



## Fund “Nauka” Project № 19040 Resume – Competition-Based Session 2019:

“Improving the well-being and quality of life of patients with heart failure”

**Project leader:** Prof. Silvia Borisova Dimitrova, PhD, DSc

### Project Team:

1. Prof. Dr. Yoto Trifonov Yotov MD, PhD
2. Maria Mladenova Georgieva
3. Plamena Yordanova Doshkova
4. Hatice Mustafa Vural

The goal of the project team is to improve the well-being and quality of life of patients with heart failure by applying an Outpatient Nursing Model.

There is a prediction identifying all factors who are favorable for seeing any progress for heart failure, biological, and psychosocial determinants for the quality of life for all patients with heart failure. Giving a role to all nurses in the management of this matter, heart failure would help tremendously in developing higher standards, rules and regulations for an excellent practice, as well as providing the necessary help and care to all patients with heart failure.

The implementation of this project will help us build a center for cardiac nursing care as part of the Second Clinic for Cardiac Disease at UMBAL “St. Marina” – Varna, which will perform clinical evaluation, observation, and interventions that will mainly focus on surpassing the quality of life for all patients with cardiac failure.

Our continued care, along with developing a good model of behavior in outpatient settings, create good conditions for overseeing the factors that could aggravate heart failure. These components also improve the overall condition, decrease the need for hospitalization, offer an excellent influence, as well as increase life expectancy. This project will open the possibilities for future international cooperation and experience exchange with specialists, heads clinics, and nursing units of heart failure.