ABSTRACT

Coronary Artery Disease is the leading cause of mortality and morbidity in India and all over the world. The overall prevalence rate of CAD in India has increased phenomenally. There is a parallel increase in number of patients undergoing CABG. The most common response for CABG is Anxiety. There are many researches focusing on the physical and vocational rehabilitation following cardiac surgery. There are few researches that focus on the psychosocial aspects of rehabilitation also.

Hence it necessitates development and testing of intervention which will reduce anxiety, promote patients self efficacy, optimal emotional social and physical functioning. Realizing this fact the investigator instituted the combination of yoga relaxation techniques and video assisted information as stress reduction interventions among CABG patients. The yoga relaxation technique works on the basis of optimizing mind body harmony. The video developed for this study is expected to facilitate cognitive reorientation, dispel their fear and instill confidence in the activities through enhancing the self efficacy.

The research question that guided this investigation is - what is the effect of the stress reduction strategies on anxiety, self efficacy and activity level following CABG. Prospective pretest post test experimental design was applied. Both men and women subjected to CABG for the first time on elective basis with ejection fraction more than 35% were included. CABG patients with psychiatric problems, stroke, Asthma and with severe post operative arrhythmia or arrest were excluded from the study. 156 eligible consented patients were recruited for the study. The State anxiety, the physiological correlates of anxiety the BP, pulse rate, pain intensity score, self efficacy, activity were the out come variables. The State anxiety was assessed using the Speilbergers STAI preoperatively the day before surgery, on second, sixth post operative day and 6th post operative week. The Self efficacy for Activities and the actual performances of the corresponding activities were assessed using the investigator developed Self Efficacy Scale and Self-Reported Activity check list preoperatively the day before surgery and on the sixth week after CABG. The
Randomly assigned experimental group viewed the video Cope up with CABG easily the day before surgery along with their family.

The Yoga nidra and the alternate nostril breathing techniques were demonstrated and supervised by the investigator on the day before surgery and from postoperative day 2 to day 5. The time taken to complete one session of Yoga Nidra is 15 minutes and 1 session of alternate nostril breathing is 5 minutes. The audio track prepared by the investigator facilitated the practice of Yoga Nidhra. The experimental subject could master the practice of Yoga relaxation within 2-3 sessions. The control group subjects received the routine care and health education. The BP, pulse rate and pain intensity score were recorded in the evenings after yoga session from 2nd to 5th post operative days. After getting discharge they continued the practice of yoga and a log of the same was maintained.

The collected data were analyzed using the SPSS package 11.5 version. The mean anxiety score of experimental and control group were 52.55 and 52.77 respectively. The post test anxiety were significantly different between the groups (P < .001). Similarly the self efficacy for activities and actual performances of activities differed significantly between the groups (P < .001). The experimental group had greater self efficacy and higher performance scores than the controls. The findings were supportive of the usefulness of the combination of interventions the video assisted information and the yoga relaxation among CABG population.

Key words- CABG, Anxiety, Self efficacy, Activity.