

NURSING INTERVENTION FOR PATIENTS UNDERGOING CORONARY ARTERY BYPASS GRAFT TO COPE WITH ASSOCIATED STRESS

Thesis

Submitted to the Faculty of Nursing, Ain Shams University
For Partial Fulfillment of the Requirements for the
Doctorate Degree in Nursing Sciences
(Psychiatric Nursing)

by

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2009

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تدخل تمريضي للتكيف مع الضغوط النفسية المصاحبة لمرضى جراحة ترقيع الشرايين التاجية

رسالة مقدمة توطئة للحصول علي درجة الدكتوراه
في علوم التمريض (تمريض الصحة النفسية)

مقدمة من

نيفين شوقي كامل ميخائيل

ماجستير التمريض - جامعة عين شمس

كلية التمريض
جامعة عين شمس

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ABSTRACT

Symptoms of depression and anxiety are associated with worse outcomes after coronary artery bypass grafting (CABG), often with a marked alteration in quality of life. The aim of this study was to help patients undergoing CABG psychologically coping with stressors after the operation in order to lead a normal life after the operation. This quasi-experimental intervention was done at the cardiac unit of the National Heart Institute in Imbaba on two equal groups of 62 CABG patients each, one study and one control. Data were collected using an interview questionnaire form and an assessment of stressors and stress form. A pre-operative preparation nursing intervention program was developed based on patient's needs, and was implemented, and its effect was measured before discharge, and at one month follow-up. The results showed that patients in both groups had high preoperative stressors of all sources, especially those related to disease symptoms. At the post-intervention phase, stressors significantly decreased in the two groups, and the highest stressors were related to hospital. At the follow-up phase, stressors continued to decrease in both groups, and the highest stressors were related to family. Significantly decreasing trends of total stress were demonstrated among patients in the study and control groups throughout the intervention phases, but the levels of stress were always higher among control group patients. Multiple linear regression analyses confirmed a positive effect of the intervention on total stress scores. Other variables related to stress included age, sex, income, crowding index, and duration of illness. In conclusion, the levels of stressors were high among CABG patients. The intervention was successful in decreasing stress among study group patients as revealed by multivariate analysis. Based on these findings and conclusions, it is recommended that nurses should give more emphasis on psychological assessment of CABG patients, and should help those patients and their families in adopting appropriate adaptation strategies and coping methods. Further study is proposed to assess the long-term effects of the pre-operative intervention on the postoperative psychological disorders among CABG patients

Keywords

CABG, anxiety, stressors, nursing intervention

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