

Utilizing the Chamberlain Library website to search for a substantive Qualitative article assisted in narrowing down the topic and searching through the availability of various databases. The keywords “CHF” “monitoring” “research” and “Readmission” were entered into the search field to find the article. The filters that were used were the availability and publication date features. Under the availability category, the peer-reviewed journals option was selected. The publication date range was changed to 2017 to 2022 to reflect articles published within the past five years. The article was found in the CINAHL and published in JMIR cardio.

Heart failure (HF) affects 26 million individuals worldwide and with an aging population, HF is one of the leading causes of hospitalization and mortality, which places a significant global burden on society (McNamara et al., 2019). HF readmission rates are up to 50% and can be linked to worsening symptoms and difficulty with self-management (Wali et al., 2020). Self-care is a process that involves self-maintenance, perception of symptoms and finally, self-management and support can be linked to lower admission readmission rates (Wali et al., 2020).

The healthcare team managing self-care with the patients can depend on how well an individual understands interventions as well as early symptom recognition to prevent readmissions to the hospital. hospital visits for heart failure. Patients often have difficulty with self-care management, understanding the materials provided, or understanding the technology involved. The study was conducted to determine patients’ perceptions of using mobile care applications to assist with self-care and management and to determine barriers such as literacy, cognitive impairment, numeracy, and technology intelligence which can all lead to challenges for patients (Wali et al., 2020). The aim of the specific study chosen was to understand the self-care challenges faced by older patients with HF as well as their informal care providers face daily to bridge the gap and transfer the information into a user-friendly mobile application for future use (Wali et al., 2020).