

Relationship between psychological and physiological status among cardiac patients: what should do you know?

Heba Hashem Monged¹, Shimmaa Mohamed Elsayed²

1,2 Lecturer Critical Care and Emergency Nursing, Faculty of Nursing, Damonhour University.

Background:

Cardiovascular diseases (CVDs) are the leading cause of death worldwide. Psychological disturbances have a direct physiological effect on the course of cardiac disease and their adverse effect may be mediated by non-compliance to lifestyle interventions, treatment and medication. American Heart Association in association with American Psychiatric Association recently published a science advisory with the recommendation that cardiac patients should be screened for psychological factors as well as physiological symptoms. Aim: To determine the Relationship between psychological and physiological status among cardiac patients.

Tools:

two tools were used. Tool one: "Physiological parameters assessment tool". Tool two: "Depression, anxiety and stress scale (DASS)".

Results:

The study showed that there was statistical significant relation between psychological distress as stress, anxiety and depression with

physiological parameters during study days ($p= 0.001$). Conclusion: Psychological screening can be extremely useful in primary prevention, predicting the risk of prolonged hospitalization and adverse outcomes. Recommendations: Critical care nurses should screen psychological status as well as physiological for all cardiac patients. Hospital administration should establish educational program about the relationship between psychological and physiological status to critical care nurses.

Key words:

psychological status, physiological status among cardiac patients.