EFFECTIVE NURSING CARE FOR PATIENTS WITH CARDIOVASCULAR DISEASES

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Introduction: Cardiovascular diseases (CVDs) remain among the leading causes of morbidity and mortality worldwide. These include arterial hypertension, ischemic heart disease, chronic heart failure, and other conditions requiring long-term medical observation. Effective nursing care plays a critical role in the prevention, management, and rehabilitation of patients with cardiovascular diseases. Through patient education, early symptom recognition, medication adherence support, and holistic care, nurses significantly contribute to improving patient outcomes and reducing hospital readmissions. In this context, the role of nursing care becomes increasingly significant, as nurses play a key role in monitoring patients' conditions, educating them on self-management skills, and providing comprehensive care.

Modern approaches to nursing are based on the implementation of innovative technologies, individualized patient management strategies, and interdisciplinary collaboration. The integration of digital tools, telemedicine, and evidence-based practices enhances the effectiveness of care, improves patients' quality of life, and reduces the risk of complications.

Objective: To analyze modern methods of nursing care for patients with chronic therapeutic cardiovascular diseases, evaluate their effectiveness, and assess prospects for further development.

Materials and Methods:

The study involved a literature review of scientific sources focused on modern nursing care approaches for patients with chronic CVDs. Articles from medical databases such as PubMed, Scopus, and Web of Science, as well as clinical

guidelines from leading cardiology associations, were used. Research methods included:

- Analytical review of publications on the topic;
- Comparative analysis of traditional and innovative nursing approaches;
- Assessment of the effectiveness of various care methods based on clinical study data.

Research Results:

1. Traditional nursing methods include monitoring of key indicators (blood pressure, pulse, oxygen saturation), preventive counseling, following physician instructions, and providing psychological support.

2. Innovative technologies involve mobile applications for patient self-monitoring, telemedicine consultations, remote physiological parameter monitoring, and the use of artificial intelligence to predict complications.

3. Prospects for nursing development are linked to further digitalization of healthcare, implementation of robotic patient support systems, advancement of personalized medicine, and increased involvement of nurses in prevention and rehabilitation of CVD patients.

Conclusion:

Modern nursing methods for patients with chronic therapeutic cardiovascular diseases aim to enhance the quality of care, improve disease prognosis, and reduce the burden on the healthcare system. Integration of digital technologies and personalized approaches improves care efficiency, increases patient adherence to treatment, and minimizes the risk of complications. The ongoing development of nursing education and implementation of new technologies will continue to have a significant impact on the quality of medical services for patients with chronic cardiovascular conditions.

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