

# Kvaliteta života bolesnika nakon operativne revaskularizacije miokarda

## Quality of life after surgical cardiac revascularization

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**Uvod:** Kvaliteta života predstavlja bolesnikov subjektivni doživljaj življenja u tjelesnim, mentalnim i socijalnim aspektima te njegovu sposobnost obavljanja svakodnevnih aktivnosti. U posljednje vrijeme često se navodi da je kvaliteta života bolesnika bitnija od produženja življenja nakon operativnog zahvata, što se u praksi nerijetko zaboravlja. Kardiološka rehabilitacija važan je skup postupaka koji ne samo da poboljšavaju fizički status bolesnika, već djeluju i na psihički i socijalni status. Dobro je poznato da proces kardiološke rehabilitacije smanjuje psihološki stres te na taj način poboljšava kvalitetu života.<sup>1-4</sup> Cilj istraživanja bio je procijeniti kvalitetu života bolesnika uključenih u program stacionarne kardiološke rehabilitacije unutar tri mjeseca od operativne revaskularizacije miokarda.

**Pacijenti i metode:** U ovo istraživanje uključeni su ispitanici unutar tri mjeseca od operativne revaskularizacije miokarda. Svi ispitanici ispunili su zdravstvenu anketu SF-36 koja se po mnogim autorima smatra najpouzdanijom u mjerenju kvalitete života bolesnika s ishemijskom bolesti srca. SF-36 anketa uključuje osam dimenzija zdravlja; fizičko funkcioniranje, ograničenja zbog fizičkog zdravlja, tjelesni bolovi, opće zdravlje, vitalnost, socijalno funkcioniranje, ograničenja zbog emocionalnih problema i psihičko zdravlje. SF-36 upitnik reprezentira i dva generalna koncepta zdravlja kao što su fizičko i mentalno zdravlje.

**Rezultati:** U istraživanje je uključeno 100 ispitanika, od toga 74 muškarca i 26 žena. Medijan životne dobi ispitanika iznosio je 67 godina. Revaskularizacija miokarda učinjena je kod 85 ispitanika, dok je u dodatnih 15 ispitanika učinjen i operativni zahvat na srčanim zaliscima. Ispitanici su u prosjeku ukupnu kvalitetu fizičkog funkcioniranja ocijenili sa 37,37 ± 7,6 bodova te ukupnu kvalitetu psihičkog funkcioniranja sa 50,61 ± 10,67 bodova.

**Zaključak:** Ispitivanje kvalitete života sve više zauzima pažnju kada je u pitanju u procjena utjecaja bolesti, učinka liječenja i ostalih čimbenika koji utječu na život bolesnika. Brojna stručna istraživanja dokazuju da kardiološka rehabilitacija dovodi do značajnih poboljšanja iz područja fizičkih, psihičkih i emocionalnih aspekata bolesnikova života.

**Introduction:** Quality of life presents the patient's subjective experience of living in all of its social, physical and mental aspects, and his ability to perform daily activities. Recently, it has been often cited that quality of life is more important than just extending life following a surgical procedure, which is often forgotten in clinical practice. Cardiac rehabilitation is an important set of procedures that not only enhance the physical capabilities of the patient, but also influence its mental and social standing. It is well known that the process of cardiac rehabilitation decreases psychological stress and, therefore, increases the quality of life.<sup>1-4</sup> The aim of the study was to determine the quality of life of patients enrolled into the program of stationary cardiac rehabilitation within three months from surgical cardiac revascularization.

**Patients and Methods:** We enrolled subjects within three months from surgical revascularization. All subjects filled the health questionnaire SF-36 that is regarded by many authors as the most reliable tool to measure the quality of life in patients with ischemic heart disease. SF-36 questionnaire includes eight dimensions of health; physical function, restriction due to physical health, bodily pains, general health, vitality, social functioning, restrictions due to emotional problems and mental health. SF-36 also represents two general concepts of health, i.e. physical and mental health.

**Results:** The study involved 100 subjects out of which 74 were male and 26 were female. Median age was 67 years. Revascularization only was performed in 85 subjects, while 15 subjects had both revascularization and a valve procedure done. The subjects had rated their total physical functioning quality with an average of 37.37±7.6 points, and the overall quality of mental functioning with 50.61±10.67 points.

**Conclusion:** Evaluating quality of life garners more and more attention when dealing with the evaluation of disease influence, treatment effect and all the other factors that affect the patient's life. A number of studies show that cardiac rehabilitation leads to significant improvement in the physical, mental and emotional aspects of patient lives.

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