EBP Question: In patients 18 to 60 years old with heart failure (P), how does the use of multimedia education with patient teach-back and reflective learning method (I) compared to multimedia education only without teach-back (C) reduce patients' anxiety, hospital readmission rate, and improve patients' quality of life (O) within an 8 to 10 weeks period (T)?

Systematic review Article

Effects of Cardiac Rehabilitation Training in Patients with Heart Failure Based on Traditional Chinese Exercise: A Systematic Review and Meta-Analysis.

https://chamberlainuniversity.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=c8h&AN=153573550&site=ehost-live&scope=site

10.1155/2021/1068623

Yao, F., Zhang, Y., Kuang, X., Zhou, Q., Huang, L., Peng, J., … Du, S. (2021). Effects of cardiac rehabilitation training in patients with heart failure based on traditional Chinese exercise: A systematic review and meta-analysis. Evidence-Based Complementary and Alternative Medicine: eCAM, 2021, 1068623. doi:10.1155/2021/1068623

1. Appraise the systematic review research study using the Johns Hopkins Research Appraisal Tool. Transfer your findings to the Johns Hopkins Individual Evidence Summary Tool.

   (see summary tool attached below)

   (Yao et al., 2021) The research design is a systematic review with meta-analysis aimed at systematically evaluating the effects of cardiac rehabilitation training using Traditional Chinese Exercise (TCE) on motor function, heart function, and quality of life in patients with heart failure. A review was performed according to the Preferred Reporting Items for Systematic Review and Meta-Analysis (PRISMA)statement, and a comprehensive online search used Chinese and foreign databases such as CNKI, Wanfang, Chinese Biological Medicine Network, PubMed, Cochrane Library, and Embase (Yao et al.; 2021). Nine randomized control studies were included in this analysis; three were performed in America, one in Taiwan, China, and the remaining five in Mainland China (Yao et al., 2021). Meta-analysis is a quantitative, formal, epidemiological study design used to systematically assess the results of previous research to derive conclusions about that body of research (Haidich, 2022)

   The study consists of two groups: