

Quality of Life for Patients with Heart Failure in Arab Countries

Mohannad Eid AbuRuz¹, Aalyiah Momani²

¹Department of Nursing, Faculty of Health Sciences, University of Sharjah, Sharjah, UAE. ²Clinical Nursing Department, Applied Science Private University, Amman, Jordan.

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Dear Editor-in-Chief

For many decades, cardiovascular disease (CVD) has been the number one killer Worldwide [1]. Globally, 80% of CVD deaths take place in low- and middle-income countries. Heart failure (HF) is one of the most common CVDs, since 26 million adults worldwide are living with HF [2,3]. Projections show that the prevalence of HF is increasing. In developing countries, HF is a critical health problem similar to the developed countries [4]. This is correct for highly and low populated countries as well [5].

Acute exacerbation of HF is the most common reason for HF admissions to the Hospitals [6,7]. This is mostly due to dyspnea, pitting edema, fluid retention, pulmonary edema fatigue, sleep disturbance, and loss of energy [8]. All these factors will lead to poor QoL.

Studies checking the effect of HF on QoL are well established in the literature both on developed and developing countries showing that patients with HF suffer from poor QoL, physically and mentally. Therefore, interventions to improve QoL among this population is highly recommended.

Most healthcare providers use unsystematic approaches to learn about their patients' QoL and personal values and to apply this knowledge to make clinical decisions may improve their patients' QoL. Enhancing knowledge and positive attitude toward improving the QoL for patients with HF is the critical first step in such interventional studies.

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Corresponding Author:

Dr. Mohannad Eid AbuRuz

Department of Nursing, Faculty of Health Sciences, University of Sharjah, Sharjah, UAE.

Email: maburuz@sharjah.ac.ae

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