



Service Priorities and Programmes
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Cardiac Transplantation: Psychological Nursing Intervention

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Introduction

A nurse-led strategy enhanced patient satisfaction in reducing patient's anxiety for pre/post cardiac transplantation. Psychological care plan was designed to provide nurses with a well-defined set of goals and interventions that was tailored to anxious patient who was empowered to cope with a new heart.

Objectives

1/ To promote a trusting relationships with patients and families; 2/ To evaluate the effectiveness of psychological nursing care in eight patients for cardiac transplantation.

Methodology

Eight adult survivors underwent cardiac transplantation in the year of 2011. Data was collected on eight patients. All of them agreed and responded to the study. Subjects (n = 5, 62.5%) were male and (n = 3, 37.5%) were female. Mean age was 48 years. A pilot psychological intervention of pre and post cardiac transplantation was provided during their stay in CTSD as per nursing care plan. A questionnaire consisting of demographic data and assessment of patients' knowledge of cardiac transplantation was developed. The intervention tool was a psychological nursing care plan which was designed and developed by the nursing team of the Department of Cardiothoracic Surgery. To ensure content validity and internal consistency of the care plan, it was reviewed and edited by experienced and senior nursing stakeholders. A 5-points Likert scale, with 1 denoting "strongly disagree" and 5 denoting "strongly agree" was used.

Result

All eight recipients, who underwent cardiac transplantation in the year of 2011, survived > 1 year after the operation with no evidence of rejections. There was a significant drop in anxiety from preoperative to postoperative period. A mean score of 4.5, on admission to CTSD, implied that all eight patients suffered from anxiety related to impending cardiac transplantation surgery. Post-operation period following return of consciousness and extubation, a mean score of 2 implied a reduction in the level of

anxiety. This was possibly because of the recipients having received information designed of cardiac transplantation, reassurance, patient education, psychological and emotional support. Supportive environment was an important factor in favorable outcomes of cardiac transplant. A mean score of 4 stated that they understood their cardiac transplantation. Trusting relationships were developed between patients and healthcare professionals. Psychological nursing intervention for cardiac transplantation proved to be effective. Patients' fear and anxiety were reduced. Clinical management needed to be tailored to the needs of patients to alleviate their anxiety.