

An evidence-based approach in the management of fatigue due to heart failure: breathing exercises

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ABSTRACT

Fatigue is one of the common symptoms that adversely affect the quality of life of patients with heart failure. It has been reported that fatigue seen in heart failure is caused by conditions such as deterioration of peripheral circulation due to decrease in oxygen delivery, autonomic nervous system abnormalities and deterioration in the strength of the respiratory muscles. Breathing exercises are one of the integrative applications that can increase oxygen delivery due to the functional connection of the heart and lungs providing relief from fatigue. In the literature, breathing exercises have a wide range of breathing techniques that create

changes in breathing form and rate. Many studies have found that breathing exercises reduce fatigue, and can have significant effects on patient care and clinical outcomes. Nurses have a major impact on patient outcomes such as reducing fatigue in heart failure patients and improving health-related quality of life. For this reason, it is very important to include breathing exercises in nursing practices. In this regard, the importance of breathing exercises in the management of fatigue due to heart failure has been addressed in this review.

Keywords: Breathing exercises; fatigue; heart failure; nursing care

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