



**The effect of Current In-Patient Rehabilitation Practice on Stress and Anxiety
during Hospitalization of
Patients Undergoing Open Heart Surgeries in Jordan**

أثر ممارسات إعادة التأهيل الحالية على القلق و التوتر خلال فترة البقاء في المستشفى على
المرضى الذين خضعوا لعمليات القلب المفتوح في الاردن

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Abstract

Background: patients who underwent open heart surgeries are at risk for developing stress and anxiety. Stress and anxiety could negatively impact health and recovery, therefore caring for psychological aspects in patients is considered an important part of in-patient care. Rehabilitation is an essential element of patient care during hospitalization due to its effect on overall health status. **Purpose:** To investigate the effect of current in-patient rehabilitation practices on anxiety and stress level among patients who underwent open-heart surgeries. **Method:** Non-experimental, comparison-correlational study, with repeated measure design. The self-reported Hospital Anxiety and Depression Scale (HADS) and the Arabic version of the Perceived Stress Scale, 10-item (PSS-10) were administered to 70 open heart patients in a Jordanian hospital. **Result:** The results showed no statistically significant effect of current rehabilitation practices on stress and anxiety levels among open heart surgery patients. Females reported higher stress levels than males, and breadwinner patients had higher stress levels. This study showed under-use of rehabilitation services and resources, especially rehabilitation referral post-discharge. **Conclusion:** Rehabilitation is vital for open heart patients' recovery. In conventional global standards rehabilitation extends far beyond the hospitalization period, up to six months after discharge, but this is not applied in health care institutions in Jordan due to health care providers' attitudes toward rehabilitation and psychological health. This reflects the absence of an evidence-based, comprehensive in-patient program, limited resources, and the unavailability of cardiac rehabilitation for in-patient and out-patients. Future research should focus on increasing health care providers' awareness in improving patient's psychological health and its importance. Increased awareness of rehabilitation for cardiac patients is also needed.

Keywords: Rehabilitation, open heart, stress, anxiety, Jordan