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## Acta Medica Iranica


2009;47(4) : 81

### Original Article

#### Quality of Life in Patients with Heart Failure

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Received: May 22,2008

Accept : August 30,2008

Available online: March 7,2009

#### Abstract:

**Background & Aim:** Today, quality of life measurement is important in health care systems especially for patients with chronic diseases. Heart failure has several complications that affect patients' lives. The aim of this study was to investigate the quality of life and its dimensions in patients with heart failure.

**Methods & Materials:** It is a cross-sectional study. Two hundred and fifty patients with heart failure referred to Tehran medical centers were selected using convenience random sampling method. Data were collected using "Ferrans and Powers quality of life Index". Data were analyzed using descriptive statistics, chi-square, and Pearson correlation coefficients.

**Results:** The study findings showed that 76/4% of the participants possessed undesirable and less desirable levels of quality of life. There was significant statistical relationship between quality of life with age, gender, education, marriage status, ejection fraction, length of heart disease, co-morbidity, and readmission.

**Conclusion:** Cardiac heart failure has negative effects on quality of life. So, it seems that if assessing the QOL of these patients becomes one of the nurses' duties, it will promote the major caring goals.

#### Keywords:

Quality of Life, Heart Failure, Nurses

TUMS ID: 12658

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