

The Caregiver's Contribution in Managing the Disease of the Coronary Patient: A Systematic Review of Literature

Coronary heart disease is the chronic disease that kills the most in Europe and Portugal, so the importance of individual and family responsibility and involvement in managing the disease process is undeniable. Objectives: To understand how the caregiver contributes to the management of coronary disease, identifying areas of intervention, behaviours and characteristics of the relationship. Methods: Systematic review through a PubMed search of studies published between January 2016 and May 2021, with 99 articles identified and 8 of these selected for discussion. Results: The studies describe the interaction that exists between the coronary patient and their caregiver and how this relationship influences the management of the disease. Conclusions: The caregiver promotes the patient's self-care, as well as adherence to health-promoting behaviours and a healthy lifestyle. The relationship of the dyad is characterized by proximity, support and sharing of responsibilities, highlighting the importance of including the caregiver in health education interventions, as a fundamental element in the process of transition and maintenance of chronic disease.