Simplified Appetite Nutritional Questionnaire.

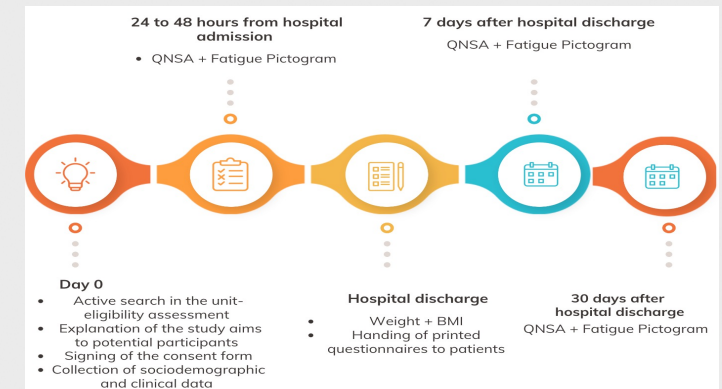
The intensity and impact of fatigue will be evaluated using the Fatigue Pictogram. Assessments will be performed after regression of edema during hospitalization, seven days after discharge and 30 days after discharge. The relationships between the variables will be verified statistically, with  $p < 0.05$  considered significant



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## Ethics

The project was submitted to the Research Ethics Committee of the Federal University of São Paulo.

## Expected implications

The results should favor clinical monitoring and interdisciplinary intervention to improve fatigue severity and nutritional status of HF patients.

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