

Predictors of quality of life in Iranian Heart Failure patients

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Aims: Heart failure is a severe chronic disease and has a negative impact on the quality of life (QoL). Specific quality of life assessment is an important measure of the impact of the disease, effect of treatment and other variables affecting people's lives. The aim of this study was to determine the specific quality of life and related factors in patients with Heart failure.

Methods: A cross-sectional study of 210 patients with Heart failure was selected via convenience sampling methods in 2014. Minnesota Living with Heart Failure (MLHF) and Socioeconomic Questionnaires were used as data gathering tools. Data analysis was done in SPSS 16 software environment with descriptive statistical tests, Pearson correlation coefficient, independent t-test, regression analysis.

Results: The average age of patients was 57.90 ± 13.54 . Higher and lower scores were seen in the treatment satisfaction with mean and standard deviation 66.34 ± 17.32 , and Angina stability with mean and standard deviation 38.92 ± 24.02 . The results of multiple liner regression showed that There was significant difference between quality of life and NYHA class ($\beta = 0.13$; $p = 0.04$).

Conclusion: Finding indicated quality of life was not desirable in patients with Heart Failure.

Higher NYHA class is independent predictors of poor QoL in patients hospitalized with heart failure. It seems necessary to put more focus on nursing care to enhance and improve the quality of life for these patients.

Key Words: Heart failure, Quality of life, Related factors, Minnesota Living with Heart Failure Questionnaire.