

# Lived in Experience following Coronary Artery Bypass Grafting in selected Hospital Chengalpattu.

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## Abstract

### Objectives

1. To assess the psychological status & Physiological condition experienced by individuals following Coronary artery bypass grafting.
2. To determine strategies that facilitate adaptation to a new lifestyle, modified by the disease.

### Methodology

The study approach were qualitative descriptive design focusing on the lived experience following CABG (coronary artery bypass graft) patients ( $n = 15$ ). Data were collected using semi-structured in depth interview conducted for 15 days 1 month after hospital discharge. The transcripts of the interview were analyzed using descriptive thematic analysis.

### Results

The article describes selected themes that emerged during the process of analysis. The main findings relate to Physiological component- Experience of pain, sleep pattern, Activity level, General Health and wellness, Psychological component - Family concern and support, Attention from family members, self-confidence, Spiritual and Social concerns

### Conclusion

The author identified some Codes with similar meanings were classified and divided into subthemes, which were further grouped into themes that reflected their central content. The Overall experience by the participants are "Life is meant better than before and feeling healthy and meaningful". I want to live for many years and support my family. Newer strategies which facilitates adaptation to a new lifestyle modified by the disease were adapted by the patient like making them stress free and regular checkups

## INTRODUCTION

Cardiac surgery affects the individuals in various ways both in physical and psychological. It is an invasive procedure were the patient is susceptible to pain, infections and a risk of death .Information on how patients experience this situation is much important in order to enable those at risk of adverse psychological events to be identified. Sharing of feelings helps to reduce stress and feel comfortable.

Patients interpret cardiac surgery as an event associated with disablement and changes in body image. For many patients they cannot able to adapt to this situation which results in increased anxiety & frustration. These facts highlight a need to evaluate the patients' perception of the CABG procedure itself and the understanding of the possible effects of this perception on their recovery

Although open heart surgery is a successful interventional technique for cardiovascular treatment, it is a stressful and life-threatening experience accompanied by fear and anxiety for many patients even their families. During this period, patients face various physical, psychological, and social stressors and experience a great deal of worry.

In this regard, studies have shown that confronting numerous stressors from the time of diagnosis until discharge, and lack of fulfillment of physical, psychological, and educational needs cause a sense of shock, disbelief, anger, fear of death, and threat in patients and their families. Therefore, understanding updating stressors experienced by open heart surgery patients throughout the whole procedure of diagnosis, treatment, and discharge is essential.

It was reported that less than 20% of cardiac patients adhere to cardiac rehabilitation programme, less than 37% of patients adhere to exercise regimen and less than 42% of patients adhere to recommended diet. The findings from this study may help to better understand patients' perceptions about heart problems and cardiac revascularization, as well as the impact of these perceptions on their decisions to adopt a healthier lifestyle of the patients.

Epidemiological studies show a sizeable burden of CAD in rural (3-5%) and urban (7-10%) populations. A conservative estimate indicates that there could be 30 million CAD patients in India of which 14 million are in urban and 16 million in rural areas. If the current trend continues by the year 2020, the burden of atherothrombotic CVD in India will surpass other regions of the world.

Findings and knowledge derived from this study will be useful to inform quality improvement activities following CABG. These might also play a key role in the development of a patient experience survey, specifically for those who undergo cardiac surgery; thus addressing a potential limitation of surveys currently in use.

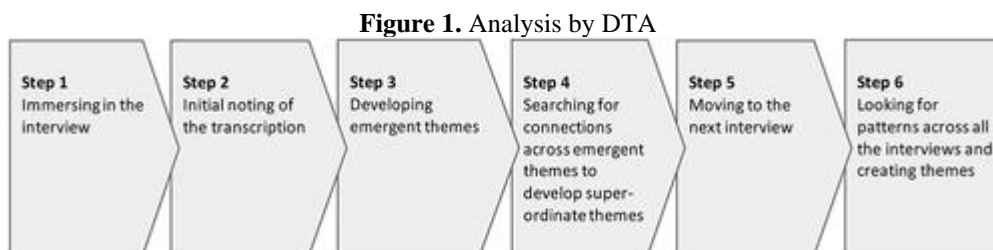
## METHODOLOGY:

### Research Approach

- A qualitative, Semi-structured interviews is planned in accordance to analyses the psychological, physiological & socio economic difficulties of patients

**Research Design:** Phenomenological Research design was adopted for this study.

A qualitative Semi-structured interview study design was used, and the analysis was guided by the descriptive thematic analysis (DTA) is based on an ideographic approach and the purpose of this is to gain insight into people's experiences from the participant's perspective.



### Descriptive analysis

The transcripts of the interviews were analysed using descriptive thematic analysis via the following steps: (1) the transcribed text was repeatedly read to gain an overview; words and sentences having similar meanings were identified and coded. (2) Codes with similar meanings were classified into subthemes, which were further grouped into themes that reflected their central content.

### Theme: Experience following CABG surgery-

Overall experience: Life is meant more better than before and feeling healthy and meaningful. I want to live for many years and support my family.

After verbatim transcription and analyses of the data, four main experiences of patient were defined: (Physiological and psychological).

### Components of Theme:

1. Physiological- Experience of pain, sleep pattern, Activity level, General Health and wellness
2. Psychological: Family concern and support, Attention from family members, self-confidence
3. Spiritual
4. Social concerns

### Sub themes:

1. Pain experiences:
2. Dealing with fatigue and activity limitation:
3. Sleep disturbance:
4. General health and wellness:
5. Mode of source about Surgery:
6. Family support and guidance:
7. Seeking help from family members:
8. Self-confidence and esteem:
9. Health care:
10. Uncertainty about kids' future:

**SAMPLE :** The patients who have undergone CABG surgery

**SAMPLE SIZE:** 15

**SAMPLING TECHNIQUE:** Non probability purposive sampling technique.

**SETTING:** Cardiac OPD SRM GH

## DATA ANALYSIS & INTERPRETATION

The transcripts of the interviews were analysed using descriptive thematic analysis with following steps (1) the transcribed text was repeatedly read to gain an overview the words and sentences with similar meanings were identified and coded. (2) Codes with similar meanings were classified into subthemes, which were further grouped into themes that reflected their central content. (3) During the analysis process, the codes and themes were discussed among the first author and co-authors until a first agreement was reached. A similar analysis was also performed by the other authors and experts, and the results from both analyses were discussed and merged into a final organization of the findings.

### OBJECTIVE 1: To assess the psychological status & Physiological condition experienced by individuals after Coronary artery bypass grafting.

#### Verbatim

*My wife is very supportive and sympathetic when I felt discomfort and pain before and after the surgery.*

*My son is helping me during hospitalization after this major surgery.*

*My family members are very attentive when I was in critical stage before surgery.*

*My daughters encourage me in all ways to get recovered soon.*

*My spouse is very attentive and giving lot of attention while in hospital.*

*My family members are motivating me to undergo surgery, when I was hesitant to undergo surgery.*

*I underwent surgery because I want to live with them for longer time.*

*My relationship with my family member is becoming closer than before the surgery.*

*My wife is always around me to help whenever I need them.*

*I have realized how important I am to my family after the surgery.*

*I am feeling hopeful after my surgery.*

*I feel I am getting improved with my physical and mental well-being and my life span is increased now.*

*I feel more hopeful after the surgery and wants to live longer.*

*I have to make my kids marry soon and settle their life.*

*My religious beliefs helped me a great deal to cope with the surgery.*

*I pray to God to express my gratitude for his having saved my life.*

*I had loss of self-confidence, anxious and more physical pain and tiredness, unable to handle the self-care.*

*Whenever I visit cardiologist, I feel scared and they really helped and gave me rebirth.*

*Realizing that I have a hear problem makes me worried and become emotional sensitiveness.*

*Its my luck that God has saved my heart and health.*

*I am feeling better now with god's grace.*

*I felt more pain and it was radiating to shoulder and arms and I could not manage that pain at all.*

*I was out of balance since I felt so dizzy and fatigue.*

*When I am at work, I was not able to carryout any task properly and felt lose of hope.*

*I am not capable to do any work because of heaviness of my heart and body.*

*My whole family was in great stress and distress at all the moments till my hospitalization.*

*Cardiac rehabilitation helped me to overcome physical and psychological wellness in the hospital.*

*I feel bad with my physical limitation to carry out the work.*

#### Patient statements

*“What they told me about surgery I need to undergo, My chest was hurting me more like Why for me, and felt so hard to accept for the surgery”.*

*“My experiences were abnormal to me when I felt tired and dizzy and also breath was out of control and felt like air hunger”.*

*"Towards the appointed day for my surgery in the hospital, I felt worried and scared and downhearted because I feared prognosis of surgery. I was considering what I would have to go through."*

*"Other things I felt was not able to eat and sleep properly due to fear of death and discomfort, because most of the time, I was thinking of my family and money spent for the surgery, . I have much sorrow and depressed mood; at times, I hide and cry because of my children's future.*

*"I came in wheel chair to the hospital because of my discomfort and I felt I will be lost when I entered to the hospital"*

*"When I sought education from the doctor, I got used to the expected complication and life style modifications needed after the surgery to recover soon and lead a healthy life".*

*"Walking helps me to feel better and relieve from the symptoms".*

*".....though I am good now, I was embarrassed by seeing the hospital environment and also when I heard about the surgery".*

*"Indeed, it was a great pleasure meeting the doctor on time and underwent surgery on time which saved my life".*

*"...although my family keep supporting me throughout the pre and post- surgery period, I felt disturbed and had low self-confidence".*

*"I felt I was safe in the hands of doctor and nurses while in the hospital".*

*"I feel blessed to be a part of my family members when I opened my new life after the surgery"*

*"My life savior is god only, he safeguards me in every moment".*

*"the pain I felt was like dying kind of concern which cant be expressed now"*

*"I felt my head was rolling around and sweat was like I was standing in the rain and water pours on me"*

*"I have cried a lot considering my kids and spouse about the future and the studies".*

*"doctors advised me a more information about the surgery and the concerns after surgery and expected things to happen during the surgery also".*

*"I was rolling in the bed to get sleep, it was a horrible period having lots of sleep disturbance and day time tiredness".*

*"Most problem I encountered is I went into the state of depression and I feel like dying sometime with the pain and thinking of my family members, I give importance to my health".*

## **Objective-2 To determine the strategies that facilitate adaptation to a new lifestyle modified by the disease**

### **Themes: Physical, psychological, social, emotional and spiritual components**

*"...because being healthy is a balance of both physical and mental health, initially I felt balance is lost in everything, later realized I am doing good after the surgery and gained self-confidence. ..."*

*".....the fear that you visit the cardiologist in the morning and are put in a wheelchair immediately and admitted and taken for surgery, although I felt great, that realization of being a heart patient all of a sudden was very emotional ... I have coped up with that thinking of my family members".*

*".....when I go home after my work, I am not capable of doing anything after work...but now I am feeling better at my workplace and at home", My mind is adapted to this health condition".*

*"...it was difficult to see that my wife and family members always busy with managing everything because on the one hand I needed time for myself to recover but on the other hand I also thought I should not give them any extra work".*

*"What they told me about coping up with the illness and life style modification is true; when I try to force myself to follow all these measures, I feel its hard for me initially and later I am used to it".*

*"When I sought education from the doctor and Nurses, I got used to the expected side effects and complications after surgery and I have learned to stand them on my own".*

*"....exercising everyday is very crucial to keep my heart healthy and to live longer"*

*"....When my family members told me to be not worried and they will take care of me, I was very happy and felt I got a good social support".*

*"My friends around me were very supportive and helped me in all the ways to cope up with the surgery and illness I have faced".*

*"My prayers and spiritual belief helped me to gain confidence and be peaceful with my current health situation".*

*"I feel emotionally stable with all my physical symptoms experienced after surgery and before also, I am able to keep myself psychologically safe".*

*"I made a schedule to do workout everyday and keep myself physically safe and sound and live longer".*

*"I am getting consultation from nutritionist to eat properly and adapt a new diet schedule which keep my cholesterol in limit".*

*"I am having network of people who underwent surgery and making me updated with all things".*

*"I know that I should not do any strenuous activity to avoid complications in future".*

*"I understood the concept of lifestyle modifications to be adopted to keep myself safe and healthy".*

*"I save all the contact of health care professionals, whenever I am in need of help if I face any physical symptoms"*

*"I stopped smoking and wont drink alcohol also, I understand all these are bad to me and will risk myself".*

*"I am undergoing meditation classes and yoga session to take care of myself in healthy way".*

*"I will follow the compliance to medications and wound care".*

*"I will go for a walk at my own pace to avoid exhaustion and feel comfortable"*

*"I know the concept of self care principles which helps me to longer my life time".*

*“ I am detailed with the emergency seeking and visit when I feel discomfort ”.*  
*“ I understand how important is the follow-up visit and get consulted after surgery ”*  
*“ I know I can lead a normal family life after the surgery without exhaustion ”.*  
*“ I have to keep my sugar and blood pressure under control with the help of drug and life style modification ”.*  
*“ I will educate my family members also to keep themselves safe and healthy ”.*  
*“ I can get back to the work and make myself financially safe ”.*  
*“ I will follow all the relaxation techniques which help me to keep stress free life ”.*

## DISCUSSION

The findings of this study include themes, which in relation to each other represent a set of worries and stresses among cardiac surgery patients in the hospital environment. Analysis of the study reveals that experiences indicated that from the time of diagnosis until surgery and discharge, patients experience anxiety, stress, and worries in different ways in different situations (being hospitalized in the heart surgery ward, and transference to the operation room and ICU).

*“ I can get back to the work and make myself financially safe ”.*  
*“ I will follow all the relaxation techniques which help me to keep stress free life ”.*

Patient started adapting to the coping strategies to lead their life.

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