Symptomatic changes of patients with severe aortic valve stenosis after aortic valve replacement: To give a simple guidance for the patients expressing their symptoms

Chow SM(1)
(1)Department of Cardiothoracic Surgery, Queen Elizabeth Hospital

Keywords:
severe aortic valve stenosis
aortic valve replacement
quality of life
nursing staff's knowledge

Introduction
Symptomatic aortic valve stenosis is a disease with high mortality if the patient is left untreated because the time of survival is only 2 to 3 years. However, many patients with aortic stenosis are not diagnosed and have a long asymptomatic period until heart murmurs are incidentally detected on auscultation. When the patient’s symptom is obviously worsened, their quality of life will be declined and it is the time to do the operation immediately. Therefore, an operative treatment will improve the quality of life for the patients with severe aortic valve stenosis.

Objectives
(1) To enhance the nursing staff’s knowledge on the symptoms of severe aortic valve stenosis. (2) To give a simple guidance for the patients expressing their symptoms or know the worsening signs about their disease.

Methodology
The patients with severe aortic stenosis after aortic valve replacement (AVR) with focus on changes of three classic symptoms before and after surgical intervention. The three typical symptoms of aortic stenosis are dyspnea, angina and syncope. Nurse need to assess the patient carefully and questioning thoroughly.

Result
From 2013 to 2014, a total of three female patients were selected for the study. The mean age was 53.3. Three patients with severe aortic valve stenosis were underwent aortic valve replacement after the onset of symptoms within two years. The result showed that 100% of patients had shortness of breath, 66% of patients had chest
discomfort and none of them had syncope before the operation. Nearly all the selected patients showed that the quality of life was improved without any symptoms. Conclusion: Some patients do not expressing their symptoms or they do not know the worsening signs about their disease. Therefore, patient education is recommended for reporting their changes of physical ability. And aortic valve replacement offers better quality of life in symptomatic patients, such as the patients can walk unaided without dyspnea after the operation. Therefore, quality of life should be taken into account when making treatment decisions in patients with severe aortic stenosis. After understanding the clinical presentation for aortic valve stenosis, it will facilitate for clinical staff to recognize of the result of under-aggressive or overaggressive management of the classic signs and symptoms.