

Factors influencing daily activities post hospital discharge in acute coronary syndrome patients

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ABSTRACT

The purposes of this predictive study were to examine the daily activities post hospital discharge in patients with acute coronary syndrome and its influencing factors. The samples comprised 100 patients with acute coronary syndrome at a tertiary level hospital. Data collection was performed from August 2011 to September 2012. The research instruments were a demographic questionnaire, The Revised Illness Perception Questionnaire (IPQ-R), The Jalowiec Coping Scale (JCS), Thai depression inventory (TDI), Self-Rating Anxiety Scale (SAS), and The Duke Activity Status Index (DASI). The data were statistically analyzed using descriptive statistics, Pearson's product moment correlation, and stepwise multiple regression.

The study revealed that the sample had high level of daily activity at 3 month and 6 month post discharge ($\bar{X} = 7.02$, S.D. = 1.39), ($\bar{X} = 7.25$, S.D. = 1.99), respectively. Moderate level of illness perception at 3 month and 6 month post discharge ($\bar{X} = 111.84$, S.D. = 14.30), ($\bar{X} = 111.87$, S.D. = 15.19), respectively. Moderate level of stress coping at 3 month and 6 month post discharge ($\bar{X} = 107.60$, S.D. = 16.36), ($\bar{X} = 104.87$, S.D. = 17.46), respectively. Normal level of depression at 3 month and 6 month post discharge ($\bar{X} = 6.76$, S.D. = 6.74), ($\bar{X} = 7.61$, S.D. = 7.22), respectively. And normal level of anxiety at 3 month and 6 month post discharge ($\bar{X} = 33.70$, S.D. = 6.77), ($\bar{X} = 34.34$, S.D. = 8.02). There was a significantly negative relationship between daily activity and depression at 3 month and 6 month post discharge with the correlation coefficients of -0.301, 0.369 ($p < 0.05$), respectively. Depression accounted for the variance explained in the daily activity at 3 month post discharge by 9.1 % ($p < 0.05$), and depression and stress coping accounted for the variance explained in the daily activity at 6 month post discharge by 17.3 % ($p < 0.05$)

The study results have implications for nurses and other healthcare providers in regards to the development of daily activity interventions and the promotion of positive stress coping and protect depression concerning illness. In addition, the results provide patients with adequate cardiac rehabilitation that could enhance their daily activity post hospital discharge.

KEY WORDS: Daily activities / Illness perception / Stress coping / Depression / Anxiety