

Patients Post Coronary Artery Bypass Graft Surgery: The Relationship between Perceived Control and Quality of Life

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ABSTRACT

Background: The coronary artery bypass graft (CABG) is a surgical procedure and reliable technique in the treatment of severe coronary artery disease (CAD) when the medical treatments are not successful, which aims to reduce the symptoms of angina, improve Quality of life (QoL), and prolongation of life. Different factors might affect the QoL for patients after CABG. These factors might include age, gender, marital status, level of education, Left Ventricular Ejection Fraction (LVEF), hemoglobin level, Body mass index (BMI), Hypertension (HTN), Diabetes Mellitus (DM), Myocardial Infarction (MI), Angina, and Perceived Control (PC). Limited studies have checked the effect of PC on QoL among patients post CABG, especially in developing countries.

Aim: The aim of this study was to examine the effect of PC on the QoL among patients post CABG in Jordan.

Methods: A non-experimental, descriptive, cross-sectional design was used to meet the aim of this study. A total of 160 patients undergoing CABG after 3 months of surgery were recruited from the outpatient clinics of four hospitals in Jordan as a convenience sample. Quality of life was measured by the 36-Item Short Form Survey (SF-36) and PC was measured by the Control Attitudes Scale-Revised (CAS-R) which was developed by Moser et al. (2009). The relationship between PC and QoL was analyzed by descriptive analysis, multiple regression tests and one-way analysis of variance (ANOVA).

Results: The sample included 116 (72.5%) males and 44 (27.5%) females with a mean age of (54.38±10.73) years. The mean of PC was (28.63±4.64). Patients reported high mean scores in all domains of QoL including PCS (58.29±15.92) and MCS (58.60±13.44), indicating high QoL. In multiple regression, higher levels of PC, elder patients, male gender, and the absence of previous MI and angina symptoms were significant predictors of improvement QoL in both Physical Component Summary (PCS) and Mental Component Summary (MCS), except the male gender, which was not a significant predictor in MCS. In ANOVA with post hoc, higher level of education and married patients had a more significant improvement in QoL for both PCS and MCS domains than secondary and less than secondary patients and single and widowed patients, respectively.

Conclusion Perceived control is the most important predictor associated with QoL in the current study. The focus should be on improving PC levels by developing effective nursing interventions and care plans among the patients who are planning to perform CABG, to speed up the recovery process after surgery, therefore, improve their QoL.

Keywords: Coronary Artery Bypass Graft, Perceived Control, and Quality of Life.