

: , , ,

,

*

1994). 가

1.

1-2
 (prothombin time)

(, 1992).

1960

10

(, 1994).

McGrath L. B. (1990)

15.3%가 6-7

19.8%가

(1991)

90

13.7%

(, 1993).

Shephard(1988)

가

20-50%

8-38%가

가

75

50

가

가

가 가

(,

(Saeterhang, Nygaard, 1989).

*

1970
 1000
 (, 1993).
 2)
 :
 ,
 1993 (,
 , 1996).

가 , (Spielberger,
 Gorsuch & Lushene, 1970).
 :

2. Spielberger
 20

3)
 :
 가

1) , (, 1992) .
 :
 2) , , 가
 , , , ,

3. (1992)가
 가 22

1) : 가
 , ,
 4) :
 (, 1993) . (Mcdaniel & Bach, 1994).
 : 가

(Oldridge, 1997) .
 :
 가
 , , , , Coumadin

S 2 , , McGirr (1990)
 가

1.

1959
 1960 10 154 , 1970 10
 1,865 , 1980 11 26,704
 28,724 ,
 70% 10 95.7%

(1993)
 45
 가
 가
 가
 (,
 1993).

가
 (, 1992).

(, 1995)

가

Warfarin (Coumadin)

6 8
 (, 1992).

(cardiac rehabilitation
 committees, 1982).

가

가

가
 가

(Willis, 1992).

2.

Spielberger (1970)

가

Meyer (1979)

가

(1984)

가

< 1>

			(N=40)		(N=40)		(N=80)		P
			N	%	N	%	N	%	
	40	49	10	25.0	5	12.5	15	18.8	.053
()	50	59	24	60.0	20	50.0	44	55.0	
	60	69	6	15.0	15	37.5	21	26.2	
			27	67.5	21	52.5	49	61.3	.171
			13	32.5	19	47.5	31	38.7	
			16	40.5	22	55.0	38	47.5	.179
			24	60.0	18	45.0	42	52.5	
			38	95.0	34	85.0	72	90.0	.320
			2	5.0	6	15.0	8	10.0	
			26	65.0	19	47.5	45	56.3	.115
			14	35.0	21	52.5	35	43.7	
			2	5.0	3	7.5	5	6.3	.081
			26	65.0	16	40.0	42	52.5	
			12	30.0	21	52.5	33	41.2	
			35	87.5	32	80.0	67	83.8	.273
			5	12.5	8	20.0	13	16.2	
			15	37.5	15	37.5	30	37.5	.990
			9	22.5	5	12.5	17	21.3	
			7	17.5	7	17.5	14	17.5	
			9	22.5	10	25.0	19	23.7	

가 < 1>. 50 59 가 55.0% , 가 49 (61.3%) . 42 (52.5%) , 가 90.0% . 45 (56.3%) , 가 42 (52.5%) , 83.8%가 가 30 (37.5%) 가 .

< 2> . 33.23 , 39.26 (t = -2.60, p = .011).

< 2>

			t	p
40	33.23	1.49	-2.60	.011
40	39.26	1.24		

가

< 1 > .

2. ,

< 3> . 64.23 60.53

(t = 2.09, p = .040).

< 3 >

			t	p
40	64.23	9.79	2.09	.040
40	60.53	8.29		

< 4 >
69.68 66.58

(t = 1.83, p =

.072).

< 4 >

			t	p
40	69.68	7.23	1.83	.072
40	66.58	5.98		

3.

Pearson Correlation Coefficient

< 5 >

< 5 >

1.000				
-.461**	1.000			
-.654**	.438**	1.000		

**p < .01

가 가 (r = - .461, p = .000).

가 가 (r = - .654, p = .000).

.438, p = .000). 가

(1991)가

, Taylor

(1986)

210

가 ,
가

, Coumadin

가

Hijerk (1984)

, 1996, Conn , 1992)

Evans (1983)

가

50%

(r = - .438, p = .000). 가

가 , 가

1

40

40

Spss

가 가 , 2-test

가

t-test,

Pearson

Correlation Coefficient

1)

(t=-2.60, p= .011).

Conn (1992) 197

2)

(t=2.09,

가 (1996), p= .040).

Daumer (1992)

3)

(t=1.83, p= .072).

4)

가 가 (r=- .461,

p=.000).

(r=- .654, p= .000).

가

(r= .438, p= .000).

가

1)

가

(1991).

, 21(3),

257-267.

(1984).

- 14(2), 12-17
(1993).
. _____, 23(4), 664-677
(1994). _____ .
, (1978). STAI
. _____, 21(11), 65-75.
(1991). _____ (). _____
_____, 24(11), 1046-1056.
(1993). _____, 17(1),
18
, _____, _____ (1992). _____
_____.
, _____, _____, _____ (1996).
(1968-1994). _____,
26(4), 769-780.
(1992). _____
_____.
(1995). _____ . _____
_____, 19(1), 1-5.
(1996). _____
_____. _____ : _____
_____.
- Burgess, A. W. (1987). A randomized control trial of cardiac rehabilitation. Society Science, 24(4), 359-370.
- Cardiac Rehabilitation Committee(1982). Guidelines for cardiac rehabilitation centers (2nd ed). The American Heart Association, Greater Los Angeles affiliate.
- Conn, V. S. et al. (1992). Cardiac rehabilitation program participation and outcomes after myocardial infarction. Rehabilitation Nursing, 17(2), 58-61.
- Daumer, R. (1992). Effects of cardiac rehabilitation on psychosocial functioning and life satisfaction of coronary artery disease clients. Rehabilitation Nursing, 17(2), 69-74.
- Dracup, K. A. (1982). Compliance : An interactionist approach. Nursing Research, 31(1), 31-35.
- Evans, L., & Spelman, M. (1983). The problem of non-compliance with drug therapy. Drugs, 25, 63.
- Heller, S. S., Frank, K. A., Kornfeld, D. S., Malm, J. R., & Bowan (1974). Psychological outcome following open-heart surgery. Archives of Internal Medicine, 134, 908-911.
- Hijerk, T. W. (1984). The health belief model and cardiac rehabilitation. Nursing Clinics of North America, 19(3), 449-457.
- Line, B. T., & Janz, N. M. (1979). Effect of a teaching program on knowledge and compliance of cardiac patients. Nursing Research, 28(5), 282-286.
- McDaniel, R. W., & Bach, C. A. (1994). Quality of life : A concept analysis. Rehabilitation Nursing Research, 43, 18-22.
- McGirr, M., Rukholm, E., Salmoni, A., O'Sullivan, P., & Koren, I. (1990). Perceived mood and exercise behaviors of cardiac rehabilitation program referrals. Canadian Journal of Cardiovascular Nursing, 17(3), 14-19.
- McGrath, L. B., Gonzales-Lavin L., Bailey B. M., Grunkemeier, G. L., Fernandez J., & Laub, G. W. (1990). Tricuspid valve operations in 530 patients. The journal of Thoracic and Cardio-vascular surgery, 99(1), 149-157
- Olderidge, N. B. (1991). Compliance with cardiac rehabilitation Services. Journal of cardiopulmonary Rehabilitation, 11, 115-127.
- Padilla, G. V., & Grant, M. (1984). Quality of life as a cancer nursing outcome variable. Advances in Nursing Science, 10, 45-57.
- Reichgott, M. J., & Simons-Morton, B. G. (1983). Strategies to improve patient compliance with antihypertensive therapy. Primary care, 10(1), 21-27.
- Saeterhang, A. & Nygaard, P. (1989). Early discharge and early rehabilitation and return to work after acute myocardial infarction. J. Cardiopulmonary Rehabilitation, 7, 268-272.

- Shepherd, R. J. (1988). Does cardiac rehabilitation after myocardial rehabilitation favorably affect prognosis? Physical Sports Medicine, 16, 116-127.
- Smart, C. R. & Yates, J. W. (1987). Quality of life. Cancer, 60(3), 620-622.
- Smith, L. W., & Dimsdale, J. E. (1989). Postcardiotomy delirium conclusion after 25 years?. American journal of Psychiatry, 146(4), 452-456.
- Spielberger, C. D., Gorsuch, R. L., & Lushene, R. E. (1970). Manual for state trait inventory. California: Consulting psychologist Press.
- Taylor, C. B. (1986). The effects of exercise training programs on psychosocial improvement in uncomplicated postmyocardial infarction patients. Journal of psychosomatic Research, 30(5), 581-587.
- Willis, J. H. (1992). Heart disease. McGraw-Hill. 245-255.
- Wyness, M. A. (1990). Evaluation of an educational program for patients taking warfarin. Journal of Advanced Nursing, 15, 1052-1063

-Abstract-

key concept: Cardiac rehabilitation education program, Anxiety, Health compliance, Quality of life

The Effects of a Cardiac Rehabilitation Educational Program on Anxiety, Health Compliance and Quality of Life of the Patient with Cardiac Valve Replacement

*Kim, Sook Young **

The purpose of this study was to determine the effects of an rehabilitation educational program on anxiety, health compliance and quality of life of the patient with cardiac valve replacement.

The 80 Subjects for the study were surveyed at the outpatient clinic in S medical center in Buchon City in Korea. Among them, 40 patients had been taught about the cardiac rehabilitation education program and 40 patients had not been taught while they were in the hospital. Those 2 groups of patients were surveyed with the instruments of Spilberger's anxiety scale, and the questionnaire of health compliance and quality of life. The data were analyzed by using ²-test, t-test, Pearson's correlation.

The results of this study were as follows:

1. Anxiety in educated group was significantly decreased($t = -2.60$, $p = .011$) comparing to uneducated group.
2. The health compliance in educated group was significantly increased($t = 2.09$, $p = .040$) comparing to uneducated group.
3. The quality of life of the two groups of patients was not different significantly ($t = 1.83$, $p = .072$).
4. The correlation between anxiety and health compliance was significantly reversed ($r = -.461$, $p = .000$).

The correlation between anxiety and quality of life was significantly reversed($r = -.654$, $p = .000$).

The relationship between health compliance and quality of life revealed significant ($r = .438$, $p = .000$).

Considering above results, the cardiac rehabilitation educational program for the patients with the cardiac valve replacement was strongly recommended to be used.

* Assistant professor, Dept. of Nursing, Kyungin Women's College