

## The Relationship between Self-Care Behaviour and Quality of Life Among Heart Failure Patients in Jakarta, Indonesia

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**Abstract :** Background. Heart Failure (HF) is a chronic and progressive condition associated with significant morbidity, mortality, health care expenditures, and a high readmission rate over the years. Self-care is essential to manage chronic heart failure in the long term, and it is related to better outcomes and can enhance the quality of life. Objective. The aims of this study were to describe the relationship between self-care behavior and quality of life among heart failure patients in East Jakarta, Indonesia. Methods. This study used a correlational-descriptive design with a cross-sectional study, the sampling method used purposive sampling method. Self-care was measured using Self-care Heart Failure Index version 6.2, and quality of life was measured using The Minnesota Living with Heart Failure. Pearson correlation and Spearman-rho correlations are used to analyze the data. Results. We recruited 103 patients with HF in both outpatient and inpatient ward: mean age  $59.26 \pm 11.643$  years, 63.1% male. Patients with higher levels of education were associated with higher self-care maintenance ( $p=0.007$ ). The patient's average quality of life is quite high, with a score of  $72.07 \pm 16.89$ . There were a significant relationship among self-care maintenance ( $r=0.305$ ,  $p=0.001$ ), self-care management ( $r=0.330$ ,  $p=0.001$ ), and self-care confidence ( $r=0.335$ ,  $p=0.001$ ) towards the quality of life. Most participants have inadequate self-care maintenance, self-care management, and self-care confidence (score  $< 70$ ), while the score of quality of life is categorized as poor. Conclusion. The self-care behaviors were limited among patients living with HF in Indonesia yet was associated with better quality of life. It is necessary to promote health related to knowledge and adherence to self-care behavior so that it can improve the quality of life of heart failure patients. This study can be used as a reference to promote self-care among patients with heart failure, it can help to enhance their quality of life.

**Keywords :** heart failure, self-care maintenance, self-care management, self-care confidence, quality of life

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