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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		Good		
Techn. Quality	Excellent			
Clarity	Excellent			
Significance	Excellent			

Reviewer Name: Dr. Sumathi

Detailed Reviewer's Report

- Heart failure is a chronic, serious condition where the heart muscle cannot pump blood efficiently enough to meet the body's needs for oxygen. It does not mean the heart has stopped working, but rather that it is not pumping as well as it should. Common symptoms include fatigue, breathing difficulties (shortness of breath), and swelling in the legs or abdomen due to fluid buildup.**
- Self-care guidelines are proactive, evidence-based practices—spanning physical, mental, emotional, and social domains—designed to maintain health, prevent disease, and manage illness.**
- They empower individuals to take personal responsibility for their well-being through daily habits like healthy eating, adequate sleep, exercise, boundary-setting, and stress management, often with, or without, professional support.**
- Quality of life (QoL) is a multidimensional, often subjective measure of an individual's overall well-being, encompassing physical health, mental state, social relationships, and environmental factors. It evaluates how individuals feel and function in daily life, influenced by their goals, expectations, and cultural values.**

REVIEWER'S REPORT

5. Self-care guidelines promote overall well-being by improving physical health, boosting mental resilience, reducing stress, and preventing burnout. Implementing these guidelines enables better management of chronic conditions, lowers healthcare costs, and improves quality of life. Key effects include increased energy, better emotional regulation, and improved self-esteem.
6. Quality of life (QoL) with heart failure (HF) is generally lower than the general population due to symptoms like fatigue, shortness of breath, and physical limitations, often comparable to chronic kidney failure. It involves a complex interplay of physical, emotional, and social challenges. However, with proper management, many patients can maintain a reasonable quality of life and engage in daily activities.
7. Key words are good but can be added more words.
8. Abstract is good with understandable.
9. Result part is awesome with tables and graphs.
10. Summary points only can be added.
11. References also good with alphabetical order.
12. Alignment must be needed.
13. After a small changes good to publish in your journal.