

# A nurse-led coaching intervention with home telemonitoring for patients with heart failure: protocol for a feasibility randomized clinical trial



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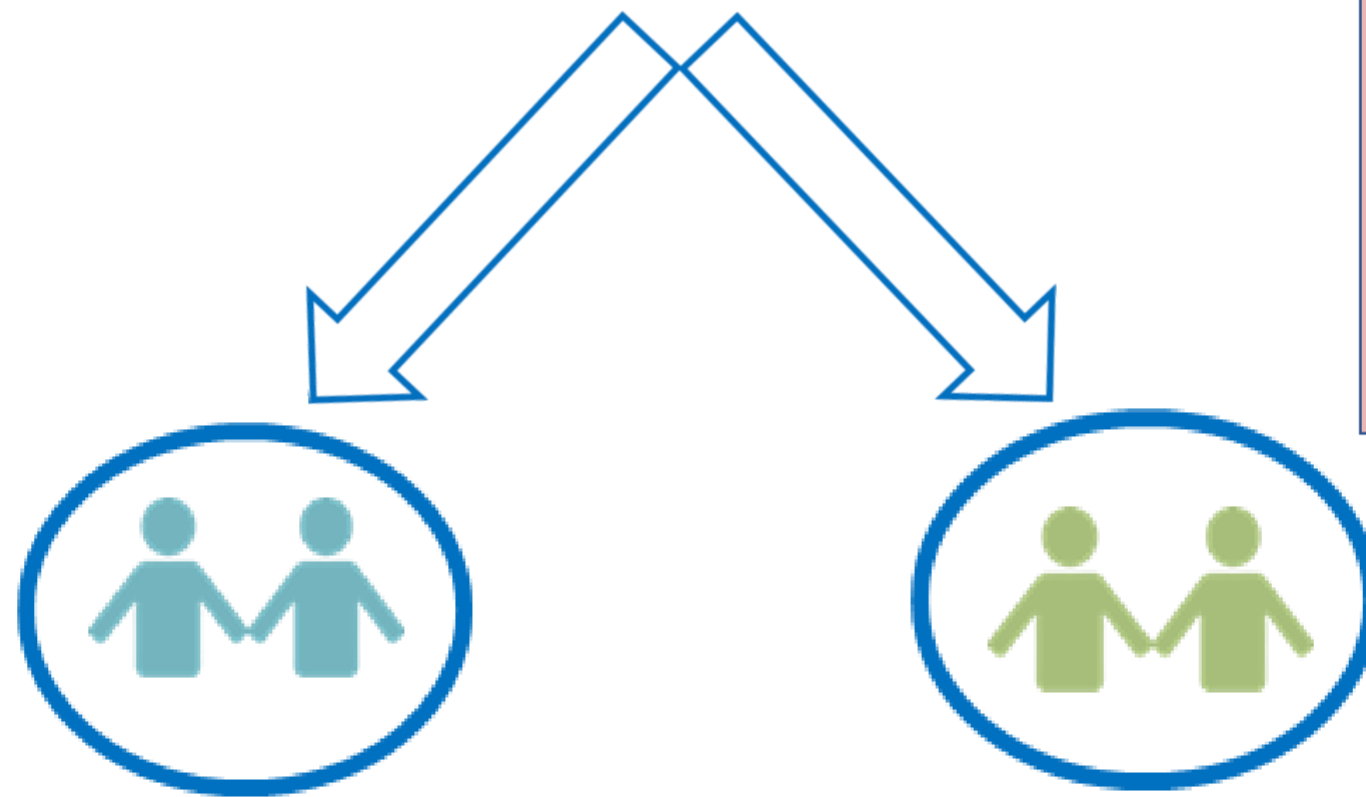
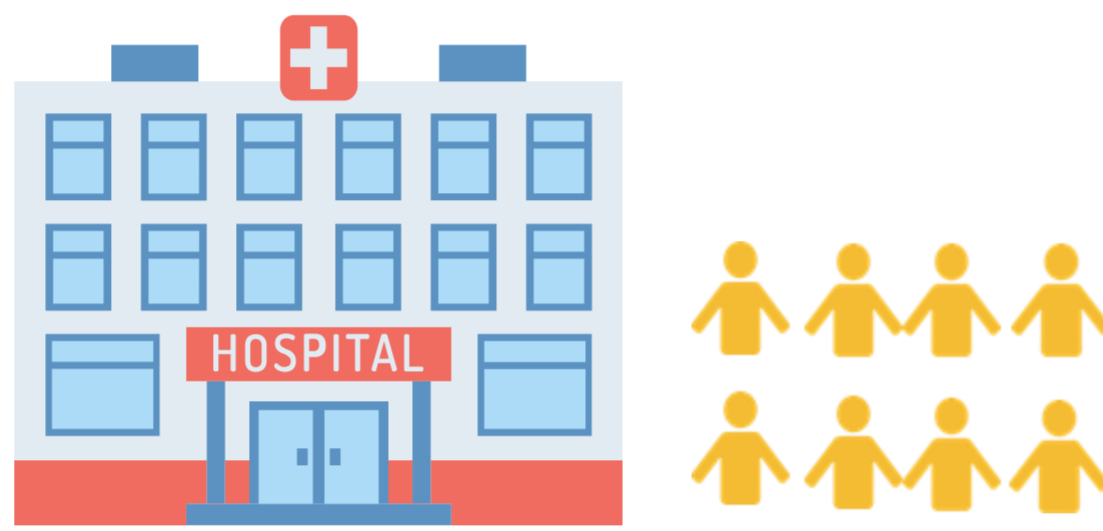
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**Aim:** To investigate the feasibility and acceptability of a home telemonitoring program combined with telephone nurse-led coaching intervention

## BACKGROUND

Poor treatment adherence and lack of self-care behaviors are significant contributors to hospital readmissions of people with heart failure.

A transitional program with **non-invasive telemonitoring** may help sustain patients and their caregivers to timely recognize signs and symptoms of exacerbation



## METHODS

We will conduct a **Randomized Clinical Trial** to evaluate the feasibility and acceptability of a 6-month supportive intervention for patients discharged home after cardiac decompensation. Forty-five people aged 65 years and over will be randomized to either receive a supportive intervention, which combines **nurse-led telephone coaching and a home-based self-monitoring vital signs program**, or standard care alone



### Intervention group:

- 1) Pre-discharge educational meeting
- 2) Telephone nurse-led coaching sessions
- 3) Home telemonitoring of vital signs

### Control group:

Standard Care

## Feasibility Outcomes

Recruitment rate  
Retention rate  
Adherence to the intervention

All-cause and heart failure-related hospital readmissions  
Emergency Department visits  
Heart failure somatic perception  
Self-care capacity

## Scientific Outcomes

Quality of life  
Self-Efficacy  
Anxiety  
Depression  
Mortality