

# An Exploratory Study to Assess the Severity of Fatigue after Cardiac Surgery and its Effects on Early Recovery among Patients in Selected Hospital of Delhi”.

Sridevi C

Research Scholar,

Shri Jagdishprasad Jhabarmal Tibrewala University, Jhunjhunu, Rajasthan, India  
sridevichinraj@gmail.com

**Abstract:** *This study aims to examine the level of fatigue in patients after cardiac surgery and the effects of fatigue on early recovery. A non experimental research with Exploratory research design was used to assess the severity of fatigue after cardiac surgery and its effects on early recovery in 25 patients in Army hospital (R&R). The sampling technique used was non probability purposive sampling. The tool consists of questionnaires to assess demographic data and a check list individual strength scale was used to assess the severity of fatigue which consisted of 08 items. The results reveal that the mean score was 36.68 and median score was 35 with SD 11.30. The scores of the respondents on severity of fatigue were in the range of 15-56. There was significant association found between level of knowledge and selected socio demographic variable like presence of co morbidities, Ability to walk without support, Ability to do spirometry, Ability to self care, Ability to get out of the bed without help, Relapse of preoperative symptoms while doing activities and feeling of anxiety about recovery at  $P > 0.05$  level.*

**Keywords:** Fatigue, Cardiac surgery, Early recovery

## REFERENCES

- [1]. Plach SK, Hendrich SM, Jeske L.( 2006). Fatigue representations in women with heart failure. Res Nurs Health. 6;29:452–464.
- [2]. Appels A, Bar F, Van Der Pol G, Erdman R, Assman M, Trusburg W, et al.( 2005). Effects of treating exhaustion in angioplasty patients on new coronary events: Results of the randomized exhaustion intervention trial (EXIT) Psychosom Med. ;67:217–223.
- [3]. A.G. Muller, D. Alves De Freitas Antonio, D. Almeida Lopes Monteiro Da Cruz, R.C. Gengo E Silva.(2017). **P614** Characteristics of fatigue after coronary artery bypass grafting, European Heart Journal, Volume 38, Issue suppl\_1, August 2017, ehx501.P614, <https://doi.org/10.1093/eurheartj/ehx501.P614>, Published: 29 August 2017.
- [4]. Pharmacol Biochem Beha. (2010) A theory of postoperative fatigue: an interaction of biological, psychological, and social processes. Salmon P1, Hall GM, Department of Clinical Psychology, University of Liverpool, UK. psalmon@liv.ac.uk.2010. Apr;56 (4):623-8. <https://www.ncbi.nlm.nih.gov/pubmed/9130286>
- [5]. Ingvor Johansson, Björn W. Karlson, Gunne Grankvist,(2010). Disturbed Sleep, Fatigue, Anxiety and Depression in Myocardial Infarction Patients .First Published September 1 2010. Research Article found in PubMed. <https://doi.org/10.1016/j.ejcnurse.2009.12.003>. <https://journals.sagepub.com/doi/abs/10.1016/j.ejcnurse.2009.12.003>.
- [6]. National Library of Medicine, [medlineplus.gov](https://medlineplus.gov) Medical Encyclopedia <https://medlineplus.gov/ency/article/002950.htm>

- [7]. Kumar TK Ajesh (2017). Application Of Nursing Theories, Jaypee Brothers Medical Publishers; First edition ISBN-10: 9386150638, ISBN-13: 978-9386150639
- [8]. Neuman, B. (1996). The Neuman systems model in research and practice. *Nursing Science Quarterly*, 9(2), 67-70. <https://journals.sagepub.com/doi/abs/10.1177/0894318496009002>.
- [9]. Polit D F, Beck C.T. (2008). *Generating and Assessing Evidence for Nursing Practice* 8<sup>th</sup>ed .New Delhi. Lippincott Williams and Wilkins.
- [10]. Polit D F, Hungler B P. (1999). *Nursing research. Principles and methods*. Philadelphia: J. B. Lippincott Company.
- [11]. Rodriguez T.(2000). The challenge of evaluating fatigue. *J Am Acad Nurse Pract*. 2000;12(8):329–338.
- [12]. Miller-Davis C, Marden S, Leidy NK(2006). The New York Heart Association Classes and functional status: What are we really measuring? *Heart Lung*. 2006;35:217–224.
- [13]. Rubin GJ, Hardy R, Hotopf M.(2004). A systematic review and meta-analysis of the incidence and severity of postoperative fatigue. *J Psycho Res*. 2004;57:317–326.
- [14]. Rubin GJ, Hotopf M, Papadopoulos A, Cleare A(2006). Salivary cortisol as a predictor of postoperative fatigue. *Psychosom Med*. 2006;67:441–447.
- [15]. Kehlet H, Wilmore DW(2002). Multimodal strategies to improve surgical outcome. *Am J Surg*. 2002;183:630–644. <https://www.ncbi.nlm.nih.gov/pubmed/12095591>.