



# Identifying the social needs of Providence CHF clinic Patients

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## Research Question

Identifying the social needs of Providence CHF clinic patients.

## Background Information

Approximately 5.1 million people in United States have congestive heart failure (CHF), and the life time risk of developing Heart Failure is one in five. The associated health care costs more than 39 billion dollars per year in the USA. CHF occurs when the decrease in the amount of blood pumped causes blood returning to the heart through the veins to back up creating congestion in the body's tissues, and edema in the limbs. Controlling symptoms and making lifestyle changes are the main ways to improve health and quality of life. Multidisciplinary, patient centered care can significantly lessen symptoms by providing holistic care and addressing the social needs.

## Design

Baylor undergraduate students conducted a prospective face to face survey of 156 CHF clinic patients to address their current needs. The analysis included examining the main social needs of the patient sample and the common causes preventing these needs from being met.

## Objectives

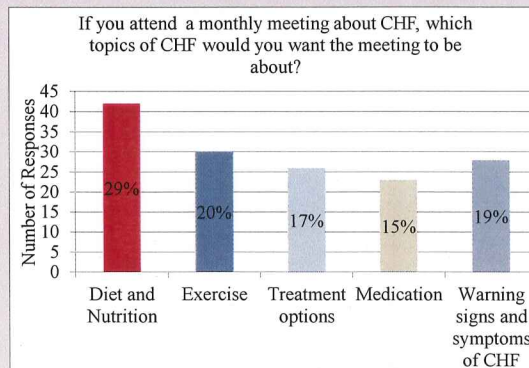
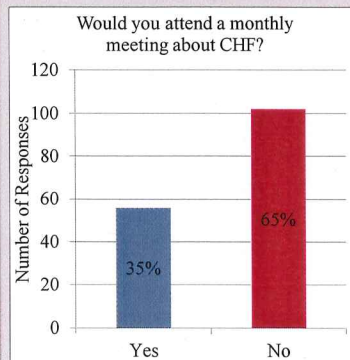
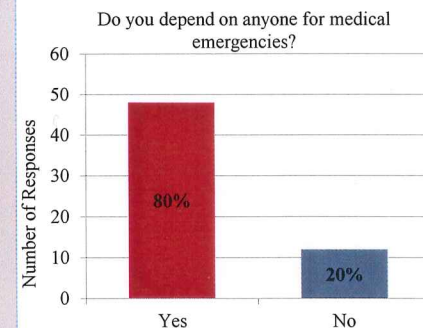
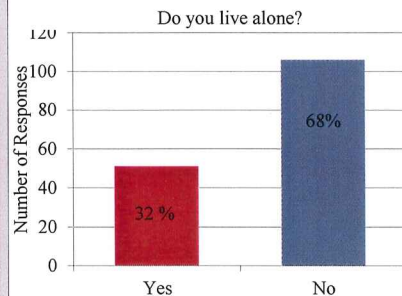
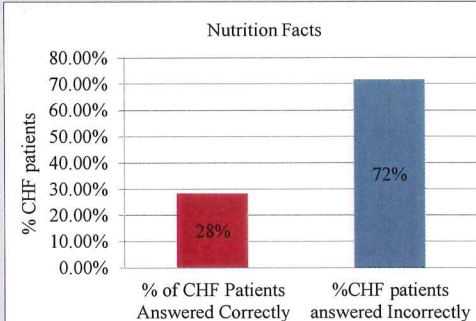
**Primary:** To determine if the social needs of Providence CHF clinic patients are being identified and met

**Secondary:** Identify the factors to reduce the CHF clinic readmission rates at Providence Health Center.

## Results

### Nutrition Facts

Serving Size 8 FL OZ (240 ml)	
Servings Per Container About 2	
Amount Per Serving	
Calories 60	
	% Daily Value*
Total Fat 0g	0%
Sodium 500mg	21%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Sugars 11g	
Protein 2g	
Vitamin C 0%	Calcium 6%
<small>Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, vitamin A and iron.</small>	
<small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	



## Conclusion

The qualitative data obtained from these surveys highlighted the needs of individuals living with Heart Failure. Their needs include: more patient education to gain understanding of symptoms of their disease, compliance to diet and importance of keeping their follow up appointments. The results also acknowledged that 75% of CHF patients do not have home healthcare, emotional support and assistance can be provided by arranging home healthcare. A large number of patients depend on someone else for transportation and as a result missed their appointment. Arranging monthly CHF focus group, reliable transportation, making scales and medication planners available to help patients monitor their condition, and additional contact with social workers who can help the significant number of patients with low income represented in this population, is vital for the well-being of heart failure patients.

## Citations

1. "Understand Your Risk of Heart Failure", 2015 *American Heart Association SubHomePage.jsp*
2. Chen, "National and Regional Trends in Heart Failure Hospitalization and Mortality Rates for Medicare Beneficiaries, 1998-2008", 2011, JAMA
3. "Congestive Heart Failure", 2015, *American Heart Association*

## Acknowledgements

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