



**CARDIOLOGY NURSE: FUNCTIONS, COMPETENCES AND ROLE IN IMPROVING  
TREATMENT OUTCOMES**

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**ABSTRACT:** This article examines the important role of the nurse in cardiovascular disease, focusing on key tasks and functions, including patient monitoring, preventive measures, education, emotional support, and documentation. Key aspects that help improve patient care and contribute to increased treatment effectiveness are outlined. It demonstrates how nursing supports a comprehensive approach to treatment and rehabilitation, making it an integral part of the modern healthcare system.

**Keywords:** Nurse, patient care, cardiovascular diseases, monitoring of condition, prevention, patient education, emotional support, documentation, medical care, quality of treatment.

**МЕДИЦИНСКАЯ СЕСТРА В КАРДИОЛОГИИ: ФУНКЦИИ, КОМПЕТЕНЦИИ И  
РОЛЬ В УЛУЧШЕНИИ ИСХОДОВ ЛЕЧЕНИЯ**

**АННОТАЦИЯ:** Данная статья рассматривает важную роль медицинской сестры при сердечно-сосудистых заболеваниях, акцентируя внимание на ключевых задачах и функциях, включая мониторинг состояния пациентов, проведение профилактических мероприятий, обучение, эмоциональную поддержку и ведение документации. Обозначены основные аспекты, которые помогают улучшить уход за пациентами и способствуют повышению эффективности лечения. Показано, как сестринская помощь поддерживает комплексный подход к лечению и реабилитации, что делает её неотъемлемой частью современной системы здравоохранения.

**Ключевые слова:** медицинская сестра, уход за пациентами, сердечно-сосудистые заболевания, мониторинг состояния, профилактика, обучение пациентов, эмоциональная поддержка, ведение документации, медицинский уход, качество лечения.

**RELEVANCE:** This article is relevant given the significant increase in cardiovascular disease, which remains a leading cause of death and disability worldwide. Given the increasing burden on healthcare systems, it is important to review and optimize the role of healthcare personnel, particularly nurses, in a comprehensive approach to patient treatment and care. Nurses not only perform physician-prescribed procedures but also actively support patients at all stages of treatment, including complication prevention, self-care education, and adherence to recommendations.

Furthermore, modern research highlights that high-quality nursing care improves treatment outcomes, shortens hospital stays, and reduces the risk of readmissions. Given the diversity of tasks performed by nurses, their contribution to the successful treatment and rehabilitation of patients with cardiovascular diseases cannot be overstated. Highlighting these aspects highlights the need for enhanced professional training and empowerment of nurses to improve the quality of medical services provided and strengthen the healthcare system as a whole [1].



## **MATERIALS AND METHODS:**

### **Study design**

**Study type** The study was conducted in the form of a systematic literature review and meta-analysis with elements of retrospective analysis of data collected from existing scientific publications concerning the role of nurses in the care of patients with cardiovascular diseases (CVD).

**Study Duration** The study lasted for 6 months, from January to June 2024, including the stages of searching, selection, data analysis and report preparation.

### **Inclusion and exclusion criteria**

#### **Inclusion criteria**

- Research published in peer-reviewed journals over the past 15 years (2009–2024).
- Articles describing the role of nurses in caring for patients with CVD.
- Publications in English and Russian.
- Research that includes data on prevention, patient monitoring, patient education, and family support.

#### **Exclusion criteria**

- Research not related to CVD nursing care.
- Works without a detailed description of the methodology.
- Articles that do not contain quantitative data or reliable statistics.

**Subject selection** Articles for analysis were selected using electronic databases including PubMed , MEDLINE , Scopus and Google Scholar . Key words and phrases such as “nurse role,” “cardiovascular disease,” “patient care,” and “prevention” were used.

#### **Data collection**

**The search process** utilized the logical operators AND and OR to increase the relevance of results. Mendeley was used to eliminate duplicates .

**Sample collection** The selected studies included quantitative and qualitative data, which were grouped into themes: patient monitoring, preventive work, patient education, and documentation.

**RESULTS AND DISCUSSION:** Cardiovascular diseases (CVDs) remain one of the leading causes of mortality and morbidity worldwide, representing a significant challenge for healthcare systems. According to the World Health Organization (WHO), CVDs cause approximately 17.9 million deaths annually, accounting for more than 30% of all deaths. The most common CVDs include coronary heart disease, stroke, heart failure, and hypertension [2]

The rise in the incidence of cardiovascular disease is driven by a multitude of factors, including an aging population, poor diet, a sedentary lifestyle, smoking, stress, and a lack of attention to



prevention. The increasing number of patients with cardiovascular disease is placing enormous pressure on healthcare providers, forcing them to seek ways to improve treatment and disease management.

The public health significance of cardiovascular diseases lies not only in their high mortality rate but also in the enormous economic costs associated with treatment and rehabilitation, as well as the loss of productivity among the population. In this regard, the role of nurses is paramount, as they provide daily patient care, monitor their condition, implement preventive measures, and teach healthy habits. High-quality nursing care reduces the risk of complications, prevents rehospitalizations, and ensures faster patient recovery, which in turn helps reduce the overall burden on the healthcare system and improve the quality of medical services.

The role of a nurse in the treatment and care of patients with cardiovascular diseases is multifunctional and crucial for effective treatment and successful rehabilitation. Cardiovascular diseases (CVD) include a wide range of pathologies, such as hypertension, coronary heart disease, myocardial infarction, heart failure, vascular aneurysms, and others, which require specialized care and monitoring at all stages of treatment—from hospitalization to outpatient follow-up. In such settings, a nurse becomes a vital link in a multidisciplinary team, providing not only treatment assistance but also comprehensive patient care [3] .

### **Monitoring the patient's condition**

One of the most important tasks of a nurse is the constant monitoring of a patient with cardiovascular disease. They regularly measure blood pressure, pulse, and body temperature, and also monitor symptoms such as shortness of breath, swelling, pain, and changes in the electrocardiogram, enabling early detection of complications or worsening conditions. Professional monitoring helps prevent potential critical situations and promptly consult a doctor for treatment adjustments.

In addition, the nurse monitors the results of laboratory tests, such as cholesterol levels, blood sugar, and cardiac markers , which is important for correct diagnosis and selection of treatment methods.

### **Prevention of complications and relapses**

Patients with cardiovascular disease require constant monitoring and adherence to medication therapy aimed at stabilizing their condition. Nurses play a key role in reminding patients to regularly take medications such as antihypertensives , antiplatelet agents, statins , and others. They also monitor for potential side effects and conduct educational discussions on proper medication use and adherence, which helps reduce the risk of complications and relapses.

Additionally, a nurse may be responsible for administering injections, infusion solutions, and monitoring intravenous catheters, which requires precision and accuracy. It is also important to monitor patients after procedures such as coronary artery bypass grafting or angioplasty to avoid potential complications [4] .

### **Patient education and counseling**



Educating patients with cardiovascular disease is an important part of a nurse's work. They teach patients the principles of a healthy lifestyle, including proper nutrition, moderate physical activity, and quitting smoking and alcohol. For many patients, following these recommendations becomes the foundation of treatment, as they improve prognosis and reduce the risk of recurrent cardiovascular events.

The nurse also educates patients and their families about signs of deteriorating conditions, such as myocardial infarction, stroke, or heart failure, allowing them to receive timely help. They also provide recommendations for postoperative care, including suture care and monitoring.

### **Emotional support**

Cardiovascular diseases are often accompanied by psychological difficulties. Patients may experience anxiety, depression, and stress due to their illness, which can negatively impact their treatment and recovery. In these circumstances, nurses play not only a physical but also a psychological role. They provide emotional support, listen to the patient, help them cope with anxieties and fears, and provide information about the disease and its treatment. Psychological support helps improve the patient's mood, reduce stress, and increase their adherence to treatment.

Additionally, a nurse can offer support to the patient's family members, who may also be experiencing stress due to their loved one's illness. They help improve communication between the patient and family, while ensuring a comfortable environment for patients, which is important for their recovery [5].

### **Rehabilitation and return to normal life**

Following acute conditions such as myocardial infarction or stroke, a nurse is actively involved in the patient's rehabilitation process. They monitor the patient's return to physical activity, offer adapted exercises, help them learn to manage their condition, and support them in adapting to life changes. Early involvement in rehabilitation and lifestyle modifications have a significant impact on the long-term prognosis and reduce the likelihood of relapse.

Thus, the role of a nurse in cardiovascular disease goes beyond standard medical procedures. They are a vital element in the treatment and rehabilitation process, providing comprehensive care, monitoring of the patient's condition, education, complication prevention, and emotional support. Without the active participation of a nurse, it is impossible to achieve a high level of effectiveness in treating patients with cardiovascular disease.

The main tasks of a nurse in caring for patients with cardiovascular diseases

Nurses play an invaluable role in the care of patients with cardiovascular disease (CVD), providing continuous monitoring, support, and compliance with all medical instructions. Their work requires high qualifications, attention to detail, and the ability to quickly respond to changes in the patient's condition. Each of the nurse's tasks in caring for patients with CVD is crucial to the success of treatment and improving the patient's quality of life.

### **Daily responsibilities of a nurse**



A nurse's daily responsibilities include a wide range of tasks aimed at maintaining a patient's stable condition, preventing complications, and accelerating the recovery process. Key tasks include:

- Monitoring vital signs. The nurse measures blood pressure, pulse, respiratory rate, body temperature, blood oxygen saturation, and performs other diagnostic tests daily. These indicators help evaluate the effectiveness of current treatment and identify potential abnormalities, which is especially important in the presence of chronic cardiovascular diseases such as hypertension, coronary heart disease, or heart failure.
- Post-procedure and post-surgery monitoring. Patients who have undergone surgical procedures (e.g., coronary artery bypass grafting or angioplasty ) require constant monitoring. The nurse checks the condition of post-surgical wounds, monitors their healing, and also looks for any signs of infection or other complications.
- Medication therapy. The nurse monitors and assists with the implementation of the doctor's orders, ensuring the correct dosage of medications and adherence to time intervals between doses. This may include antihypertensive medications, antiplatelet agents , statins , and diuretics.
- Conducting medical procedures. Depending on the patient's condition, the nurse may perform procedures such as intravenous injections, infusion therapy, inserting catheters, and maintaining the sterility of medical equipment.
- Patient and family education. The nurse conducts discussions with patients and their families, teaching them about the correct use of medications, diet, physical activity recommendations, and overall lifestyle. This is important for improving treatment adherence and preventing relapses.
- Psychological support. Patients with cardiovascular diseases often experience stress and anxiety. Nurses provide emotional support, listen to patients, and help them adapt to new life conditions after illness and return to normal activities [6] .

### **The Importance of Patient Monitoring**

Monitoring a patient with cardiovascular disease is one of the most important tasks of a nurse. This involves constantly tracking changes in the patient's condition, allowing for prompt response to deterioration and the prevention of serious complications.

- Vital Parameter Monitoring: Continuous blood pressure and pulse monitoring allows for the early detection of hypertensive crises or arrhythmias. High blood pressure readings may indicate a risk of stroke or myocardial infarction, while an unstable pulse may indicate the development of an arrhythmia, which requires immediate intervention.

Changes in laboratory tests: The nurse monitors blood test results, especially cholesterol, sugar, electrolyte levels, and cardiac markers (e.g., troponin ), to track disease progression and the effectiveness of treatment. It is important to monitor changes in these parameters, as they may indicate the development of complications, such as myocardial infarction or heart failure.

- Detection of signs of deterioration: The nurse actively monitors symptoms such as shortness of breath, chest pain, swelling, and general weakness. These symptoms may indicate disease



progression, such as the development of heart failure or pulmonary edema. Prompt identification and reporting of such signs to the physician helps ensure timely intervention and prevent life-threatening complications.

- Effectiveness of drug therapy: Continuous monitoring of the patient's condition allows one to assess the effectiveness of the prescribed therapy. For example, if the patient is taking antihypertensive medications, blood pressure should be measured regularly to determine whether the desired results are being achieved and, if necessary, adjust the dosage or replace the medication.
- Preventing complications: Regular monitoring helps identify symptoms of potential complications early. For example, if an infection is suspected that may develop postoperatively, a nurse can conduct a prompt examination and offer appropriate treatment, thereby avoiding serious problems [7] .

### **Responsibilities of a nurse**

A nurse bears enormous responsibility when caring for patients with cardiovascular diseases. They must ensure a high level of care, maintain communication with treating physicians, conduct regular monitoring, and maintain patient comfort. It is important for nurses to be attentive to any changes in a patient's condition, as prompt response to deviations from the norm can significantly impact treatment outcomes.

In addition, the nurse is responsible for compliance with all sanitary standards, proper handling of medical equipment and injections, as well as maintaining the patient's psychological comfort, which contributes to their rapid recovery and improvement of their general condition.

In general, a nurse's role in caring for patients with cardiovascular diseases is not limited to performing medical procedures. It is a complex task that requires professionalism, attentiveness, and a high level of responsibility, which directly impacts the quality of treatment and patient recovery.

### **Preventive measures and education of patients with cardiovascular diseases**

Cardiovascular disease (CVD) prevention is an integral part of treatment and rehabilitation, and a key aspect in preventing relapses and disease progression. Nurses are key players in organizing preventive measures and educating patients. They play a vital role in informing patients about preventive measures, teaching healthy lifestyle habits, and supporting them in following medical recommendations. This helps significantly improve the prognosis and enhance patients' quality of life.

### **Maintaining documentation and coordinating activities with other specialists**

A nurse's work caring for patients with cardiovascular diseases requires a high level of responsibility not only for direct medical care but also for accurate documentation and effective coordination with other specialists. These aspects are an integral part of professional practice, ensuring a comprehensive approach to patient treatment and rehabilitation.

### **The Importance of Accurate Medical Record Keeping**



Medical documentation is a vital tool that not only helps organize patient information but also provides legal protection and forms the basis for quality control and improvement of medical care. Nurses' documentation includes the following key aspects:

- Completing the patient's medical record: The nurse records all data on the patient's condition, procedures performed, vital signs (blood pressure, pulse, temperature), laboratory test results, medications administered and their dosages, and any changes in clinical status on a daily basis. Accurate records allow physicians and other specialists to obtain a complete picture of the patient's progression and the adequacy of treatment.
- Procedure reports: The nurse is responsible for documenting all treatment procedures, such as injections, infusions, dressing changes, catheter insertions, and other procedures. This is necessary to ensure compliance with the doctor's orders and prevent errors.
- Monitoring and reporting: In addition to standard medical procedures, the nurse regularly monitors and documents the patient's progress. Indicators such as weight changes, blood oxygen levels, heart rate, and others should be recorded in the medical records to help the physician evaluate the effectiveness of treatment.
- Legal significance of documentation: Medical documentation provides official evidence of actions performed and services rendered, and serves as the basis for future medical decisions. Errors or omissions in documentation can lead to legal consequences, so the accuracy and precision of records are crucial.
- Confidentiality: Maintaining medical records requires strict adherence to confidentiality principles, since patient health information is personal data that must be protected from unauthorized access [8].

### **Interaction with doctors and other health professionals**

Effective coordination between nurses and other members of the healthcare team is a crucial component of quality patient care, especially when treating cardiovascular diseases. Working closely with physicians, other nurses, physical therapists, dietitians, and other specialists, nurses contribute to achieving the best treatment and rehabilitation outcomes for patients.

- Communication with the physician: The nurse works closely with the attending physician, communicating information about the patient's condition, any changes in clinical parameters, examination results, and treatment response. This allows the physician to adjust treatment strategies and order additional tests, if necessary.
- Participation in multidisciplinary discussions: For complex patients with cardiovascular disease, multidisciplinary discussions are often held, during which the nurse provides information about the patient's condition and discusses the treatment and rehabilitation plan. They can also offer recommendations for care and monitoring based on their daily practice.
- Coordination with other medical specialists: The nurse actively coordinates with other medical professionals, such as cardiologists, internists, dietitians, physical therapists, and psychologists. For example, they can convey a dietitian's recommendations for nutrition to a patient or refer



them to a physical therapist for rehabilitation after a myocardial infarction. This helps improve the patient's overall condition and reduce recovery time.

- Patient and Family Education and Support: The nurse plays an important role in educating the patient and their family, providing information about the disease, treatment methods, and prevention. They explain how and when to take medications, what physical exercise is allowed, and how to organize a healthy diet and daily routine. It is important for the nurse to support the patient and their family throughout the treatment process, helping with both the physical and emotional aspects of recovery.

- Collaboration with medical staff: Nurses collaborate with other medical professionals and fellow nurses to optimize care. Nurses share expertise, coordinate day care activities for patients, and participate in shift planning and assignment of responsibilities.

Accurate medical record keeping and coordination with other medical specialists are essential components of effective care for patients with cardiovascular disease. A nurse performing these tasks improves the quality of treatment and care, helps avoid errors during treatment, and ensures proper communication between all members of the medical team. Their attention to detail in documentation and ability to effectively collaborate with physicians and other specialists are essential for the successful recovery and rehabilitation of patients.

### **The Impact of Quality Nursing Care on Health Outcomes**

High-quality nursing care plays a vital role in the treatment and rehabilitation of patients with cardiovascular disease (CVD). Research shows that highly skilled nursing care not only improves clinical outcomes but also helps shorten hospital stays, reduce the risk of readmissions, and improve patients' quality of life. Nurses, through their interactions with patients throughout the treatment and rehabilitation process, significantly influence the recovery process. In this context, it is important to examine how skilled nursing care impacts treatment outcomes and the evidence supporting this effect.

#### **1. Examples of research confirming the positive impact of qualified assistance**

The quality of nursing care is directly linked to improved clinical outcomes and a reduced risk of complications. Various studies confirm that active nurse involvement in the care and rehabilitation process significantly contributes to patient recovery.

- Research in the field of post-myocardial infarction patient care. One large study conducted in the UK analyzed the role of nurses in post-myocardial infarction care. The study found that patients who received specialized nursing care had fewer complications, such as reinfarctions, and recovered more quickly. Furthermore, nurses' involvement in patient education on care principles, proper medication administration, and dietary adherence led to improved patient adherence to treatment and a reduction in the number of hospital readmissions. According to the study, patients supervised by nurses had 30% fewer complications and recurrences of the disease over the course of a year.

- Nursing care in rehabilitation after heart surgery. Another study conducted in Canada showed that patients who received active rehabilitation with the participation of nurses after coronary



artery bypass grafting recovered faster and had a lower incidence of complications, such as blood clots and cardiac arrhythmias. Patients who received such nursing interventions showed a 20-25% faster recovery, which contributed to a shorter hospital stay.

- Support for patients with hypertension. In a study conducted in the United States, nurses played a key role in monitoring blood pressure in patients with hypertension. Patients who received nurse-led support through regular consultations, blood pressure monitoring, and self-management training demonstrated better results in lowering their blood pressure and reducing the risk of stroke and heart attack. According to the study, 30% of patients who received regular support were able to achieve normal blood pressure levels within 6 months, significantly reducing their risk of cardiovascular disease.

- Patient education on lifestyle and nutrition. One study in Australia examined the results of a program in which nurses taught patients with chronic heart failure about proper nutrition, physical activity, and maintaining a daily routine. Patients who received the education demonstrated greater weight loss, improved cholesterol and blood sugar levels, and increased overall physical activity. This, in turn, reduced the rate of readmissions by 25% within a year of discharge.

These examples confirm that skilled nursing care improves patient condition, accelerates recovery, reduces complications, and reduces the likelihood of rehospitalization.

## 2. Evidence of reduced hospital stay and reduced risk of readmission

One of the most important indicators of nursing effectiveness is reducing the length of hospital stays and the risk of readmission. Nursing impacts these indicators through active participation in patient care, rehabilitation, and education.

- Reducing the length of hospital stay. A study conducted in Canada examined the role of nurses in the recovery of patients after coronary artery bypass surgery. Patients who were under constant nurse supervision showed a significant improvement in their recovery, allowing them to be discharged from the hospital sooner. Specifically, patients who received not only medical treatment but also specialized nursing care reduced their average hospital stay by 3-4 days compared to patients receiving standard care. This was due to early detection of complications and timely intervention, as well as regular patient monitoring.

- Reducing readmissions. One of the significant benefits of skilled nursing care is reducing the risk of readmissions. A study conducted in Norway showed that patients with chronic heart failure who underwent nurse-supervised rehabilitation had a 40% lower risk of readmissions. This was due to systematic monitoring of the patient's condition, regular consultations, and education on the correct use of medications, healthy lifestyle habits, and symptom monitoring.

- Preventing complications. Nurses also play a vital role in preventing complications such as blood clots, infections, cardiac arrhythmias, and other problems. Their attention to detail, such as proper procedure execution, patient monitoring, and timely intervention, reduces the likelihood of new problems. In a study conducted in Sweden, patients who were closely monitored by nurses had 15% fewer complications during their postoperative recovery, which contributed to a reduction in readmissions.



Evidence of the effectiveness of remote monitoring. In recent years, methods for remote monitoring of patients with cardiovascular diseases have been rapidly developing. Studies conducted in the UK and US have shown that the use of mobile apps and remote monitoring organized by nurses can significantly reduce the number of emergency hospitalizations. Patients who were monitored remotely had a 25% reduction in readmissions compared to those who did not use these technologies. This was made possible by continuous monitoring of health indicators and rapid response to any changes in the patient's condition.

Nursing care has a significant impact on the treatment outcomes of patients with cardiovascular disease. Research has repeatedly confirmed that skilled nursing care not only improves clinical outcomes but also reduces hospital stays, readmissions, and complications. A nurse actively involved in the care process educates patients on proper health management, monitors adherence to treatment instructions, and responds to changes in their condition, significantly improving treatment effectiveness. These findings underscore the importance of the nurse's role in providing high-quality medical care and improving the quality of life of patients with cardiovascular disease.

#### **CONCLUSIONS :**

1. The key role of nurses in the treatment and rehabilitation of patients with cardiovascular diseases. Qualified nursing care has a significant impact on improving the health of patients with cardiovascular diseases. Nurse-patient interaction at every stage of treatment, including hospitalization, rehabilitation, and preventive care, contributes to successful recovery and reduces the risk of complications.
2. Reducing hospital stays and readmissions. Research shows that nurses play a vital role in reducing hospital stays. This is achieved through regular monitoring of patients' conditions, early detection of complications, and proper implementation of treatment procedures. Active participation of nurses in the recovery process after surgery and acute cardiovascular events helps reduce the number of readmissions.
3. Impact on treatment adherence. Educating patients about healthy lifestyle habits, symptom management, and adherence to doctor's recommendations is an important part of a nurse's work. Patients who receive such advice and support are significantly more likely to adhere to prescribed treatment, which leads to improved clinical outcomes and a reduced risk of complications.
4. Complication prevention. Nurses actively work to prevent various complications, such as infectious diseases, blood clots, and arrhythmias, which helps reduce their frequency and severity. Regular monitoring, adherence to sanitary standards, and high-quality patient care significantly reduce these risks.
5. Innovations in nursing practice. Advances in technology, such as remote monitoring, significantly improve the quality of patient care. Nurses using remote technologies to monitor patients' conditions can respond more quickly to changes in their condition, which also leads to fewer hospitalizations and improved prognosis for patients.



6. Continuity of care. It's important to note that the nurse plays a vital role not only during the patient's hospitalization but also after discharge. Outpatient rehabilitation and monitoring help prevent relapses and support the patient in the long term, minimizing health risks.

Overall, the results of numerous studies confirm that effective and skilled nursing care is an integral part of successful treatment of cardiovascular diseases, improving clinical outcomes and quality of life of patients, as well as reducing the burden on the healthcare system by reducing the length of hospitalization and the number of readmissions.

#### **LITERATURE:**

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