

Effects of Telemonitoring in Adult Heart Failure Patients on Self-care and Quality of Life: A Systematic Review Protocol

Introduction: Heart failure (HF) is a serious public health problem that affects many individuals and is associated with high mortality and multimorbidity. It is estimated that the prevalence of heart failure in mainland Portugal will increase by 30% in 2035 and 33% in 2060. Home care for people with heart failure using monitoring devices and/or integrated into telemonitoring programs has been the object of research by the scientific community in health. **Objective:** We aim to identify and analyze if the implementation of a telemonitoring program contributes to self-care and quality life in management of the clinical situation. **Methods and analysis:** This is a systematic literature review protocol. The search will be carried out in the following databases CINAHL Complete, MEDLINE Complete, Nursing & Allied Health Collection: Comprehensive, Cochrane Central Register of Controlled Trials, Cochrane Database of Systematic Reviews, Cochrane Methodology Register, Library, Information Science & Technology Abstracts, MedicLatina, Cochrane Clinical Answers The research strategy contains the following terms MeSH or similar. Two independent revisers will perform the inclusion and exclusion criteria analysis, the quality analysis of the data, and its extraction for synthesis. Disagreements will be resolved by a third revisor. Studies using telemonitoring intervention strategies in patients with heart failure at home and what is the relationship with self-care and quality of life of the person will be included.