

Approaches to prevent a recurrence of ischemic heart disease in patients after coronary artery bypass graft surgery

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Background

- The recurrence rate of ischemic heart disease (IHD) in patients who have received coronary intervention was reported as 38% in Japan.
- Therefore, secondary prevention is a significant issue and post operative patients are required to self-manage their lifestyle.
- Although patients are motivated to maintain healthy lifestyle habits, they often experience difficulties in continuing health management by themselves.

Aims

- To describe the process of effort preventing a recurrence of IHD in patients undergoing CABG until 1 year after discharge.

Methods

- Qualitative and descriptive design was employed in this study.
- We conducted semi-structured interviews with ten patients who underwent coronary artery bypass surgery, three times for each person (one, six, and twelve months after discharge).

Findings

Participants: 8 adult patients, 7 males and 1 female (average age: 66.9). Average postoperative in hospital periods is 19.8days (16–26).

Patient	A	B	C	D	E	F	G	H
Age	50s	60s	60s	60s	60s	60s	70s	80s
Gender	M	F	M	M	M	M	M	M
Disease	AMI	AP	AMI	AP	AP	AP	AP	AP
Medical history	DM	-	DM	DM	DM/HT	DM	DM/HT	-

AMI, acute myocardial infarction; AP, angina pectoris; DM, Diabetes mellitus ;HT, Hypertension

Table 1 Participants' background

【Example of the Codes】

- Take aim and vocation for becoming vigorous and surviving
- Deeply engrained in one's mind that recurrence of disease is depends on oneself
- Release from stress by switching off assailing and competitive stance
- Determine that this time is an exception and then relax the rule
- Find space for pleasure in a tolerant lifestyle
- Concern for not taking away pleasures from family
- Notice a positive change in one's own physical status
- Have confidence in duration of efforts by taking the situation objectively

【Example of the Codes】

- Take the way that can surely resist temptation
- Draw a parallel between a desire and its demerit when own will is going to be shattered
- Gratefully accept goodwill or support from people
- Seeking support to continue efforts
- Select safety and prevent bodily strain
- Contrive to keep to the fundamental way
- Obstinately keeping one's own rules
- Find one's own pace by monitoring physical symptoms
- Take advice to one's lifestyle and follow this strictly

【Example of the Codes】

- Eat unappetizing meals without complaints.
- Be aware that it is your own responsibility to maintain good health and take meals that are good for the heart.
- Apply for a transfer at work to ease the stress of commuting.
- When in danger of reducing your efforts, talk to your spouse to re-motivate yourself.

Approaches to prevent a recurrence of IHD: (Table 2).

- We analyzed the data obtained through interviews conducted in three different periods, and placed the efforts for preventing IHD recurrence into seven categories.
- Among the seven categories, five of them were apparent in all periods.
- Patients' approaches to self-management were largely categorized into four directions of patients' effort: "preparation", "seeking", "maintenance", and "extension".
- A direction of effort, "preparation", was apparent three months after the CABG.
- Two directions of effort, "seeking" and "maintenance", were apparent in all periods.
- A direction of effort, "maintenance", was apparent one year after the CABG.

Conclusions

- The results suggest that the patients were still in the process of restructuring their lives to prevent IHD recurrence even one year after the CABG.
- The patients' efforts to maintain a positive mental state supported their efforts to prevent recurrence.
- We believe that the patients' positive self-assessment regarding their daily efforts for preventing recurrence raised their self-confidence and motivated them to continue their efforts.
- The self-confidence established by continuously achieving lifestyle self-management strengthened the patients' will to continue their efforts to prevent IHD recurrence. On the other hand, the self-confidence led to a new direction, "extension", in which the patients wished to enrich their lives and contemplated their ways of living. While such an extension provides energy for the patients to live positively, it may also work against their efforts to lead a desirable life to prevent IHD recurrence.
- The emergence of the new direction, "extension", suggests that one year after the CABG is a changing phase for patients with regard to postoperative care.
- To support the patients to continue their efforts, it is important to examine nursing care support with consideration of not only the patients' lifestyles and efforts, but also of changes in the patients' awareness of their own lives as well as their hopes and future prospects.

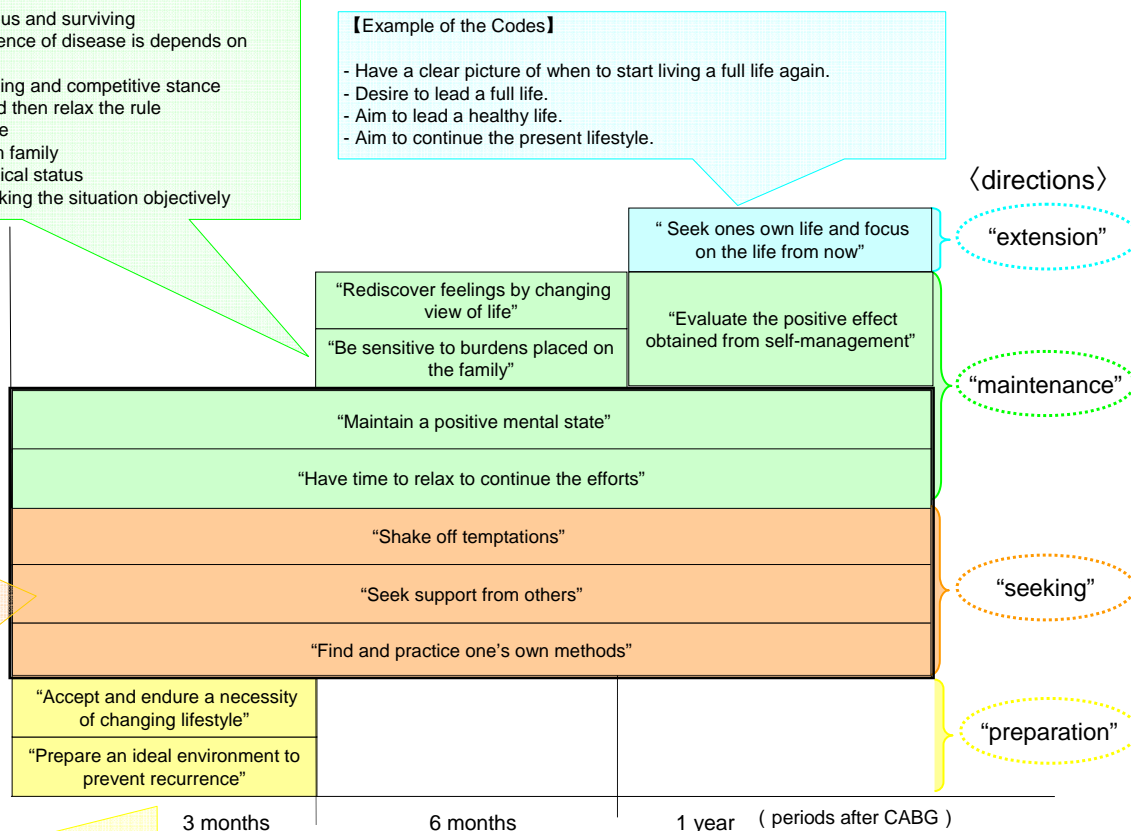


Table 2 Approaches to prevent a recurrence of IHD in patients after CABG

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