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REVIEWER'S REPORT

Manuscript No.: IJAR-56205

Title: The Effect of Self-Care Guidelines on the Quality of Life for Patients with Heart Failure

Recommendation:

- Accept as it is
- ✓ Accept after minor revision.....
- Accept after major revision
- Do not accept (*Reasons below*)

Rating	Excel.	Good	Fair	Poor
Originality		✓		
Techn. Quality		✓		
Clarity		✓		
Significance	✓			

Reviewer Name: Dr S. K. Nath

Date: 16.02.26

Detailed Reviewer's Report

Strengths of the Study

- The study addresses a highly relevant topic in the management of heart failure, emphasizing the importance of self-care on patient outcomes.
- The research design, a quasi-experimental approach with a control group, enhances the validity of the findings.
- The sample size of 80 patients appears adequate for initial assessment and statistical analysis.
- Use of multiple validated tools (including WHOQOL-BREF) to measure quality of life, knowledge, and practice provides comprehensive data.
- The findings demonstrate clear positive impacts of self-care guidelines on multiple domains of quality of life, contributing valuable insights to clinical practice and patient education.
- The study is timely and contributes to existing literature by focusing on structured patient education and self-care protocols for heart failure.

Weaknesses of the Study

- The study has not explicitly mentioned whether the manuscript is previously published or available on the internet; a plagiarism check is recommended for publication approval.
- The sampling method, described as purposive with random allocation within the assessment phase, may raise concerns about potential selection bias.
- Limited detail on the long-term sustainability of the self-care interventions and follow-up period.
- The reliance on self-reported practice checklists could be subject to social desirability bias.
- The study does not specify the exact content or structure of the developed self-care guidelines, which hinders reproducibility.
- Ethical approval documentation and consent procedures are briefly described; thorough reporting of ethical clearance details is advisable.
- The presentation of data could be improved for clarity, particularly in tables (e.g., clearer formatting, more detailed legends).
- The discussion sometimes overstates causality from correlation data without acknowledging limitations in establishing direct cause-effect relationships.

Reviewer Comments

- **Title and Abstract:** The title is clear and appropriately reflects the study focus. The abstract succinctly summarizes the aim, methods, key findings, and conclusion, but could benefit from clearer language and more specific data (e.g., effect sizes).

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- **Introduction and Objectives:** Well-structured, providing comprehensive background on heart failure and the significance of self-care. The objectives are clear; however, stating specific hypotheses could improve clarity.
- **Methodology and Statistical Analysis:** The methodology is generally sound with appropriate tools and ethical considerations. More detail on the randomization process, control for confounders, and exact statistical tests used would strengthen rigor. The reporting of correlation coefficients is appropriate, but further explanation of the statistical significance thresholds should be included.
- **Results and Discussion:** Results are consistent with published literature and demonstrate significant improvements post-intervention. The discussion effectively links findings to the literature but should acknowledge potential biases and limitations explicitly.
- **Conclusion and Implications:** The conclusion aligns with the results and emphasizes practical application. The recommendations are appropriate but could be more specific regarding implementation strategies.
- **Ethical Clearance:** Ethical approval was obtained from the Scientific Research Ethical Committee at Helwan University; however, the approval number and date should be explicitly reported for transparency.
- **Language and Formatting:** The manuscript contains minor grammatical and typographical errors; careful proofreading is recommended. Some tables need formatting improvements for clarity.
- **References:** The referencing appears comprehensive and relevant; formatting consistency should be checked according to journal guidelines.

Additional Note: Based on a preliminary check, the content appears original and not previously published online. However, a comprehensive plagiarism check should be conducted prior to final acceptance.