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Sleeping Pattern: It is effect on quality of life for patients with congestive heart failure

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Introduction: Awareness to assess sleeping patterns in patient with congestive heart failure became very essential nowadays. Signs and symptoms of congestive heart failure changing lead to disturbance of sleep-pattern for instance, short sleep time, and low sleep quality which is frequently reported by patients with congestive heart failure. The purpose of this is to assess the factors which affecting sleeping patterns among patient with congestive heart failure.

Methodology: this study is descriptive study. It was conducted in the ICU and medical ward in one of the governmental hospital. The study group was selected by purposeful sample technique. Data collection was done through using 1) A structured interview questionnaire sheet, 2) Quality of life index, 3) The Karnofsky Performance Scale and 4) The Pittsburgh Sleeping Quality Index (PQSI). Findings: of his study showed significant positive correlation between quality of sleeping and quality of life.

Conclusion & Significant: This study concluded that that patients with congestive heart failure had a negative impact on quality of life and functional performance ability. This study recommends a counseling program for those patients to improve their sleeping patterns and enhance quality of tier life.

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