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The effect of education, telephone monitoring on self-efficacy and shock anxiety of implantable cardioverter defibrillator patients

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Aim: The purpose was to investigate the effects of education, telephone monitoring on self-efficacy and shock anxiety of implantable cardioverter defibrillator patients.

Methods: Between February and September 2016, 65 patients who were hospitalized for ICD admission and who were waiting to be discharged after ICD were assigned to randomized intervention (n=33) and control (n=32) groups at the Cardiology Clinic of Education and Research Hospital in Istanbul. The investigation was approved by the ethics committee. Both groups were informed about the research and written approval was obtained. A training booklet about ICD prepared by individual training was given to intervention group. Telephone monitoring was done once in two weeks for three months then once a month. No attempt was made to the control group. In the third and sixth month controls of both groups, self-efficacy and expectation outcomes after the ICD implantation scales, Florida shock anxiety scale were administered.

Results: 76.9% of the patients (n=50) were male, aged between 18 and 79 years and mean age was 55.80±15.55. The 6th month self-efficacy scores were statistically higher at significant level in the intervention group than the control group (p=0.034). The increase in the 6th month scores was statistically significant in both groups compared to 3rd month scores (p=0.001).

Conclusions: According to the results, it was seen that the attempt increased the self-efficacy and expectation outcomes and did not affect the shock anxiety. The fact that shock anxiety in shocked patients is higher than in the ones who are not shocked suggests that different attempts for shock anxiety should be planned.

Biography

Berna Akay has completed her MSc from Ege University. She is a PhD student at Marmara University, works as a Lecturer at Bandırma Onyedi Eylül Üniversitesi, Faculty of Health Sciences in Internal Medicine Nursing department.

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