



To analyze the importance of the nursing professional in controlling the risk factors that cause heart failure in the elderly

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ABSTRACT

Introduction: Despite the technological advance and the increase in population longevity, heart diseases continue to affect the elderly intensely, making nursing professionals' need for assistance more evident. In the case of a non-congenital state, several risk factors that emphasize the influence of the nurse in the role of prevention and care for patients with such pathology can be highlighted. **Objective:** To analyze the importance of the nursing professional in controlling the risk factors that cause heart failure in the elderly. **Methodology:** A search was performed in the LILACS database, as well as in the SCIELO virtual library, using the descriptors "Cardiopathic Diseases", "Elderly", "Risk Factors". We found 23 articles published in the period from 2011 to 2016, with the complete text and in the Portuguese language, totaling 6 articles. After reading the articles, 4 studies assisted in the production of this summary. **Results and Discussion:** Faced with such facts, the importance of nursing care in cases of elderly patients with heart disease is undeniable; Assistance ranging from prevention in basic care programs with the explanation of risk factors to palliative care. Due to the vulnerability of the elderly, attention and help must be redoubled to prevent this weakness from reaching its final state, since they are more likely to develop joint diseases than cardiopathy. **Conclusion:** Faced with these facts, we can emphasize that cardiovascular diseases affect, mainly, the elderly population because they are a risk group, as they need special assistance from nursing professionals. Thus, the orientation role of nurses and other health professionals is essential for the reduction of the rate of heart disease in the elderly population.

Keywords: Cardiopathic Diseases; Elderly; Risk Factors.

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