Abstract: P691

Prospective memory and self-care in chronic heart failure

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Background: Cognitive impairment is common in patients with chronic heart failure (CHF) and affects memory, executive function, psychomotor speed and attention, which in turn impact on quality of life and self-care. A preliminary study indicated deficits in prospective memory (PM) in people with CHF but this requires confirmation.

Objectives: To confirm in a sample of CHF patients the existence of PM deficits, compared to healthy-matched control participants.

Methods: Fifty two patients (67% male) aged 20-90 (mean 62) years with a diagnosis of CHF (ejection fraction <45%) were matched to 41 healthy controls. The majority of CHF patients (79%) had NYHA classification II. Participants completed a battery of cognitive tests and a computerised board game, Virtual Week, to assess for PM at baseline and 3 months.

Results: Data were analyzed with a 2 × 2 × 2 mixed analysis of variance (ANOVA) with the between-subjects variable of group (CHF, control), and the within-subjects variables of PM task (regular, irregular) and PM cue (event-based, time-based). A significant 3-way interaction was identified (F(1, 91) = 4.60; p = .035; ṭp² = .048). Overall, CHF patients (M = .57; SD = .23) performed significantly worse than the controls (M = .75; SD = .23) on measures of prospective memory (F(1, 91) = 12.85; p = .001; ṭp² = .124).

Conclusion: These findings confirm preliminary findings that PM deficits are likely to contribute to poor self-care in CHF patients. We recommend strategies to increase self-care adherence within the CHF population include PM training.