Nursing Intervention in Patients with Coronary Heart Disease Complicated with Arrhythmia and Its Effect

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Abstract: Objective: To explore the influence of nursing intervention on nursing service for patients with coronary heart disease complicated with arrhythmia. Methods: 120 patients with coronary heart disease complicated with arrhythmia were randomly selected from those admitted to our hospital from February 2018 to February 2019, and they were divided into two groups, and given different nursing methods. Results: The nursing effect of the observation group is better than that of the control group in terms of improvement of patients' bad mood, nursing compliance, and improvement of patients' quality of life. P < 0.05 indicates the statistical significance. Conclusion: Nursing intervention is conducive to improving the nursing quality of patients, and plays important role in maintaining their health.
Keywords: Coronary Heart Disease; Arrhythmia; Nursing Points; Clinical Value

A large number of studies have shown that, coronary heart disease complicated with arrhythmia has gradually become common in recent years under the influence of the aging population, seriously plaguing the health of Chinese people. According to medical personnel, the increasing pressure of social work and the intensified trend of population aging are the fundamental reasons leading to the emergence of the problem. In this context, it is important for Chinese medical staff to actively explore medical care. This article explores the influence of nursing intervention on the quality of nursing service in patients with coronary heart disease complicated with arrhythmia, which is reported as follows.

1. Materials and methods

1.1 General information

120 patients admitted to our hospital from February 2018 to February 2019 were selected and divided into 2 groups. The control group consisted of 40 males and 20 females aging 41–75 years old, while there were 36 males and 24 females aging 42–71 years old in the observation group. The difference has no statistical significance (P > 0.05).

1.2 Method

1.2.1 The control group

Patients in the control group received routine nursing: drug distribution, hospital education, regular ward rounds and answering patients' questions.

1.2.2 The observation group

Patients in the observation group were given nursing intervention: (1) Cognitive nursing. Medical staff should explain medical knowledge to patients and guide them to fully understand their condition, so that patients can strengthen

their self-care ability and better cooperate in nursing work. (2) Body position nursing. During the nursing process, medical staff need to guide patients to maintain correct body position and turn over regularly according to their actual situation, so as to effectively avoid occurrence of bedsore and deep vein thrombosis, etc., and help them recover and maintain health. (3) Diet nursing. The formulation of a well-balanced diet plan for patients is important, that is ensuring the scientific combination of ingredients including vegetables, lean meat, beans, and grains, and avoiding the patient's intake of raw, cold, spicy foods and fat liver, in order to maintain their blood index within a reasonable range, help control the level of blood glucose, blood pressure and blood lipid, thus effectively realizing the further improvement of patients' health. (4) Sports nursing. Medical staff should help patients to strengthen their physical function and improve their cardiopulmonary function. However, it should be noticed that patients with coronary heart disease are not suitable for intense sports. Therefore, it is important for medical staff to guide patients to scientifically choose types of sports. Aerobic exercise is recommended, especially taking a walk and Tai Chi. (5) Psychological nursing. Medical staff are required to help patients to relieve their bad emotions and guide them to build confidence in rehabilitation.

1.3 Observation of indicators

Psychological state, nursing compliance and quality of life of patients were taken as evaluation indicators of this study. Among them, the psychological state was analyzed by self-rating anxiety scale and self-rating depression scale, and the higher the score, the worse the mentality. Compliance was divided into three levels, namely compliance, general compliance and non-compliance. Questionnaire was adopted to investigate patients' quality of life, and the higher the score, the better the living standard.

1.4 Statistical method

Statistical software SPSS20.0 was adopted to calculate the data, in which () stood for measurement data, and t test was performed; % stood for counting data, and χ^2 test was performed. $P < 0.05$ indicated the statistical significance.

2. Result

2.1 Comparison of patients' psychological state

Negative mood of patients in both groups was improved after nursing, with the observation group better than the control group. The result was statistically significant ($P < 0.05$). As seen in Table 1.

Table 1. Psychological state

Group	n	SAS		SDS	
		Before nursing	After nursing	Before nursing	After nursing
Observation group	60	47.33±3.46	20.25±1.81	47.18±3.61	21.35±2.18
Control group	60	47.42±3.52	26.18±1.78	47.22±3.22	27.84±2.32
t	-	0.141	18.094	0.064	15.791
P	-	>0.05	<0.05	>0.05	<0.05

2.2 Comparison of patients' nursing compliance

The nursing compliance of the observation group was better than that of the control group, and $P < 0.05$ indicated the statistical significance. As seen in Table 2.

Table 2. Patients' nursing compliance

Group	n	Compliance	General compliance	Non-compliance	Rate (%)
Observation group	60	33	25	2	96.67
Control group	60	20	28	12	80.00
X^2	-	-	-	-	8.086
P	-	-	-	-	< 0.05

2.3 Comparison of patients' quality of life

The quality of life of patients in both groups was improved after nursing, while the observation group achieved better results than the control group. The result had statistical significance (P < 0.05). As seen in Table 3.

Table 3. Patients' quality of life

Group	n	Before nursing	After nursing
Observation group	60	48.41±2.41	85.01±3.55
Control group	60	49.25±2.56	74.69±3.46
t	-	1.851	16.126
P	-	>0.05	<0.05

3. Discussion

According to clinical practice, most patients with coronary heart disease suffer from respiratory restriction and typical chest pain, in which the chest pain may spread from the left chest to the rear, and extend to the little finger in the severe cases. If timely and reasonable intervention is not carried out, there will be a very negative impact on patients' quality of life. Relevant investigation shows that most patients with coronary heart disease may also be accompanied by arrhythmia, which further threatens the health of patients. In this context, in order to improve patients' quality of life, medical staff should actively explore and analyze nursing modes, and give targeted nursing guidance to patients according to their actual situation, thus ensuring that patients can improve their self-care ability and develop healthy living habits, improving patients' clinical symptoms and maintaining their health. By analyzing relevant data, researchers pointed out that the nursing work of medical staff under the traditional nursing mode is of extensive characteristics, which is not conducive to satisfaction of patients' psychological demands during nursing process, and hinders effective promotion of their nursing compliance and improvement of their quality of life. In this context, a large number of medical staff have in recent years conducted in-depth exploration and analysis on the key points of nursing, aiming at improving the quality of nursing service. According to medical staff, patients with coronary heart disease complicated with arrhythmia often suffer from some obvious clinical symptoms such as palpitation, shortness of breath, breath limitation and chest pain in their daily life, causing extremely negative effects on patients' quality of life. Due to the lack of medical and health knowledge, most patients tend to be afraid to related diseases, hindering the establishment and optimization of their rehabilitation confidence. Furthermore, it is often difficult for some patients to cooperate with medical staff to carry out nursing work due to insufficient medical knowledge, which is not conducive to the improvement of patients' clinical symptoms and causes a very adverse impact on the maintenance of their health. In view of such problems, medical workers need to actively summarize the key points of nursing, and formulate targeted nursing programs according to the actual situation of patients, so as to help them understand medical health knowledge and develop scientific living habits. Practices show that through carrying out nursing intervention, medical staff can guide patients to effectively adjust their habits such as daily routine, diet, and exercise, which can promote patients to follow the medical staff's instruction on drug usage, and improve their clinical symptoms, and is very important for

maintaining their health.

This study shows that nursing intervention has improved the psychological state of patients effectively, improved their nursing compliance, at the same time, optimized the quality of life of patients.

To sum up, nursing intervention is beneficial to improving the health level of patients with coronary heart disease complicated with arrhythmia, which is worth popularizing.

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