

## 2<sup>nd</sup> International Conference and Exhibition on **Physical Medicine & Rehabilitation**

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### **The effect of cardiac rehabilitation on performing self-care activities based on Orem's self-care model among elderly people suffering from congestive heart failure; A randomized double-blind controlled clinical trial**

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**Introduction:** Congestive heart failure (CHF) is one of the most common diseases among elderly people in which, lack of knowledge about self-care can lead to negative consequences and frequent hospitalization. Cardiac rehabilitation is one of the most important methods of therapy. Using Orem's self-care model can also help the patient perform self-care activities.

**Objectives:** Investigating the effect of the cardiac rehabilitation on performing self-care based on Orem's self-care model in elderly people suffering from CHF.

**Methods and materials:** In this randomized double-blind controlled clinical trial, 90 patients with CHF enrolled in the study. Data were collected from both groups before and immediately after interventions. Patients in the case group participated in the cardiac rehabilitation programs consisted of three one-hour sessions per week for eight consecutive weeks. They also simultaneously received face-to-face required trainings based on Orem's model and a training booklet. Participants in the control group only received routine instructions of the hospitals.

**Results:** The mean ( $\pm$ SD) age of the patients were ( $65.42\pm 5.73$ ) and ( $65.46\pm 6.73$ ) in the case and control groups respectively ( $p=0.973$ ). In the case group, mean change scores for self-care were statistically significant before and after intervention at the level of 0.001 ( $p<0.001$ ) and increases in the mean change scores were observed in responses to all self-care items after intervention.

**Conclusion:** Our findings showed that using such a non-pharmaceutical therapy (cardiac rehabilitation) and individual's need-based trainings (Orem's model) could improve self-care ability in elderly suffering from CHF.

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