Introduction
In individuals with heart failure (HF) prescribed with fluid restriction, thirst-related distress and inadequate fluid management contribute to Ineffective health self-management, increasing the rates of mortality. Awareness of strategies toward health self-management is important to help individuals with HF.

Aims
To develop and validate the content of educational videos on self-management of fluid restriction and thirst management for individuals with HF.

Method
This study was conducted in three stages:
1) Identification of measures for self-management of fluid restriction and thirst management through an integrative literature review;
2) Development of videos on self-management of fluid restriction and thirst management with animations on the Renderforest® website;
3) Content analysis of the videos by specialists using Delphi rounds. Specialists were asked to rate the videos on 10 criteria regarding communication, illustrations, figures, narration, length of time and persuasive potential. For each item, the content validity ratio was calculated and considered adequate according to the number of participating judges, as recommended by Ayre & Scally.

Results
The scripts and videos were refined by three master nurses or doctors, two of them specialists in Cardiology. In the content validation, 11 judges evaluated the videos. 22 items with CVR<0.636 were modified according to the suggestions, when it was possible by the website used.

Conclusion
The strategies in the videos may be used for health education, helping in the understanding of their benefits, as well as self-management itself. Thereby, people with HF will be able to use their own skills and knowledge, adapting them to the context of life in living with the disease.

References