



Importance of Self-Care, Increasing General Health and Self-Efficacy of Patients with Heart Failure

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Abstract

Mental and psychological problems are major issues that patients with heart problems are facing; for this, patients' psychological states should be identified to mitigate their pains, as failure to pay attention to their stresses and mental reactions could add to their woes. Self-care is a practice in which each child, adolescent, or adult uses his/her knowledge, skills, and capacities to protect his/her and others' health well; for this, self-care is responsible for peoples' mental and psychological health issues. People, in the meantime, can consult others and gain specialized and non-specialized assistance (from both experts and non-experts). Although self-care is an activity that people do to protect and promote their health, this care sometimes extends to children, families, friends, neighbors, locals, and citizens. This study used a descriptive method to investigate self-care among patients with heart failure.

Keywords: heart diseases, mental and psychological issues, self-efficacy, health, self-care drug regimens.

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