

Component 1 – Element 1 (Project Proposal)

Topic- Heart disease in older people in the UK

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Background

Heart diseases have been analysed as some of the key reasons for mortality and morbidity in the UK. The same problem represents an important issue for the UK, being considered as one of the public health challenges. Older patients in the UK are at particular risk of developing heart conditions because of their lifestyle. In addition to this, as there is a growing population within the nation, it is expected that more seniors will suffer from heart problems in the near future (Townsend et al. 2025).

In its turn, acquiring heart disease will have multiple negative effects for elderly patients, such as poor physical condition, lack of autonomy, high rates of hospitalisation, and overall decrease in their quality of life. A variety of measures that can prevent and tackle any heart disorders have been suggested by various organisations providing medical care and health policy-makers. It is important to find out how fast the disease develops, what its risks are, and whether these measures are effective.

Aim and objectives

Aim:

To evaluate the prevalence of heart disease, its associated risk factors, and the interventions used to manage the well-being of older adults in the UK.

Objectives

- To evaluate the occurrence of heart disease among older adults within the UK
- To analyse the key risks associated with heart diseases in terms of older adults.
- To understand the interventions used to manage heart disease among older adults in the UK

Rationale

The justification of the research can be linked to the importance of heart diseases that, nowadays, are becoming more and more significant in the UK, as far as their influence on elderly people is considered. In particular, heart diseases remain among the major causes of death and put much pressure on the healthcare system of the country. Thus, the increasing number of elderly patients

requires further examination of possible causes and methods of coping with them (Conrad, et al. 2024).

Such a study is relevant from the standpoint of Health and Social Care since it highlights one of the crucial public health problems among a specific group of vulnerable individuals. In addition to this, findings from the research would be developed through making a new method that allows handling different kinds of issues and accordingly supports the prevention and cure of heart disease. With this, research will focus on contributing to interventions that could help promote healthy ageing among older people in the UK.

Research methodology

The research will use a qualitative secondary research approach. Data for the research will be acquired from literature and studies that have dealt with the problem of heart disease amongst older people in the United Kingdom (Costa, 2024). Relevant data for the research will be acquired from sources such as Google Scholar, PubMed, and CINAHL.

A review of literature will be done to analyse information available regarding heart diseases and the risk factors involved, as well as any other measures employed. Information obtained will then be analysed thematically to identify the themes that may arise. As there will not be any data acquisition involving participants in the research, ethical considerations will only involve referencing.

References

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