

The Effect of nursing Intervention on the Negative Emotions of Patients with Coronary Heart disease

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Abstract: Objective To analysis the effect of of nursing Intervention on the Negative Emotions of Patients with Coronary Heart disease.Methods 62 patients who are diagnosed with coronary heart disease in our hospital from April 2015 to April 2016 were selected.According to the sequence number that they were given when they admitted to the hospital,they were divided into research group and the control group with 31 cases in each group.The patient in the control group were treated with general nursing methods while the patients in the study group were given nursing intervention,analyze the adverse mood score, quality of life score and nursing satisfaction between the two group.Result Comparing the twntrol group,the difference was statically significant ($P=0.05$) ;The satisfaction rate of patients in the research group was 96.77%,which was significantly higher than that of the control group (87.10%) ;the difference was statically significant ($P<0.05$) .Conclusion The nursing intervention method that used in treating the coronary heart disease patients can effectively improve the patient's bad mood, improve the quality of life, has important clinical value.

Key words: nursing intervention;patient with coronary heart disease;negative emotion; effect

Introduction

The coronary heart disease is one of the most common cardiovascular diseases.When the coronary heart disease occurs,it serious threats the patients' safety of life, at the same time,it seriously affects the patients' quality of life.In recent years, with the increasing progress and continuous development of social economy,the factors that make the incidence rate of the coronary heart disease continue to rise are:the constantly changing of people's diet structure and the increasing of people's bad habits.There are diverse methods in the clinical treatment of the coronary heart.disease.The medicine conservative treatment mainly used when the patients' condition are stable condition.The Timely and correct treatment can effectively reduce the fatality rate of patients with coronary heart disease, and also can reduce the recurrence rate.Clinical studies also found that good nursing intervention in patients with coronary heart

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disease has important clinical significance. The correct and effective nursing intervention measures can not only enhance the social adaptability of patients and effectively improve the psychological status of patients, but also can improve the quality of life of patients with positive and effective nursing cooperation.

1. Materials and methods

1.1 Materials

Choose 62 patients who are diagnosed with coronary heart disease in our hospital from April 2015 to April 2016 were selected as the research object, all the patients showed different degrees of heart palpitations, chest tightness, shortness of breath, palpitation and other symptoms, conforms to the diagnostic criteria of coronary heart disease, and exclude heart renal insufficiency, blood, digestive system diseases and tumors. All of the patients agreed to sign the informed consent. Among them, 27 cases of male patients, female patients in 35 cases, aged 52-77 years. According to admission and odd number, all patients were divided into research group and control group, 31 cases in each group. Two groups of patients with clinical symptoms, gender, age, course of disease and other general data, the difference was not statistically significant ($P > 0.05$).

1.2. Nursing method

1.2.1 After admission, patients in control group were given general nursing, regular daily ventilation, disinfection, temperature and humidity control unit, guide the patients to use drug on time, tell the patient to pay attention to the dietary problems, and to do the right amount of aerobic exercise during treatment.

1.2.2 The research group implemented nursing intervention on the basis of the control group, including the following aspects.

Psychological nursing: Most of patients with coronary heart disease have negative emotions, such as irritability, anxiety, tension and so on. The nursing staff should actively communicate with patients. According to its own state of mind, The nursing staff give patients music therapy and guide patients to relax, so that patients can be positive and optimistic attitude with treatment and care. 1) Due to the sudden change in the face of the physiological status of patients and long-term treatment will often appear to varying degrees of irritability, anxiety, depression and fear and other negative emotions, some serious patients will develop depression. Therefore, psychological intervention for patients is particularly important. We adopt the method of psychological intervention to patients and their families in order to answer the patient's questions, understand the patient's psychological dynamics, give psychological comfort and encouragement, help patients and their families to establish the confidence to overcome the disease; At the same time, as soon as possible to the patient and family to instill the need for long-term care and treatment of coronary artery disease knowledge and the matters needing attention, Let the patient and family to fully understand and actively cooperate. 2) Health prevention psychological education: Make a concentration of health education knowledge about coronary heart disease for patients. Let patients have a comprehensive understanding of diabetes, including the causes of coronary heart disease, clinical symptoms, treatment methods, etc.; Communicate with patients about the adaptive symptoms, treatment mechanisms, the use of methods, the use of possible adverse reactions and preventive measures in the use of drugs; Answer the problem that in the treatment of patients in detail and distribute to each patient promotional materials related to coronary heart disease health prevention, such as prevention manual, treatment instructions, etc.; Explain to patients and their families after treatment about the result of the treatment process of possible risks, matters needing attention in the process of treatment, patients in the treatment process should cooperate with the

particulars relating to the families and help in the process of treatment, etc. So that patients and their families can fully understand the disease and its treatment, and eliminate the doubts of their existence. Elaborate the relevant content of the operation to the patients and their family members, for which use international treatment operation, such as anesthesia after surgery and anesthesia to take precautions, corresponding measures of pain and pain treatment after surgery the surgery, indwelling catheter, drainage tube, such as oxygen drainage tube's importance and pay attention to content, let patients eliminate worries are a sense of operation. 3) Other nursing intervention: Diagnostic investigation of medication in each patient, the specific circumstances and reasons of the time, the amount of medication were analyzed and the corresponding strategies for specific guidance to patients taking the drug; Diet exercise intervention: For patients with coronary heart disease, diet has an important significance for prevention and control. To guide the patients diet should be light, fresh, low salt, low calorie, much fiber, eat much food less, banning cigarette, wine, strong tea and coffee, etc thrill items, provide some practical diet for patients, and provide guidance and inspection of the diet time and quantity; strictly control patients activity and diet, to prevent patients engaged or participate in various activities such as heavy or sharp. Life nursing: Through the health education, the patients with profound understanding of healthy lifestyle and dietary habits of disease benefits, healthy diet guide patients, eat more fresh fruits and vegetables, maintaining water and electrolyte balance, avoid alcohol, develop good habits, to ensure adequate sleep. ECG monitoring nursing. For ECG monitoring must be specific treatment of different individuals, the need for ECG monitoring of patients with ECG monitoring care. Other patients should regularly measure blood pressure and ECG, and records. In the process of monitoring, once appear, atrial fibrillation, will correct in time, using defibrillator to conversion when necessary. Have infarction phenomenon must notify the doctor immediately phenomenon, to promptly take the necessary treatment. The ease nursing. A lot of patients with coronary heart disease are chest tightness, chest pain as the main symptoms, the patient's pain is relatively deep, if it can effectively alleviate the pain of patients, can promote the recovery of patients as soon as possible. If the patient's pain duration is too long, it is easy to cause arrhythmia, cause more serious disease. Nursing staff should be careful observation of the patient's pain, if the pain caused by high blood pressure and so on, should be given appropriate analgesics to relieve oxygen intervention. In the process of actual clinical nursing intervention, if patients with breathing difficulties, it is necessary to give patients is the oxygen therapy. If the patient's situation is more serious, you can give high concentration, high flow oxygen inhalation. Operating points are: 2~4L/min, concentration of 30% ~ 40%. Oxygen support to patients can bring psychological comfort to patients, relieve the tension of patients and promote the recovery of patients. rehabilitation nursing: The nursing staff should according to the patients' condition and tolerance to formulate rehabilitation plan, guiding patients with breathing, strength, relaxation, walking and other outdoor training, encourage patients according to their own preferences to choose their own physical exercise, to enhance heart function.

1.3 Observation index

Observing and comparing two groups of patients before and after the nursing quality of life scores and the proportion of patients with health behavior.

1.4 Effect evaluation

Evaluation of depression and anxiety status of this study using the self rating Depression Scale (SDS) and the self rating Anxiety Scale (SAS), the scale of the use of percentile system, the higher the score indicates that patients with depression or anxiety; Quality of life was assessed by SF-36 quality of life table, subjective and objective support, and support utilization.

1.5 Statistical methods

Using SPSS13.0 statistical software to analyze data comparison, the count data to rate (%), comparison between groups by chi-square test, measurement data with mean + / - standard deviation ($\bar{x} + s$) said, is compared between

group by t test. ($P < 0.05$) showed statistically significant difference.

2. Results

2.1 Comparison of adverse mood scores between the two groups

The research group of patients with SAS and SDS scores were (25.23 ± 4.62), (27.13 ± 3.23), patients in the control group SAS, SDS scores were (42.61 ± 2.31), (41.52 ± 3.68), the two groups, the difference was statistically significant ($P < 0.05$, 1).

Table 1 Comparison of adverse mood scores between the two groups ($\bar{x} \pm s$, score)

| Group | Number of Case | Anxiety Score(SAS) | D (SDS) |
|----------------|----------------|----------------------|------------------|
| Research group | 31 | 25.23 ± 4.62 | 27.13 ± 3.23 |
| Control group | 31 | 42.61 ± 2.31 | 41.52 ± 3.68 |
| t | - | 12.35 | 11.26 |
| P | - | <0.05 | <0.26 |

2.2 Comparison of the quality of life score of patients between the two groups

The quality of life scores of the research group were higher than those of the control group, the difference was statistically significant ($P < 0.05$, table 2).

Table 2 Comparison of quality of life score of the patients between the two groups ($n=31$, $\bar{x} \pm s$, points)

| Group | physical function | Social function | Role physical | Body Pain | Mental health |
|----------------|-------------------|-----------------|-----------------|-----------------|----------------|
| Research group | 11.92 ± 4.8 | 127.1 ± 4.2 | 136.4 ± 4.8 | 139.6 ± 5.2 | 99.7 ± 3.1 |
| Control group | 71.6 ± 3.8 | 71.4 ± 5.2 | 70.2 ± 2.3 | 66.9 ± 3.8 | 70.3 ± 4.5 |
| t | 9.85 | 13.26 | 18.34 | 21.54 | 8.23 |
| P | <0.05 | <0.05 | <0.05 | <0.05 | <0.05 |

2.3 Comparison of nursing satisfaction between the two groups

Patients in the research group, 20 patients were very satisfied, satisfied with a total of 8 cases, general in 2 cases, nursing satisfaction was 96.77%;Patients in the control group, 10 cases were very satisfied, satisfied with a total of 12 cases, general in 5 cases, nursing satisfaction was 87.10%.The nursing satisfaction of the observation group was significantly higher than that of the control group, the difference was statistically significant ($P < 0.05$, table 3).

Table 3 Comparison of nursing satisfaction between the two groups ($n=31$, $n/\%$)

| Group | Excellent | Good | Normal | Worse | Satisfaction |
|----------------|-----------|---------|--------|--------|--------------|
| Research group | 20/64.52 | 8/25.81 | 2/6.45 | 1/3.23 | 96.77 |

| | | | | | |
|----------------|---------|---------|--------|---------|-------|
| Control group | 1032.26 | 1238.71 | 516.13 | 4/12.90 | 87.10 |
| X ² | 3.76 | 4.37 | 6.33 | 7.81 | 4.68 |
| P | <0.05 | <0.05 | <0.05 | <0.05 | <0.05 |

3. Discussion

About 99% of patients with coronary artery disease are caused by coronary atherosclerosis. So, coronary heart disease is actually refers to coronary atherosclerotic heart disease, or coronary heart disease. When the coronary atherosclerosis development to a certain extent, which causes severe stenosis, coronary artery lumen obstruction, can cause myocardial ischemia, hypoxia, resulting in a series of symptoms (such as chest pain, angina, myocardial infarction, etc.) and even endanger life. Clinical types were classified into five types: occult, angina, myocardial infarction, heart failure, ischemic cardiomyopathy and sudden death. One of the most common type is angina pectoris, myocardial infarction and sudden death is the most serious two types. Coronary heart disease is the most common type of organ disease caused by atherosclerosis, and is a common disease that seriously endangers people's health. The prognosis of the patients was different with the location and degree of the lesion, the rate of development of the vascular stenosis, the damage of the affected organ and the complication.

The occurrence of coronary heart disease is easy to cause the complex psychological reaction of patients, which is a serious negative life events. The patients in bad mood such as depression and anxiety will enhance the excitability of sympathetic nerve, resulting in patients with hormone (norepinephrine, epinephrine) secretion was abnormally increased, and cortisol secretion, while patients with platelets in the blood will also appear abnormal aggregation, resulting in patients with heart rate, blood pressure, blood vessels set, these factors will lead to the incidence of cardiac related diseases and even sudden death. Related studies show that depression, anxiety emotions can have become important independent risk factor for coronary heart disease and increase one. Nursing interventions used in patients with coronary heart disease treatment process, can make the patients cooperate treatment actively, help to alleviate or eliminate the patient's depression, anxiety, promoting disease rehabilitation and the improvement of quality of life.

In this study, the implementation of comprehensive nursing intervention for patients with coronary heart disease. The results showed that the SAS and SDS scores of the research group were (25.23 + 4.62), (27.13 + 3.23); The SAS and SDS scores of the control group were (42.61 + 2.31), (41.52 + 3.68). The difference between the two groups was statistically significant ($P < 0.05$); The quality of life scores of the study group were significantly different from those of the control group ($P < 0.05$). All in all, as early as possible use nursing intervention measures in patients with coronary heart disease, can improve the quality of life of patients, improve the patients with depression and anxiety and other negative emotions, and improve the patient's social support, is conducive to the rehabilitation of patients, so it is necessary to further strengthen the research.

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