

## Qualitative Evaluation for Cardiac Surgical patients Experience during Psycho-educational Sessions in Ahmaed Gassim Cardiac Center-2017

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### ABSTRACT

**Background:** Psycho-educational intervention may be delivered to strengthen the holistic care for cardiovascular surgical nursing, this type of intervention generally includes providing patients with information about treatments, symptoms, resources, and services; training to provide care and respond to disease-related problems; and problem-solving strategies to understand and be better able to deal with the presented illness in order to improve patients health outcomes. This study aim to explore patients' experiences and thoughts during preoperative psycho-educational sessions to capture their perspective of care delivered.

**Methods:** Semi-structured interviews were conducted at the day of discharge with five cardiac surgery patients participated in psycho-educational sessions held in Ahmed Gassim Cardiac Center pre cardiac surgery. Family members and friends were also invited to contribute to the interviews. The interviews lasted between 15 and 20 minutes. An open question was developed to guide the conversation. Questions asked during the interview were focused on their perception of the provision of information and effect in their immediate recovery from surgery, their thoughts and opinions about information provided. Audio-visual recorder was used during each interview with the participant's acceptance. The interviews were repeatedly listened in order to check and confirm accuracy. The transcribed data were then coded and thematically analyzed.

**Result:** There were three themes emerged during data analysis and interpretation, patient experience, motivation to participate, and Strength from knowledge.

**Conclusion:** The participants assured that they have got a complete benefit from their participation in the preoperative psycho-educational sessions by increase their feelings of strength, confidence and control over the situation. Relevance to practice: Psycho-educational sessions are satisfactory for cardiac surgery patients.

### Keywords

Qualitative, Cardiac surgery, Patients experience, psycho-education, Nursing.

### Introduction

Cardiac surgery is a surgery done by cardiac surgeons on the heart and/or its great vessels, or to treat complications of ischemic and valvular heart disease [1].

Psycho-education refers to the component of treatments where active communication of information exchange occurs among

patients [2].

It may be delivered individually or in groups [3]. The patient's own strengths, resources and coping skills are reinforced, in order to understand the process of their recovery, and contribute to their own health and wellness on a long-term basis [4]. Psycho-education is a critical task for nurses to facilitate psychosocial recovery, including the patient's return to his/her daily activities, and plays an important role in secondary prevention, by encouraging patient's compliance and positive behavioral changes related to the expected risk factors modification, and eventually reduce mortality [5].

It found that psycho-educational intervention aim and application is consistent with the human becoming school of thought, a nursing theory of Rosemarie Rizzo Parse (1981), and it can be introduced as a standardized framework to guide psycho-education intervention as a part of nursing care package [6]. Unfortunately, this type of intervention in routine nursing care for patients undergoing cardiac surgery in Sudan is not introduced yet.

Sudan has a long tradition in heart surgery dating to 1959, when established AlShaab Teaching Hospital (ATH) which was the first hospital to enter the field of heart surgery, but due to a multitude of factors it stopped in the late 1980s, however it restarted its program in 2002. The second was Ahmed Gasim cardiac center (AGH) which started its heart surgery program in 1998, and was the first hospital to start operating in an effort spearheaded by the State Ministry of Health of Khartoum [7]. In both hospitals the provisions of nursing may be inadequate as there are few protocols for nurse professionals to follow in this area.

Psycho-educational counseling sessions guided by international nursing model or framework is first time introduced by nurses among Sudanese patients, so exploring patients experience and meaning of this type of practice is important.

### **The Study Objective and Design**

A qualitative Semi-structured interview was conducted to explore patients' experiences and thoughts during preoperative psycho-educational sessions in Ahmed Gassem Cardiac Center, Khartoum state Sudan.

### **Inclusion criteria**

- Patients who planned for cardiac surgery, attend all psycho-educational sessions, and agreed to participate in the study.

### **Exclusion criteria**

- Patients who are under 18 years of age.
- Patients who are diagnosed with a psychiatric disease.

### **Interview participant selection**

All participants in intervention group consented to be interviewed as part of the qualitative evaluation. A sample of 5 participants was approached before discharge from hospital to arrange an individual interview. The interviewees were invited from both genders, different types of cardiac surgery, and a range of age groups.

### **Qualitative data collection**

The interview was carried out in a quiet area either in the patient's room or an office on the cardiac surgical ward which was convenient for the participants. Family members and friends were also invited to contribute to the interviews. There was no time limit for interviews, but the majority lasted between 15 and 20 minutes.

A semi-structured interview schedule with open questions was developed to guide the conversation. Questions asked during the interview were focused on patient's perception of the provision of information and effect of this information in their immediate

recovery from surgery to exploring their experiences during preoperative psych-education intervention. Audio-visual recorder was used during each interview with the participant's acceptance.

During each interview, the participant was asked to express their thoughts and opinions about information provided in the psycho-education intervention program, and way the preoperative information was delivered during the program conduction through the booklets, and could this way improve in future practice, and to talk through their feelings about the illness, surgery, the preoperative education intervention, and taking part as study participant.

### **Qualitative data analysis**

The interviews were repeatedly listened to in order to check and confirm accuracy. The transcribed data were then coded and thematically analyzed with a focus on patient's experience of taking part in the study, feeling, and benefits from sharing in the programme intervention. Transcribing and analyzing the data in local language occurred simultaneously as the data collection was proceeding. Transcripts were returned to participants for comment and correction.

All criteria for reporting qualitative research have been considered in an attempt to improve the rigor of qualitative research. Such as transparency, the analysis of the whole information gained through the interview, providing simple key themes, except the use of more than one analyst. Due to time limitations, it was not possible to have more than one analyst to independently code and analyze the data.

The interview transcripts translation and check were made on the interpretation of data. However, translation between languages might hinder the interpretation of meaning of participants' experience and result in loss of meaning of participants' actual words which decreases the overall rigor of the qualitative study. Time and financial constraints prevented either back-translation or an independent review by a bilingual individual in this study. Maintaining conceptual equivalence of participant views was the most important consideration in the translation process, as the quality of translation can considerably affect data analysis and findings.

However, the way of conducting the program by guiding it by human becoming theory makes the researcher to gain credibility with them and to easily develop rapport with patients and gain their trust with the continuous help and support. Eventually they considered the researcher as their friend. There were three themes emerged during data analysis and interpretation, patient experience, motivation to participate, and Strength from knowledge.

### **Patient's experience**

Interview participants were encouraged to talk about their own ideas or expectations about any aspect of the sessions. The majority expressed their motivations and appreciation towards the participation in the study.

## Motivations to participate

Interview participants found the material provided during the psycho-educating programme were simple to understand. After knowing what would be required from them, they felt that joining the study was neither difficult nor time consuming.

All of the interview participants spoke about their interest to take part in the program, that is, they expected the program could, to some extent, help them learn more about their surgery and health and think in a positive way. In addition, some participants mentioned that they were keen to help with the program as they hoped that their participation could improve current services, so that other patients and their families would get better treatment and care. From their account of motivation, participating in the program, in their view was beneficial to themselves and to others. One 63 year old male participant who had his bypass surgery stated,

*"the program was really good. The first time I heard from you about it, and your book is very important to be given for any one going to have surgery on his heart because of rich information that needed for whole life. I knew that this book may seem very common in foreign countries, but for our country, are totally new. For example, it is the first time that I had the honor to participate in medical research. This experience makes me feel very curious and excited. I had never come across it or even heard of it".*

For two participants said that, the study taking place had added to their good impression of the hospital and trust in the overall quality of care of the hospital. A 35 year old female participant with mitral valve replacement explained that she was lucky to participate in the study and she found that there would be a need for more clinical studies,

*"I felt our hospital should continue making program like this. First of all, we can understand more necessary knowledge, and secondly our voices, for a certain extent, can be reflected upward to the management team and eventually it will help improve patient satisfaction and our overall service level of the hospital".*

## Strength from knowledge

When they asked about their feeling after cardiac surgery, most interview participants discussed their experience of fears and worries after awoken from anesthesia after surgery. One of the most predominant feelings expressed by participants was feeling of pain, loss of appetite, and anxious. The same above woman told her story, after anesthesia:

*"I really started to worry a lot... When awoken and feel something hard in my throat hurt me just I remember what you told us before surgery this is the tube that would help me to have good breath and then I feel relax and go into deep sleep". Another interview participant said, "I really could not express myself scared I got at that time (weeping)... Before surgery I was in bad mood. I had increased pressure when getting closer to surgery. I even started not to sleep a few days before surgery till I had participated in the program and understand what every step I shall do after surgery".*

Some interview participants pointed out that their psychological

state before surgery was relatively stable and they were not that anxious. Their explanations gave insights into the source of their inner strength that they trust in God. One male participant said, *... I was not full of worries. First, I believe that everything happen to me is God will, the second is the belief in the good reputation of the hospital and surgeons, the third, I trust in the level of health care in this hospital... I have experienced everything in my life, and should not have any fear.*

The majority of interview participants stated either explicitly or implicitly that they did experience various degrees of anxiety prior to the surgery. They described how information could to some extent help the gradual building up of their inner strength to mentally cope. A 42 year old man summarized, 'the more I know, the less anxious I feel':

*"Yes, I did not have any worries ... because I was equipped with the knowledge. By reading the book hardly, and became more confident on my illness and surgery. I think that I will be all right..."* One woman who felt highly anxious said repeatedly that she had made every effort to understand all information in the booklet that she needed before surgery, and emphasized that the importance of giving the booklet for every patient undergoing heart surgery.

This interview participant emphasized the importance of prior knowledge and individual engagement into health care services. They are keen to learn more about any aspects of their healthcare. Preoperative information was viewed as very important for them to gain strength and confidence, as most participants stated during the interview. Some articulated what information they particularly wanted and needed before surgery.

One participant said: *"preoperatively, I was thinking about the surgery. So I wanted to know all the information relevant to my surgery, such as how long a heart surgery generally lasts, when patients would be awake from anesthesia etc., what feeling sensations, for instance, when to get out of bed, how long the patient can be stay in hospital and would the surgery bring a lot of pain?... all this questions Alhamdulillah answered in the educational sessions and found in the booklets that help me a lot to recover soon and discharge from hospital".*

## Conclusion and recommendation

All participants assured that they have got a complete benefit from their participation in the study by increase their feelings of strength, confidence and control over the situation.

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