Postoperative Care of cardiologic Patients - A nurse’s challenge…
Heartbeat and Gut feeling

Simone Pessach-Bamert
Eva Horvath
More than a perfect Pump

- Symbol for emotion and passion
- Metaphor
- Meanings or definitions aren’t in any medical dictionary
- Attunement as challenge

Condrau & Gassmann, 1995
Waiting at Home for Surgery

- Uniqueness of the experience

![Diagram showing connections between Pain, Anxiety, Uncertainty, Powerlessness, Reduced self-esteem, Physical Incapacity, Dissatisfaction, and Altered social/family relationships.]

- Next of kin: operation performed before patient died?

Fitzsimons et al., 2000; Ivarsson, Sjöberg & Larsson, 2005
Waiting at the Hospital for Surgery

- „Will I make it off the table?“
- Death row
- Next of kin: anxiety and tiredness

Viars, 2009; Ivarsson et al., 2011
After Surgery

- Key existential experience
- Kind of „near death experience“, facing death
- Living on borrowed time
- Uncertainty of the future
- Gratefulness
- Relief, that they have made it

Leegaard & Fagermoen 2008
Mood Swings

- Sense of vulnerability
- Fragility
- Grief
- Sorrow
- Depression
- Anger/frustration

Leegaard & Fagermoen 2008
Fear

- New heart attack
- Death
- Unknown future
- Pain recurrence
- Being a burden
- Less sexually attractive

Loss

- Of independence
- Emotional support

Leegaard & Fagermoen, 2008
Before dismissal
What to expect? What is normal?

- Postoperative pain
- Difficulties with sleep patterns
- „Short fused“, impatient
- Numb feeling
- Unchanged physical level
- Suffer from insufficient information

Lie et al., 2012; Redeker & Hedges, 2002
Coronary Artery Bypass Graft Surgery

- Stress disorders 30%
- Depression, Anxiety
  - Quality of Life ↓
  - Health Process ↓
  - Mortality ↑

Albus et al., 2014
Preoperative Patient Education - Nurse initiated

- Admission
  - before surgery: 3 days rehabilitation training
  - before surgery: 1-2 days standard

- Complication ↓

- Postoperative Anxiety symptoms ↓

Zhang et al., 2012
Mercy OR Caring

Morot, 1880; Swanson, 2013
Swanson Caring Theory translating into Practice

Tonges & Ray, 2011
Hourly Staff Rounds

R - are you comfortable? Pain
O - other side – positioning
U - use the bathroom – toileting
N - need anything
D - door/curtain open or closed – privacy
S - safety – call bell in reach, hazards removed

Tonges & Ray, 2011
Moment of Caring

- To spend a «Moment of Caring» is expected each patient each shift

- Frequent interactions

  Anticipate patients’ needs
  Meeting emotional needs
  comfort
  protection

Tonges & Ray, 2011
Patient Satisfaction

- Meeting emotional needs ↑
- Attention to special/personal needs ↑

Tonges & Ray, 2011
2-hourly staff rounds - University Hospital Zürich

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Tonges & Ray, 2011
To do

- Systematic patient and family education
  - Pre-admission?
  - Admission
  - Discharge
- Systematic Caring
Mercy AND Caring

- Cordial relationship
- Protection

Morot, 1880; Swanson, 2013
Only the heart can see well, the essence is hidden from the eyes.

Antoine de Saint-Exupéry.
Literatur


- Morot, A. (1880). Der barmherzige Samariter.
Literatur