冠狀動脈繞道術後病患身體症狀困擾、身體活功能及其自我效能之探討

Physical Symptom Distress, Physical Activity and Self-Efficacy in patients Underwent Coronary Artery Bypass Grafting Surgery

中文摘要

冠狀動脈繞道術病患於術後身體症狀困擾以及對自己的活動能力缺乏信心，進而影響術後身體活動功能的進展，且有關病患在身體症狀困擾、身體活動功能及其自我效能之相關，尚未有文獻予以深入地探討，因此，本研究之目的乃探討冠狀動脈繞道手術病患於術前一日至術後三個月，其身體症狀困擾、身體活動功能及其自我效能三者間的變化及其相關性，以為病患術後之早期復原做準備。

本研究採描述性相關性之研究設計，從 93 年 3 月至 94 年 2 月，共計 12 個月，以立意選樣的方式，於臺中市某醫學中心之心臟外科病房選取初次接受冠狀動脈繞道術之病患，以病患基本屬性量表、身體症狀困擾量表、身體功能狀態量表與身體功能之自我效能量表分別於術前 1 日、術後十日內、術後 1 個月及術後 3 個月收集資料，符合收案條件者共計 95 人，最後完成資料收集者有 65 人。

研究結果發現：（1）本研究個案之平均年齡為 62±11 歲，總住院日數平均為 15.2±5.1 日，以男性病患（佔 89.2%）居多。（2）病患之症狀困擾於術後十日內最高，至術後一個月已顯著改善，術後一至三個月逐步改善。（3）身體活動自我效能與身體活動功能於術後十日內最低，術後一至三個月逐步進展，至術後三個月最高，但仍較術前為低且術後三個月仍有 27.6%病患之身體活動功能處於失能狀態。（4）女性、已婚有偶者、身體質量指數愈低、功能狀態分級屬第三級以上及術後十日內者，其症狀困擾愈高。（5）年紀愈大、無運動習慣、功能狀態分級愈高及術後十日內者，其身體活動自我效能愈差。（6）年紀愈大、功能狀態分級愈高及術後十日以上者，其身體活動功能愈差。（7）症狀困擾與身體活動功能間為正相關，但無顯著差異（P = .273）。（8）身體活動自我效能與身體活動功能呈正相關，並可預測身體活動功能之進展（P < .0001）。

冠狀動脈繞道術病患於術後十日內之症狀困擾最高、身體活動功能及其自我效能最低，至術後三個月仍有 27.6%病患身體活動處於失能狀態，因此護理人員於術後十日內，必須教導病患術後日常活動及心臟復健運動之執行，並建議在病患出院後仍應持續督導及追蹤，以期促進術後身體功能之恢復。

關鍵字：冠狀動脈繞道術、身體症狀困擾、身體活動自我效能、身體活動功能。

英文摘要

Title of Thesis: Physical Symptom Distress, Physical Activity and Self-Efficacy in Patients Underwent Coronary Artery Bypass Grafting Surgery

Most patients who underwent coronary artery bypass graft（CABG）surgery were distressed by physical symptoms and a lack of confidence in their physical activity which lead to limited progression of their physical function. Few studies have explored the relationships among physical symptom distress, physical function, and

self-efficacy in physical function. The purposes of the study were to explore the changes in physical symptom distress, self-efficacy in physical function and physical function over time, and examine the relationships among the three variables from one day before surgery to three months after surgery, in order to make preparation for early recovery in patients who underwent CABG surgery.
The descriptive correlation research design was conducted from Mar. 2004 to Feb. 2005. Patients who had their first CABG surgery were selected by purposive sampling from the cardiovascular ward at a medical center in Taichung. Baseline data were measured by symptom distress scale, self-efficacy in physical function scale and physical function scale, collected one day before operation, ten days after operation, one month and three months after operation, 60 subjects were enrolled in the study. The major findings of this study were as follows：1. Most recipients were men(89.2%), had a mean age of 62±11 years and were hospitalized for an average of 15.2±5.0days. 2. Symptom distress was significantly remarkable at ten days after operation, then was alleviated one month after operation and progressive improvement was noted at the third month. 3.Symptom distress was worse in females, those with lower BMI, those with NYHA over classⅢ, and those who were within ten days after operation. 4.Self-efficacy in physical function was worse in aging patients, those without exercise, in higher NYHA classification and was within ten days after surgery. 5. Physical function was worse in aging patients, in higher NYHA classification and was within ten days after surgery. 6.There is a positive correlation among symptom distress and physical function, but without significantly(P = .273). 7.Self-efficacy in physical function positive correlated with physical function, and also predict the ongoing change of physical function.
Symptom distress was most serious within ten days after operation in patients who received CABG, 27.6% of them suffered from functional disability three months after operation. Nurses should teach patients to carry out daily activities and do exercise of cardiac rehabilitation since ten days after operation, and continued to follow up in order to make better recovery in physical function.
Key words: coronary artery bypass grafting（CABG）surgery, physical symptom distress, self-efficacy in physical function, physical function.