



## METADATA

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### Abstract

Heart failure (HF) is a complex clinical syndrome, which is characterized by impairment of heart function with progressive worsening of symptoms. HF is classified according to the time of its onset and the location of the lesion. Early diagnosis is a key factor for initiating treatment, slowing disease progression, reducing readmissions and improving quality of life. Treatment for HF is pharmacological and non-pharmacological and depends on the type and stage of the disease. Information and education allow each patient with HF to form a complete picture of the health state and, in general, to deepen their

understanding of the disease and the required skills to maintain autonomy in everyday life. Self-care is the most basic aspect of treating patients with HF and consists of two interrelated parts: self-care maintenance and self-care management. Patients with HF must be adherent with medication, dietary recommendations, regular physical exercise and frequent reassessment as well as to manage worsening of their symptoms. Patients with HF experience mental disorders, mainly anxiety and depression, which require diagnosis and treatment. Improving quality of life is the ultimate goal in the management of HF.

