**REFLECTIVE ACCOUNT**

**Chronic heart failure: part 2**

A CPD article improved Lorna Young’s knowledge of the treatment and management of chronic heart failure

**What was the nature of the CPD activity, practice-related feedback and/or event and/or experience in your practice?**

The article explored the treatment and management of chronic heart failure, including the support and interventions that nurses can provide to patients. It also discussed the importance of considering palliative care in the early stages of the condition.

**What did you learn from the CPD activity, feedback and/or event and/or experience in your practice?**

I gained knowledge of the various types of pharmacological and non-pharmacological treatments available for patients with chronic heart failure, including angiotensin-converting enzyme inhibitors, beta blockers, diuretics and implantable cardioverter defibrillators. The article emphasised that it is essential to improve patients’ adherence to their medication regimens, by ensuring they understand the reasons for taking their medication and the risks associated with non-adherence.

The article provided information about the treatment and management of chronic heart failure that is relevant to my acute care role. It has enhanced my knowledge of pharmacological and non-pharmacological treatments, which will enable me to provide patients with information about their treatment, and support their self-management.

**How did you change or improve your practice?**

The article outlined the lifestyle modifications patients can make that can empower them to manage their condition. These modifications may include undertaking regular exercise, avoiding excessive salt intake, optimising sleep and smoking cessation.

The article also discussed the role of nurse-led heart failure services in improving patients’ quality of life and developing their self-care skills.

I learned that while discussion of palliative care with patients who have chronic heart failure can be challenging, individuals often value such discussions because they require information to plan and manage their condition. Therefore, discussions about palliative care in the early stages of the condition are necessary for effective end of life care. This is an area that should be reviewed and incorporated into the diagnosis and care pathway.

**Write your own reflective account**

You can gain a certificate of learning by reading a Nursing Standard CPD article and writing a reflective account. Turn to page 53 for this week’s article. To write a reflective account for Nursing Standard, use the NMC reflective accounts form available here: revalidation.nmc.org.uk/download-resources/forms-and-templates

Complete the four questions about the CPD article you have just read, writing about 800 words in total. Details of how to submit your reflective account are available at: journals.rcni.com/r/reflective-account
I have increased my awareness of the importance of lifestyle modifications for those with chronic heart failure, and I feel confident in discussing these with patients. I will raise any concerns about the patient’s sleep with the multidisciplinary team.

I am now aware of the importance of discussing palliative care with patients, and I intend to look for the signs that a patient might wish to discuss this.

How is this relevant to the Code?
Select one or more themes: Prioritise people, Practise effectively, Preserve safety, Promote professionalism and trust
As part of the theme of prioritising people, The Code states that nurses must recognise and respect the contribution people can make to their own health and well-being. The article discussed the importance of empowering patients with chronic heart failure to manage their condition, by making lifestyle modifications and undertaking self-care.

Nurses have an important role in providing patient education about symptom monitoring, pharmacological treatment and palliative care. This is relevant to The Code’s requirement for nurses to act in partnership with those receiving care, supporting them to access relevant healthcare, information and support.

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