

Beebe Healthcare
Margaret H. Rollins School of Nursing
Nursing 102-Nursing Care of Adults
Research Paper: Topical Outline Template

- 1. Title of the paper: Heart Failure is Taking over the World**
- 2. Thesis Statement: Heart Failure is a complex disease that affects the supply of blood and oxygen to the vital organs and tissues and if not treated, may lead to death.**
- 3. Introduction:**
 - a. Key points/ background information
 - i. What is Heart Failure/overview or simple explanation and how does it associate with other cardiac diseases
 - ii. How does it work (include left and right sided)
 - iii. Statistics of how much it affects the community
 - b. Thesis Statement
 - i. Heart Failure is a complex disease that affects the supply of blood and oxygen to the vital organs and tissues and if not treated, may lead to death.
- 4. Body of the paper:**
 - a. Statement of the Problem**
 - i. Overview of the problem
 1. Many causes of HF (modifiable factors and nonmodifiable factors)
 2. Many ways to prevent HF that are necessarily easy
 3. Many people live with HF
 - ii. Significance of the topic
 1. Right Sided HF vs. Left Sided HF (lots of info including the signs and symptoms of each one and how they are different)
 2. Connect HF to how it can affect the heart but also how it affects the body systemically. People may not realize that HF can affect many areas of the body and not just your heart
 3. Stress the importance of hypertension needing to be controlled, if its not, chronic hypertension can lead to HF
 - iii. Statistical information
 1. “The lifetime risk of HF has increased to 24%; approximately 1 in 4 persons will develop HF in their lifetime.”
 2. “Approximately 6.7 million Americans over 20 years of age have HF, and the prevalence is expected to rise to 8.5 million Americans by 2030.”
 3. “In 2022, heart failure was mentioned on 457,212 death certificates (and responsible for 13.9% of all causes of death).”
 - iv. If left untreated how would this affect the nursing community?
 1. Death
 2. Many complications like anemia, pleural effusion...
 - b. Risk Reduction/ Treatment of the Problem**

- i. Prevention
 - 1. Diet and exercise
 - 2. Smoking is a huge factor that many people do
 - 3. Control hypertension
- ii. Screening
 - 1. Blood tests, **BNP**...
 - 2. Chest Xray's, echocardiograms non-invasive..
 - 3. Invasive, Biopsy, angiograms, heart caths..
- iii. Treatment
 - 1. Drug Therapy
 - 2. Classing and staging of HF
 - 3. Surgery's, implants, transplants...
- iv. What is the impact this research has on patient care?
 - 1. Helps teach clients on HF itself and what it is
 - 2. Shows clients how to reduce risk of HF
 - 3. Show the importance of why HF needs to be treated and/or prevented to prevent further disease progression

c. Teaching

- i. 2 learning objectives for the learner
 - 1. What is the difference between left and right sided heart failure and how do you differentiate the two
 - 2. Modifiable ways to prevent HF and how to slow progression of HF if you are already diagnosed with HF
- ii. Teaching strategies/ methods you will utilize
 - 1. Activity or game
 - 2. Public Presentation
 - 3. Any questions will be answered
- iii. Teaching tools you will utilize
 - 1. Hands on activities to spike interests
 - 2. Handouts for the public to take home
 - 3. Easy to understand language, not using huge medical words that the public may not easily understand

5. Conclusion

- a. Summarize the main points of the paper
 - i. HF is a disease that results in insufficient blood supply and oxygen to the tissues and organs, it involves diastolic and systolic dysfunction
 - ii. HF is associated with many other cardiovascular diseases
 - iii. There are many therapies that are used to treat HF(include a few examples that have already been talked about as a reminder)
- b. How does this information apply to evidence-based nursing practice?
 - i. HF affects many of our patients in the hospitals today, so we need to keep up on studies on HF to understand how it works
 - ii. Informing people about HF can increase the survival rate of cardiac events

- iii. New statistics will show if HF is becoming more popular or if the world is doing better at treating and preventing HF.. everything is based on evidence-based practice
- c. What is the importance of this paper?
 - i. I want people to read this and understand the severity of HF, but also that there are treatments that can help slow progression and keep symptoms at a minimum
 - ii. I want people to understand that early diagnosis is key, they should not ignore their symptoms because HF is a serious condition that creates a systemic effect if not treated
 - iii. Heart Failure and other heart diseases are many times a leading cause of death but can be prevented most times just by a few lifestyle changes like diet, smoking, or exercise

(Sources used so far)

<https://hfsa.org/hf-stats-2024-heart-failure-epidemiology-and-outcomes-statistics>

<https://pmc.ncbi.nlm.nih.gov/articles/PMC10864030/#:~:text=Approximately%206.7%20million%20Americans%20over,develop%20HF%20in%20their%20lifetime.>

<https://www.cdc.gov/heart-disease/about/heart-failure.html>

<https://www.heart.org/en/news/2018/07/19/heart-failure-projected-to-increase-dramatically-according-to-new-statistics>