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Appetite in patients with heart failure Christina Andreae, 2018-03-14

Background Appetite is an important component in nutrition for maintaining the food intake needed by the body. Decreased appetite is a common clinical problem in patients with heart failure. It has a negative impact on food intake and possibly on malnutrition and health outcomes. There is a lack of evidence on how to assess appetite in heart failure. Furthermore, there are knowledge gaps about factors associated with appetite and which role appetite plays for health status in heart failure.

Aim The overall aim of the thesis was to investigate appetite in patients with heart failure. Four studies were conducted with the goal to evaluate the psychometric properties of the Council on Nutrition Appetite Questionnaire (CNAQ) I and to explore the prevalence of decreased appetite and related factors associated with appetite in patients with heart failure II-IV.

Methods A multicenter study was conducted in three outpatient heart failure clinics in the center of Sweden during 2009-2012. Data were collected through a baseline measurement I-IV and an 18-month follow-up IV. The first study was a psychometric evaluation study I while the other studies had an observational cross-sectional design II-III and an observational prospective design IV. One hundred and eighty-six patients diagnosed with heart failure and experiencing heart failure symptoms participated at baseline. At the 18-month follow-up study IV, one hundred and sixteen participants from the baseline participated. Data were collected from medical records, pharmacological treatment, comorbidity, left ventricle ejection fraction, time of diagnosis, self-reported questionnaires, demographic background data, appetite, symptoms of depression, health status, sleep, self-reported physical activity, objective measurements, anthropometric assessment of body size, blood samples, six-minute walk test, and physical activity measured with an actigraph and clinical assessment. New York Heart Association (NYHA) functional classification and cognitive assessment.

The main outcome variables included appetite I-II and IV and health status III. Descriptive and inferential statistics were used in the studies I-IV.

Results The majority of the participants had moderate heart failure symptoms, i.e., NYHA class II, $n = 114$ (61%). Most of the participants were men, $n = 130$ (70%). Mean age was 70.7 years (SD 11.0) and mean BMI was 28.7 (SD 5.3). The CNAQ showed acceptable psychometric properties for assessing appetite in patients with heart failure I. This thesis shows that 38% of the participants experienced an appetite level that put them at risk of weight loss I. It was shown that factors such as biological, medical, psychological II, and physical activity/exercise capacity IV are associated with appetite. Also, appetite was associated with impaired health status. However, this association was found to be moderated by symptoms of depression III. Neither appetite nor physical activity changed during the 18-month follow-up IV.

Conclusion Decreased appetite is a serious phenomenon that needs attention in the care of patients with heart failure. Health care professionals can now use a validated and simple appetite instrument to assess appetite in heart failure. In addition, attention should be paid to elderly patients and those who have symptoms of depression, sleep problems, impaired cognitive function, and impaired physical activity, as well as to patients on suboptimal medical treatment. Higher appetite was shown to contribute to a better

health status but this was only evident in patients without symptoms of depression Therefore special attention should be paid to symptoms of depression as this risk factor affected the association between appetite and health status This thesis enhances the understanding of the magnitude of the problem with decreased appetite in heart failure both in numbers and factors New priorities in nutrition care and new ideas can be established both in practice and in research in order to improve a nutrition care that is vital for patients with heart failure Campbell Essential Biology, eBook, Global Edition Eric J. Simon, Jean L. Dickey, Kelly A. Hogan, Jane B. Reece, 2015-11-04 For non majors mixed biology courses Helping students understand why biology matters Campbell Essential Biology makes biology interesting and understandable for non majors biology students This best selling textbook known for its scientific accuracy clear explanations and intuitive illustrations has been revised to further emphasise the relevance of biology to everyday life using memorable analogies real world examples conversational language engaging new Why Biology Matters photo essays and more With eBooks you can search for key concepts words and phrases make highlights and notes as you study share your notes with friends eBooks are downloaded to your computer and accessible either offline through the Bookshelf available as a free download available online and also via the iPad and Android apps Upon purchase you ll gain instant access to this eBook Time limit The eBooks products do not have an expiry date You will continue to access your digital ebook products whilst you have your Bookshelf installed

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Table of Contents Campbell Essential Biology With Physiology 5th Edition

1. Understanding the eBook Campbell Essential Biology With Physiology 5th Edition
 - The Rise of Digital Reading Campbell Essential Biology With Physiology 5th Edition
 - Advantages of eBooks Over Traditional Books
2. Identifying Campbell Essential Biology With Physiology 5th Edition
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Campbell Essential Biology With Physiology 5th Edition
 - User-Friendly Interface
4. Exploring eBook Recommendations from Campbell Essential Biology With Physiology 5th Edition
 - Personalized Recommendations
 - Campbell Essential Biology With Physiology 5th Edition User Reviews and Ratings

- Campbell Essential Biology With Physiology 5th Edition and Bestseller Lists
- 5. Accessing Campbell Essential Biology With Physiology 5th Edition Free and Paid eBooks
 - Campbell Essential Biology With Physiology 5th Edition Public Domain eBooks
 - Campbell Essential Biology With Physiology 5th Edition eBook Subscription Services
 - Campbell Essential Biology With Physiology 5th Edition Budget-Friendly Options
- 6. Navigating Campbell Essential Biology With Physiology 5th Edition eBook Formats
 - ePub, PDF, MOBI, and More
 - Campbell Essential Biology With Physiology 5th Edition Compatibility with Devices
 - Campbell Essential Biology With Physiology 5th Edition Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Campbell Essential Biology With Physiology 5th Edition
 - Highlighting and Note-Taking Campbell Essential Biology With Physiology 5th Edition
 - Interactive Elements Campbell Essential Biology With Physiology 5th Edition
- 8. Staying Engaged with Campbell Essential Biology With Physiology 5th Edition
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Campbell Essential Biology With Physiology 5th Edition
- 9. Balancing eBooks and Physical Books Campbell Essential Biology With Physiology 5th Edition
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Campbell Essential Biology With Physiology 5th Edition
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Campbell Essential Biology With Physiology 5th Edition
 - Setting Reading Goals Campbell Essential Biology With Physiology 5th Edition
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Campbell Essential Biology With Physiology 5th Edition
 - Fact-Checking eBook Content of Campbell Essential Biology With Physiology 5th Edition
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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