“A study of assess the effectiveness of a structured cardiac rehabilitation programme on knowledge regarding self-care activities, quality of life, stress and coping among patients undergoing cardiac surgery at selected hospital of Bangalore

By
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ABSTRACT

With increasing incidence of heart diseases globally, there is a steady rise in the mortality caused due coronary heart disease or valvular diseases. Majority of these patients therefore require cardiac surgery like coronary artery bypass graft or valve replacement. Patients undergoing CABG and their significant others have shown that the major areas they were concerned about were the result or the success of the surgery, early postoperative recovery, any complications following CABG, and their ability to return to work. These patients have stress which they counteract by using negative coping styles. They also lack knowledge regarding self-care activities, and this in turn causes a drastic decrease in their overall quality of life. Therefore a study was undertaken to assess the effectiveness of a structured cardiac rehabilitation programme on knowledge regarding self-care activities, stress, coping and quality of life of patients undergoing cardiac surgery in selected hospital, Bangalore.

An experimental research design was used, using a questionnaire to assess knowledge of self-care activities, SF – 36 for quality of life (QOL), perceived stress scale (PSS modified) to assess stress, Brief COPE scale for assessing coping among randomly selected 260 patients undergoing cardiac surgery. A structured cardiac rehabilitation programme was implemented for the 130 patients in the experimental group while the control group underwent the standard care. Telephonic follow up was carried out on 52nd, 66th, 80th and 94th post-operative day to their QOL, knowledge, coping and stress in both the group and motivational counseling was continued with the interventional group.

The result of the study showed that the overall mean pre-test knowledge score (4.48 + 2.65) and the post-test knowledge mean (15.19 + 2.28) improved significant at p< 0.05. The coping mean improved from 22.10+ 6.96 to 24.20+ 5.62 (p=0.05), the QOL mean increased from 13.80+ 3.30 to 14.64 + 3.30 (p< 0.001) and stress levels reduced from 46.72+ 8.21 to 39.33+ 6.88 significant at 0.05 levels among the patients who received the structured cardiac rehabilitation programme. Age and QOL of the patient was found to be having significant relationship with stress. Gender was also found to be significantly related to QOL (p= 0.01, $X^2$ = 34.462) and stress (p= 0.001, $X^2$ = 129.53)

The study findings indicate that there is more stress, inadequate knowledge regarding self-care activities, poor QOL and coping among patients undergoing cardiac surgery. Nurses can
play an important role as a cardiac nurse rehabilitator with structured cardiac rehabilitation programme with motivational counseling and telephonic follow up which will enable patients undergoing cardiac surgery to be empowered with adequate knowledge regarding self-care activities, thereby reducing their stress, enhance coping and hence improving their overall quality of life.

**Keywords** – quality of life, stress, coping, knowledge regarding self-care activities, cardiac surgery, cardiac rehabilitation programme, nursing