Factors influencing the self-care and quality of life of patients with coronary artery disease

Sutanithi Kangchanakul, RN, BNS; Aemorn Saengsiri, APN, PhD,
Duangkamol Wattradul, RN, DNS; Sirat Natthumrongkul, RN; Sathiporn Nopplub, RN, MNS

(1) Department of Nursing, King Chulalongkorn Memorial Hospital, Bangkok, Thailand
(2) Department of Adult and Geriatric Nursing, The Thai Red Cross College of Nursing, Bangkok, Thailand

Purpose:
Coronary artery disease (CAD) is the most common cause of death in Thailand. The patients with CAD need long-term care to enhance their quality of life. This study was aimed at exploring the selected factors influencing self-care and quality of life (QOL) of patients with coronary artery disease.

Methods:
Purposive sampling of 100 patients with CAD receiving care at King Chulalongkorn Memorial Hospital was enrolled in this study. Data were collected by using the self-care agency questionnaire of cardiovascular disease, and Powers’ Quality of Life Index Cardiac Version-IV. Data were analyzed by using descriptive statistics and multiple regression.

Results:
On hundred patients (30 females, 70 males; Mean age 65.13 years) participated in this project. The self-care ability of patients with CAD was at a moderate level at 70.43% (Mean = 76.07, SD. = 9.84). The QOL of patients with CAD was also at a moderate level at 76.86% (Mean =23.06, SD. = 4.89). The independent variables influencing the QOL of patients with CAD were educational level, exercise, and self-care ability score, with a statistically significant predictor at 46 percent (p< .05).

Conclusion:
Education level, exercise, and self-care ability were more useful predictors in increasing the QOL of patients with CAD. The evidence from this study supports healthcare providers in terms of their ability to improve the self-care capacity of patients with CAD by developing health promotion programs for improving the quality of life of patients with CAD.

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Primary Author Contact: aemorn.trc@gmail.com