



A STUDY TO ASSESS THE LEVEL OF ANXIETY AMONG PATIENTS UNDERGOING CORONARY ARTERY BYPASS GRAFT (CABG) SURGERY IN SELECTED CARDIAC HOSPITAL, AURANGABAD WITH A VIEW OF DEVELOP AN INFORMATION BOOKLET.

Mr. Nazeersab G Balagar

Lecturer & HOD Department Of Psychiatric Nursing

ABSTRACT

BACKGROUND OF STUDY : Anxiety may be consider to be an emotional response to a perceived threat or danger.¹ (spielberger and Rickman 1990). hospitalization alone presents many such threats to most patient since it related to new stressful experiences the psychological effects of which may be amplified by poor health. Anxiety is especially high for CABG patients while they are on the waiting list within an unknown surgery date (24). The patients have fear of dying before, rather than during surgery, and this fear influenced strongly their level of anxiety also manifests as an activator of sympathetic and parasympathetic nervous system and cardiovascular excitation that can exacerbate CAD symptoms. Hence this study has been conducted to assess the level of anxiety among patients undergoing CABG Surgery in selected Cardiac Hospitals. A descriptive study was used for this study. A total 30 subjects were selected by using simple random sampling method. To collect data from respondents, Modified state-trait anxiety inventory was used. Results showed that patient had severe anxiety. With regard to patients association there is significant association between levels of anxiety with selected demographic variables at 5% level. The study concluded that most of the patients 93.33% have severe anxiety. Hence health education and pre surgery education should be incorporated In cardiac hospital to reduce the level of anxiety and its complication in patients undergoing CABG surgery.

KEYWORDS : Coronary Artery Bypass Graft, Patients, Stai, Coronary Artery Disease

INTRODUCTION

Coronary heart disease is the commonest from of heart disease in the developed world and one of the leading causes of mortality and morbidity in these countries². The prevalence's of depression anxiety in patients with diagnosis is a quoted between 20% and 45% elevated anxiety score have been reported for 20% & 55% (1)emotional factors and the experience of chronic stress contribute to the development of atherosclerosis and cardiac events³.

Similar prevalence's rates have been found for patients undergoing coronary artery bypass graft surgery. Symptoms of anxiety and unipolar depression are common psychological disturbance among patients undergoing CABG surgery numerous prospective worth studies focus on the short and long term outcome of CABG⁴.

MATERIALS AND METHOD

A descriptive study was conducted to assess the level of anxiety among patients undergoing CABG surgery in selected hospital in Aurangabad city. To collect data from respondents, Modified state-trait anxiety inventory was used and administered to 30 patients following inclusion and exclusion criteria. The tool was selected and develops based on the research problem; review of the related literature and with suggestion and guidance of the expert in the field of psychiatric nursing, cardiologist and cardio surgeon. The tool is consisted of two sections.

SECTION 1:

consist of questions on demographic variables such as age, gender, religion, occupation, marital status, and education, monthly income, duration of heart disease, previous undergone CABG surgery.

SECTION 2:

it consist of 40 items to assess the level of anxiety among patient undergoing CABG surgery, by using modified state trait anxiety inventory.

The number of items in modified state trait anxiety inventory included 40 and each items is rated.1,2,3,4 that is indicate not at all, somewhat, moderately so, very much so. In this a response carries one score and maximum score is 4.Total maximum score of 40 items is 160.The score of each statement

of inventory indicates the level of anxiety.

Severity	Not at all	Somewhat	Moderately so	Very much so
Score	0-40	41-80	81-120	121-160

RESULTS

FINDING RELATED TO DEMOGRAPHIC VARIABLE

In this study 6.66%respondents were in age group of 31-40years, 16.66% in 41-50,56.66% in 51-60% and 20% in 61-70years, Majority participants were 63.33%males and 36.66% were females,66.66% belongs to Hindu religion 26.66% belongs to Muslim and 6.66% belongs to other, 10%respondents occupation is government servants, 23.33% private servants, 26.66%business and 40% others, 100% respondents are married,30% respondents are taken primary education, 56.66%secondary, 13.33%degree, 60% respondents monthly income was 5001-1000, 33.3%up to 10001-15000, and 6.6% up to 15001-20000, 100% respondents was suffering from heart disease duration was 0-5 years, In this study 100% respondents does not undergone surgery before.

Characteristics	Category	Respondents	
		N	%
Age (years)	31-40	2	6.66%
	41-50	5	16.66%
	51-60	17	56.66%
	61-70	6	20%
Gender	Male	19	63.33%
	Female	11	36.66%
Religion	Hindu	20	66.66%
	Muslim	8	26.66%
	other	2	6.66%
Occupation	Govt. job	3	10%
	Private job	7	23.33%
	Business	8	26.66%
	Other	12	40%
Marital status	Married	30	100%
	Unmarried	0	0%
	Divorce	0	0%
	Other	0	0%
Education	Primary	9	30. %
	Secondary	17	56.66%
	Degree	4	13.33%

	Post-graduation	0	0%
Income	Rs 5001-10000	18	60%
	Rs 10001-15000	10	33.3%
	Rs 15001-20000	2	6.6%
	Rs 20001 to above	0	0
Duration heart disease	0-5years	30	100%
	5-10years	0	0%
	10-15years	0	0%
	15 to above	0	0%
Had undergone before surgery	Yes	0	0%
	No	30	100%

Finding related to level of anxiety among patients undergone CABG surgery

In this study majority of 93.33% has severe anxiety, 6.66% having moderate anxiety.

Anxiety	Score category	Respondent	
		Number	Percentage %
No anxiety	0-40	0	0

Demographic Variables	Category	Sample	Anxiety Level		Chi-square Test	DF	Table Value	Significant or NS
			Moderate	Severe anxiety				
			No.	No.				
Age (years)	31-40	2	0	2	29.79	3	7.28	S
	41-50	5	1	4				
	51-60	17	1	16				
	61-70	6	0	6				
Gender	Male	19	1	18	29.92	1	3.84	S
	female	11	1	10				
Religion	Hindu	20	0	20	29.91	3	5.99	S
	Muslim	8	2	6				
	Christian	0	0	0				
	Others	2	0	2				
Occupation	Government job	3	0	3	27.95	3	7.28	S
	Private job	7	0	7				
	Business	8	1	7				
	Others	12	1	11				

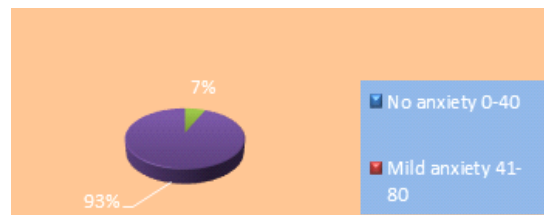
DISCUSSION

To our knowledge, this study is to assess the level of anxiety among patients undergoing CABG Surgery. In this study majority of 93.33% had severe anxiety, 6.66% were had moderate anxiety. We found that there is significant association between level of anxiety among patient undergoing CABG surgery with age, gender, religion, occupation, marital status, education, monthly income, duration of heart disease, previous undergone CABG surgery. Similar study were supported by, a study conducted on stressors and anxiety in patients undergoing coronary artery bypass surgery. To describe the concerns of patients undergoing coronary artery bypass surgery and to identify concerns that were to associate higher levels of anxiety. Multiple regression was used to determine the predictors of anxiety and. interviewed methods also. Patients waiting for coronary artery bypass surgery should be routinely assessed for anxiety before the procedure, and interventions to prevent or reduce anxiety should be provided. Interventions must be multifactorial, including information and support for pain management and realistic information about surgery schedules and resuming lifestyle after surgery.⁵

CONCLUSION

The research study is focused on out to assess the level of anxiety among patients undergoing coronary artery bypass graft (CABG) surgery in selected cardiac hospital. In this study majority of 93.33% had severe anxiety, 6.66% were had

Mild anxiety	41-80	0	0
Moderate anxiety	81-120	2	6.66
Severe anxiety	121-160	28	93.33



Classification of respondents by Anxiety score

Finding related to Association between level of anxiety among patients undergoing CABG surgery and Demographic variables

In this study there is significant association between level of anxiety among patient undergoing CABG surgery with age, gender, religion, occupation, marital status, education, monthly income, duration of heart disease, previous undergone CABG surgery.

moderate anxiety. The findings of the study reveal that there is a need to understand the reasons behind the development of anxiety while providing community mental health services. In hospital or community set up nurses play an important role in providing awareness regarding anxiety and their origin for their healthful development. Many patients have moderate and severe anxiety, Nurses can teach about reducing anxiety which will turn to promote the health of the patients. The nursing administrators should develop certain plans and policy to be implemented and which must be made mandatory. Nursing administrators should also take the initiative in organizing in-service education programs regarding reducing anxiety among patients undergoing CABG surgery.

REFERENCES

1. Spielberger, C. D. (1989). State-Trait Anxiety Inventory: Bibliography (2nd ed.). Palo Alto, CA: Consulting Psychologists Press.
2. International journal of nursing dec.2014vol.1 no 2 page no 167-182.
3. Polit, textbook of nursing research, South Asian edition ninth published by wolterskluwer (India) pvt.ltd.new delhi 2012.
4. Pedersen SS. Anxiety enhances the detrimental effect of depressive symptoms on health status following percutaneous coronary intervention 2006 Dec. available from [http:// www.ncbi.nlm.nih.gov/sites/entrez](http://www.ncbi.nlm.nih.gov/sites/entrez)
5. Zsuzsanna Cserép, Andrea Székely and Bela Merkely Short and Long Term Effects of Psychosocial Factors on the Outcome of Coronary Artery Bypass Surgery 2005 available from [http:// www.ncbi.nlm.nih.gov/sites/entrez](http://www.ncbi.nlm.nih.gov/sites/entrez)