

心臟病人減壓訓練後罹病經驗之追蹤

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摘要

本研究主要目的為探索台北某醫學中心心臟病人接受減壓訓練課程三個月後，面臨健康危機之整體罹病經驗。本研究使用郵寄半結構式開放型問卷收集資料，藉由內容分析剖析 85 位心臟病人的罹病經驗。病人住院期間，有 36 位病人參加護理人員引導之減壓訓練課程，出院後則每日自行使用錄音帶與授課指引練習；另有 49 位病人則無參與減壓課程。結果發現：兩組病人在課程後三個月，其罹病經驗未有明顯差異；整體而言，罹患心臟疾病的病人課程後三個月 17.3% 感胸悶、14.5% 有睡眠不穩、或 13.6% 感疲倦等不適，且易有恐懼不安、壓力感、及憂鬱沮喪等感覺出現，也擔心疾病突然再發作，生活狀況與飲食的改變也對心臟病人造成影響；但也有 31.5% 心臟病人想得開，自覺生活不受影響，因此對罹病後之調適多為面對問題型，如按時服藥控制、飲食控制、及適度運動等，也有些人會使用緩解技巧來作調適，故罹病後較需要疾病持續追蹤及醫師的診查治療。本研究結果雖推論有限，但仍可勾勒出心臟病人罹病經驗的雛型，因此醫護人員宜增加教導病人有關心臟疾病的內容，並關心其身體、心理、及生活上的情緒困擾。

Abstract

The purpose of this study was to explore cardiology patients' live experiences after 3-month audio-visual relaxation training. A mailed questionnaire was used to collect data and data analysis was used for content analysis. 85 cardiology patients in a medical center were invited to participate in this study. The important findings were as follows: for the impact of heart disease upon health, the main items relating to health status were described in terms of 'chest tightness', 'unstable sleep', 'fatigue', 'fear and uncertainty', 'stressed', 'depression', 'worrying about disease re-occurrence', and 'change of life style'. For patient's coping strategies, confrontive methods such as medication control, diet control, and properly exercises were used. Also, searching relative information was needed. For nurses' consideration of caring, psychosocial consultation and disease related health education are to be recommended in the future