

Abstract

Background: Heart diseases are debilitating and progressive and affect patient's quality of life and satisfaction as important components of treatment and care.

Object: The present study was conducted to determine the effects of telephone follow-up of educational programs on quality of life and satisfaction in patients with acute coronary syndrome

Methods: In this clinical trial 90 patients suffering from acute coronary syndrome with criteria for entering the study, accidentally in three groups were considered. For present education group giving educational booklet with three 30 minute educational session in during their hospitalization and when discharging was presented. Telephone follow-up group more over than education, their received 10 telephone contacts after discharging, but control group received routine care. For measuring Quality of life and patient satisfaction from Mac New's Questionnaire and satisfaction form specialized for CCU patient was used. Data were analyzed with covariance and Tukey tests.

Result: The result showed before intervention there was not significant difference at number of quality of life dimensions between three group patients. Also the average of the effect of intervention on average of quality of life (178.63 ± 37.88) wasn't meaningful ($P < .300$), but on exciting dimension ($61/73 \pm 11/84$) with .42 effects and physical dimension ($62/58 \pm 10/65$) with .10 effects was meaningful between telephone follow-up and control group. Also in comparing the average of patient's satisfaction in three groups from nursing care did not observe significant difference before intervention, but after intervention this difference was meaningful ($P < .000$). Tukey test showed that there is significant difference between present education and telephone follow-up groups with control group, but between present education group with telephone follow-up this difference was not meaningful. Result showed that intervention .41 was effective on patient satisfaction.

Conclusion: Telephone follow-up of educational program caused increasing satisfaction and quality of life in acute coronary syndrome patient in physical and exciting dimensions. Doing more studies in high sample number and longer follow-up time can be offer. Also effect of using other communication tools for example internet and message can be offer.

Key word: Quality of Life, Satisfaction, Acute coronary syndrome, Telephone follow-up, educational programs



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**The effect of telephone follow-up of educational programs on the
quality of life and patient satisfaction in acute coronary syndrome in
CCU and Heart Unit**

A Thesis
Presented for the
Degree of Master of Sciences
In Critical Care Nursing

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2015