

# 8<sup>TH</sup> CARDIOVASCULAR NURSING & NURSE PRACTITIONERS MEETING

August 08-09, 2016 Las Vegas, USA

## Improvement of left ventricular remodeling and reduction of CHF-rehospitalization using a 12-month weight management intervention

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**Objective:** The study was to determine the effectiveness of a 12-month weight management (WM) intervention on prognosis of chronic heart failure (CHF).

**Methods:** CHF patients meeting our inclusion criteria were randomly assigned to the WM group (N=66) and the control group (N=64). WM consisted of the education of correct daily weight monitoring and the knowledge to deal with sudden weight gain, monthly telephone visits and diary kept by patients. We compared New York Heart Association (NYHA) classifications, the Left Ventricular Internal Diameter at end-diastole (LVIDd), Minnesota Living with Heart Failure Questionnaire (MLHFQ), CHF-related re-hospitalization and CHF-related mortality.

**Results:** There were no significant differences in outcome variables at baseline. In 12 months, compared with the control group, the adherence to weight monitoring (60.61% vs. 7.81%;  $P<0.001$ ) and NYHA classification ( $P<0.001$ ) were significantly improved; LVIDd was reduced ( $P=0.006$ ). The global score of MLHFQ of WM group in 12 months was significantly lower than that of the control group and the baseline of WM group. The number of CHF-related re-hospitalization during the 12-month in WM group was significantly smaller than that of the control group ( $0.590\pm 0.841$  vs.  $1.170\pm 1.409$ ,  $P=0.005$ ), but there was no significant reduction in CHF-mortality (1.49% vs. 5.88%,  $P=0.366$ ).

**Conclusion:** This study demonstrates that the 12-month WM intervention had a positive impact on patients' adherence to weight monitoring and WM ability, NYHA classification and left ventricular remodeling, quality of life and CHF-related re-hospitalization. However, the WM intervention has not improved CHF-mortality.

### Biography

Xiao-hua Wang has completed his PhD major in Immunology from Soochow University. She has been the Director of Medical Nursing over 10 years. She has published more than 30 papers in impact journals and has been serving as a reviewer of some journals.

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