

**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: Awareness and Prevention**
- 2. Thesis Statement:** Heart failure is a chronic, progressive condition with high mortality rates, but early detection, prevention and patient education can improve outcomes and reduce hospitalizations.
- 3. Introduction:**
  - a. Key points/ background information
    - i. Heart failure definition: heart is unable to pump sufficient blood to meet the body's needs, leads to fluid buildup and organ dysfunction
    - ii. Symptoms and manifestations (dyspnea, fatigue, fluid retention, exercise intolerance)
    - iii. Impact on healthcare system and quality of life
  - b. Thesis Statement
    - i. Addressing heart failure through evidence-based interventions, preventions, and patient education can enhance patient outcomes and reduce hospital readmissions.
- 4. Body of the paper:**
  - a. **Statement of the Problem**
    - i. Overview of the problem
      1. Leading cause of death, affects millions of adults in the US
      2. Common causes (HTN, CAD, diabetes)
      3. Affect of daily living, poor adherence to treatment
    - ii. Significance of the topic
      1. Leading cause of hospitalizations
      2. Affect on pt independence requiring long term management
      3. Proper treatment can reduce readmission rates
    - iii. Statistical information
      1. "Approximately 6.7 million Americans over the age of 20 have heart failure. This number is projected to rise to 8.7 million by 2030." HSFA.org
      2. "Nearly 1 in 4 heart failure patients are readmitted within 30 days of discharge, with approximately half readmitted within six months." AHAJournals.org
      3. "In 2022, heart disease was the leading cause of death in the United States, accounting for 702,880 deaths, which is approximately one in every five deaths." CDC.gov
    - iv. If left untreated how would this affect the nursing community?
      1. Increase workload on nurses
      2. emotional and physical toll from caring for chronically ill patients

## **b. Risk Reduction/ Treatment of the Problem**

- i. Prevention
  1. Lifestyle modifications (weight, diet, regular exercise, smoking cessation)
  2. Blood pressure and diabetes management
  3. Community health education (obesity reduction, early cardio screening)
- ii. Screening
  1. Routine physical exams
  2. Echocardiograms, BNP testing
  3. Early identification of high risk patients
- iii. Treatment
  1. Medications: ACE inhibitors, beta-blockers, diuretics,
  2. Lifestyle intervention (daily weight, low-sodium diet, fluid restriction)
  3. Advanced therapies/ surgery (transplant)
- iv. What is the impact this research has on patient care?
  1. Helps develop treatment plans and improves patient adherence
  2. Reduce hospital readmissions
  3. Improved nursing roles and care in patient management

## **c. Teaching (**

- i. 2 learning objectives for the learner
  1. To recognize the risk factors, symptoms, and progression
  2. Implementing lifestyle changes
- ii. Teaching strategies/ methods you will utilize
  1. Interactive presentation
  2. Q &A
  3. Hands on demonstration
- iii. Teaching tools you will utilize
  1. Games and activities
  2. Educational brochures
  3. Videos

## **5. Conclusion**

- a. Summarize the main points of the paper
  - i. Heart failure is chronic, progressive and requires evidence based treatment
  - ii. Nurses key role in providing education, care for symptoms
  - iii. Implementing community education programs can reduce prevalence
- b. How does this information apply to evidence-based nursing practice?
  - i. Supports individualized treatment plans and caring for the whole patient
  - ii. This information can help nurses to feel more confident in their clinical judgments and practice.
  - iii. Improvements in the quality of care provided to patients
- c. What is the importance of this paper?
  - i. Highlights prevention and nursing interventions
  - ii. Provides evidence based research on care recommendations

iii. Encourages community participation in awareness