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Coping, anxiety and quality of life after coronary artery bypass graft surgery

Heng-Hsin Tung, Anita Hunter & Jen Wei

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Correspondence to H.-H. Tung
e-mail: henghsin@ntn.edu.tw

Heng-Hsin Tung PhD RN FNP
Assistant Professor
National Taipei College of Nursing;
and Nursing Supervisor
Tung's Taichung MetroHabor Hospital,
Taipei, Taiwan

Anita Hunter PhD CPNP FAAN
Associate Professor
Hahn School of Nursing and Health Science,
University of San Diego, Alcalá Park,
San Diego, California, USA

Jen Wei MSD MD
Director/Professor
Heart Center of Chen-Hsin Hospital, Pei Tou,
Taipei, Taiwan

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Abstract

Title. Coping, anxiety and quality of life after coronary artery bypass graft surgery
Aim. This paper is a report of a study to explore the relationship between ways of coping, anxiety level and quality of life for patients after coronary artery bypass grafting.

Background. Coronary artery bypass grafting requires appropriate coping strategies to achieve successful adaptation. In Taiwan, the incidence of this surgery is increasing, but research on adaptation following surgery is limited, with no research examining outcomes for women, who often have poorer adaptation outcomes than men.

Methods. An integrated research design, based on Lazarus and Folkman's transaction coping theory, was used. The research employed convenience sampling with four instruments: the Revised Ways of Coping Checklist, State-Trait Anxiety Inventory, Short Form 36-Health Survey, and a demographic questionnaire, sent to 50 men and 50 women who were recruited from a medical centre in Taiwan. Additionally, qualitative data from interviews with three men and three women, who had completed the instruments, were analysed.

Findings. Better quality of life was associated with lower anxiety level, greater use of problem-focused coping strategies and those who had more gender role responsibility. Women scored lower on the physical dimensions of quality of life, used more self-blaming coping strategies and experienced slightly higher levels of anxiety compared to men. The qualitative analysis supported the conclusions of the quantitative analysis.

Conclusion. The results will help nurses design specific interventions intended to lower anxiety levels, promote the use of problem-focused strategies and identify patients' values, necessary to achieve optimal quality of life.

Keywords: adaptation, anxiety, coping, nursing, Short Form 36-Health Survey, quality of life, Ways of Coping Checklist

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Gender differences in coping and anxiety in patients after coronary artery bypass graft surgery in Taiwan

Heng-Hsin Tung, PhD, FNP, RN,^a Anita Hunter, PhD, CNS, CPNP,^b Jeng Wei, MSD, MD,^c and Chung-Yi Chang, MD^c

BACKGROUND: Greater use of coping strategies and lower anxiety levels may be related to positive outcomes after coronary artery bypass graft surgery; however, the relationship between them, including by gender, has not been examined in Taiwan.

METHODS: Cross-sectional survey research design and purposive sampling were used in this study, for which 50 men and 50 women were recruited from a medical center in northern Taiwan.

RESULTS: After coronary artery bypass graft surgery, both male and female patients used more problem-focused coping strategies than emotion-focused coping strategies. In comparison with men, women tended to use more blaming of self and had slightly higher scores on both state and trait anxiety.

CONCLUSION: Clinicians need to be aware that the use of appropriate coping strategies can reduce patient anxiety, a finding that needs to be considered when designing effective interventions for these patients. (*Heart Lung* © 2009;38:469–479.)

Leisure physical activity and quality of life after coronary artery bypass graft surgery for patients with metabolic syndrome in Taiwan

Heng-Hsin Tung, PhD, FNP, RN,^a Yun-Chia Chen, RN,^a Jeng Wei, MSD, MD,^b Chieh-Yu Liu, PhD,^a Chung-Yi Chang, MD,^b and Tsae-Jyy Wang, PhD^a

OBJECTIVE: The purpose of this correlational study was to explore the physical activity and quality of life of postcoronary artery bypass graft patients with metabolic syndrome.

METHODS: Seventy patients were recruited via purposive sampling. Data were collected through three instruments: a demographic questionnaire, the Modifiable Activity Questionnaire, and the Medical Outcomes Study Short Form 36-Health Survey. The data were analyzed using SPSS software, version 17.0 (SPSS, Inc., Chicago, IL), and data analysis included percentages, means, standard deviations, correlation coefficients, and forward regressions.

RESULTS: Patients with a higher level of physical activity tended to have better quality of life. Our findings also indicated that the total Modifiable Activity Questionnaire score and age explained 15.1% of the variance in the physical component summary of quality of life, and 13.6% of the variance in the mental component summary of quality of life.

CONCLUSION: Based on this research, nursing staff should develop physical activity-related interventions to promote quality of life. (Heart Lung® 2010;39:410–420.)

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Predictors of quality of life in heart-transplant recipients in Taiwan

Heng-Hsin Tung, PhD, FNP, RN,^{a,b} Hwei-Ling Chen, RN, MSN,^c Jeng Wei, MD, MSD,^c and Shiow-Luan Tsay, RN, PhD^a

OBJECTIVE: This correlational study sought to identify the predictors of quality of life in heart-transplant recipients in Taiwan.

METHODS: One hundred and fifty-three patients were recruited through purposive sampling. Data were collected using 6 questionnaires: (1) a demographic questionnaire, (2) the Transplant Symptom Frequency and Symptom Distress Scale, (3) the Self-Efficacy of Exercise Scale, (4) a compliance questionnaire, (5) the Beck Depression Inventory, Short Form 13, and (6) the Medical Outcomes Short Form 36-Health Survey. Data were analyzed using SPSS, version 17.0 software (SPSS, Inc., Chicago, IL). Data analysis included percentages, means, standard deviations, correlation coefficients, and forward regressions.

RESULTS: Depression was an independent, and the strongest, predictor of quality of life. Self-perceived health status and self-perceived family support also predicted quality of life. Symptom distress level predicted the physical aspect of quality of life.

CONCLUSIONS: Based on this understanding, an interdisciplinary team can initiate a needs assessment for these heart-transplant recipients, and develop an intervention to meet their needs. (Heart Lung® 2010;■:1–13.)

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Food pattern and quality of life in metabolic syndrome patients who underwent coronary artery bypass grafting in Taiwan

Heng-Hsin Tung^{a,b,*}, Li-Hua Tseng^{c,1}, Jeng Wei^{d,2}, Cheng-Hsin Lin^e,
Tsae-Jyy Wang^a, Shu-Yuan Liang^{a,3}

^a National Taipei College of Nursing, 365 Ming Te Road PeiTo, Taipei 112, Taiwan, ROC

^b Tungs' Taichung MetroHarbor Hospital, Taiwan, 365 Ming Te Road PeiTo, Taipei 112, Taiwan, ROC

^c Taipei Veterans General Hospital, 201, Sec. 2, Shih-Pai Road, PeiTo, Taipei 11217, Taiwan, ROC

^d Heart Center of Chen-Hsin Hospital, 45 Cheng-Hsin St, PeiTo, Taipei 112, Taiwan, ROC

^e Department of Surgery, Chi Mei Medical Center, Taiwan, ROC

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Abstract

Metabolic syndrome is associated with poor operative outcomes of coronary artery bypass grafting surgery (CABG). A healthy food pattern for metabolic syndrome patients is necessary not only in the initial stage to prevent cardiovascular disease but for those who experience cardiovascular problems and undergo heart surgery. Empirical studies that explore food pattern and quality of life metabolic syndrome patients who undergo CABG are lacking. Therefore, the objectives of this study are to explore the food pattern and quality of life of metabolic syndrome patients who undergo CABG and to examine the relationship between these two variables. A descriptive, correlational and cross section design was conducted. Through convenience sampling, 104 patients were recruited. Data were collected through three instruments: a demographic questionnaire; the Chinese Food Frequency Questionnaire-Short Form (Short C-FFQ), used to assess food pattern; and the Taiwanese version of the Medical Outcomes Study Short Form 36-Health Survey (SF-36), used to assess quality of life. Descriptive analysis, one-way analysis of variance (ANOVA) and Pearson correlation were used to analyze the data. The results indicated that patients who ate fruit more frequently tended to have a better quality of life, while the intake of fried food was more frequently associated with a poor quality of life. The use of these data gives the health care provider a better understanding of food pattern and their impact on quality of life in this population. Such an understanding can be used to develop targeted interventions to promote health in this and in other populations.

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Keywords: Metabolic syndrome; CABG; Food pattern; Quality of life

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HEART & LUNG

Using the theory of planned behavior to predict the use of incentive spirometry among cardiac surgery patients in Taiwan

Heng-Hsin Tung, PhD, FNP, RN^a, Ming-Shan Jan, MSN, ACNP, RN^b,
Chiu-Mieh Huang, PhD^{c,*}, Chun-Che Shih, MD^d, Chung-Yi Chang, MD^e,
Cheu-Ye Liao, MSN, RN^b

^a National Taipei College of Nursing, Tungs' Taichung MetroHarbor Hospital, Taipei, Taiwan

^b Taipei Veterans General Hospital, Taipei, Taiwan

^c National Yang-Ming University, Taipei, Taiwan

^d Cardiovascular Division, Taipei Veterans General Hospital, Taipei, Taiwan

^e Heart Center, Chen-Hsin Hospital, Taipei, Taiwan

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ABSTRACT

OBJECTIVE: The use of incentive spirometry (IS) is reported to prevent and treat postoperative pulmonary complications. This study sought to use the theory of planned behavior to predict the use of IS in this population.

METHODS: The study used a prospective design, with convenience sampling, to recruit a total of 116 postcardiac-surgery patients from 2 medical centers in Taipei, Taiwan, from November 2008 to May 2009. Data were collected through 2 instruments: a demographic questionnaire, and an IS questionnaire. Descriptive analysis, independent t test, one-way analysis of variance, binary regression, and liner regression were used to analyze the data.

RESULTS: Perceived behavioral control, but not intention, was a predictor of the use of IS.

CONCLUSION: Our findings provide partial support for the utility of the theory of planned behavior in explaining the use of IS behavior for cardiac surgery patients.

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Self care behavior in patients with heart failure in Taiwan

Heng-Hsin Tung^{a,b,*}, Shu-Ching Chen^{a,1}, Wei-Hsian Yin^{c,2}, Ching-Hui Cheng^{d,2},
Tsae-Jyy Wang^a, and Shu-Fang Wu^a

^a National Taipei University of Nursing and Health Science, 365 Ming Te Road Pei Tou, Taipei 112, Taiwan, ROC

^b Tung's Taichung MetroHabor Hospital, Taiwan

^c Cardiology Department of Chen-Hsin Hospital, 45 Cheng-Hsin St, Pei Tou, Taipei 112, Taiwan, ROC

^d Cardiac Intensive Care Unit of Chen-Hsin Hospital, 45 Cheng-Hsin St, Pei Tou, Taipei 112, Taiwan, ROC

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Abstract

Objective: The aim of this study was to describe the self-care behaviors and associated demographic factors affecting such behaviors in the heart failure population in Taiwan.

Methods: A descriptive, cross-sectional, correlational design was used in this study and 86 heart failure patients were sampled by convenience sampling. Demographic questionnaire and Self-Care of Heart Failure Index, V. 6 were used to collect these data. Descriptive statistic, correlation coefficient and multiple regression were used to analyze the data.

Results: The result indicated a low level of self-care maintenance and management although self-care confidence was adequate. Patients who were married had better self-care maintenance and self-care confidence than those who were single. Self-care confidence was a determinant of self-care maintenance.

Conclusion: This study provided detailed information on self-care behavior status in heart failure patients in Taiwan.

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Keywords: Heart failure; Self care maintenance; Self care management; Self care confidence; Self care behavior

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Mediating Role of Daily Physical Activity on Quality of Life in Patients With Heart Failure

Heng-Hsin Tung, PhD, FNP, RN; Ming-Shan Jan, MSN, ACNP, RN; Chun-Yu Lin, ACNP, RN;
Shu-Ching Chen, MSN, RN; Hui-Chuan Huang, RN, MSN

Background and Objectives: An understanding of the contribution of daily physical activity and functional status to quality of life in patients with heart failure has the potential to enable patients to achieve better outcomes. Nevertheless, research that examines the relationship between these 3 variables in heart failure patients in Taiwan is lacking. Therefore, the purpose of this study was to close this gap by exploring the relationship among daily physical activity, functional status, and quality of life in this population. **Methods:** This study used a descriptive, cross-sectional, correlational design. A convenience sample of 108 heart failure patients was recruited, from November 2009 to September 2010, from 4 teaching hospitals in Taiwan. The data were collected by demographic questionnaire, New York Heart Association classification (functional status), Daily Physical Activity Status Index (daily physical activity), and Minnesota Living With Heart Failure Questionnaire (quality of life). Pearson correlations, hierarchical logistic regression, and the Sobel test were conducted to determine the relationship between functional status, daily physical activity, and quality of life. Propensity score analysis was used to adjust the inequality of the underlying diseases that the patients had and ensure the mediating effect. **Results and Conclusion:** A significant mediating effect of daily physical activity on the relationship between functional status and quality of life was found. Multidisciplinary health care providers should work together to develop an intervention focused on enhancing daily physical activity and to evaluate the effectiveness of promoting quality of life for patients living with heart failure.

KEY WORDS: daily physical activity, functional status, heart failure, quality of life

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Self-Management Intervention to Improve Self-Care and Quality of Life in Heart Failure Patients

Heng-Hsin Tung, PhD, FNP, RN;^{1,2} Chun-Yu Lin, ACNP, RN;³ Kuei-Ying Chen, MSN, RN;⁴ Chien-Jung Chang, MD;⁵
Yu-Ping Lin, PhD, RN;⁶ Cheng-Hui Chou, PhD, RN¹

From the National Taipei University of Nursing and Health Science;¹ Tungs' Taichung MetroHarbor Hospital;² Tri-Service General Hospital, Taipei, Taiwan;³ Nursing Department;⁴ Division of Cardiology, Tungs' Taichung MetroHarbor Hospital, Taichung City, Taiwan;⁵ and Nursing Department, Oriental Institute of Technology, Pan-Chiao City, Taipei, Taiwan⁶

Self-management intervention is a good method to improve self-care ability, as such, to promote quality of life. However, the research focused on self-management intervention in heart failure patients in Taiwan is very limited. Therefore, the purposes of this study were to test the effectiveness of self-management intervention in patients with heart failure in Taiwan and examine the relationship between self-care ability and quality of life. A quasi-experimental design was used in this study with convenience sampling. Of the 82 subjects participating in this study, 40 of them chose to join the experimental (self-management intervention plus usual care) and 42 of them chose to join control (usual care) group. Three questionnaires were used to collect the data, which were the demographic questionnaire, the self-care questionnaire (Self-Care of HF Index V

6), and the quality of life questionnaire (Minnesota Living with Heart Failure Questionnaire). To examine the effectiveness of the intervention, self-care ability and quality of life were measured, using a pretest, 1- and 2-month follow-up assessment. Generalized estimation equations (GEE) were used to compare changes over time among groups for outcomes to ensure the effectiveness of the intervention. This study confirmed the effectiveness of the self-management intervention. The clinical provider should increase the awareness of the importance of self-management skills and self-care ability especially for heart failure patients. The designated disease-specific self-management patient book and individualized intervention should be dispensing and implementing. ©2012 Wiley Periodicals, Inc.

Effects of a preoperative individualized exercise program on selected recovery variables for cardiac surgery patients: A pilot study

Heng-Hsin Tung^{a,*}, Shu-Fen Shen^{b,1}, Chun-Che Shih^{c,2}, Kuan-Ming Chiu^d,
Jyun-Yi Lee^{e,3}, Chieh-Yu Liu^f

^aTungs' Taichung MetroHarbor Hospital, National Taipei University of Nursing and Health Science, 365 Ming Te Road Pei Tou, Taipei 112; ^bBuddish Tzu-Chi General Hospital, National Taipei University of Nursing and Health Science, 365 Ming Te Road Pei Tou, Taipei 112; ^cCardiovascular Division, Taipei Veterans General Hospital, 201, Sec. 2, Shih-Pai Road, Pei Tou, Taipei 11217; ^dCardiovascular Surgery Division, Far Eastern Memorial Hospital, No. 21, Sec. 2, Nanya S. Road, Banqiao Dist., New Taipei City 220; ^eCardiovascular Department, Mackay Memorial Hospital, No. 92, Sec. 2, Zhongshan N. Road, Zhongshan Dist., Taipei City 10449; ^fNational Taipei University of Nursing and Health Science, 365 Ming Te Road Pei Tou, Taipei 112

The role of adherence in the relationship between self-efficacy and self-management in diabetic patients undergoing CABG in Taiwan

Heng-Hsin Tung,^{1,2} Ru-Yu Lien,³ Jeng Wei,⁴ Daniel L. Clinciu,⁵ Jyun-Yi Lee,⁶
Hui-Chuan Huang⁷

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Classification and regression tree analysis in acute coronary syndrome patients

Heng-Hsin Tung^{1,2*}, Chiang-Yi Chen³, Kuan-Chia Lin¹, Nai -Kuan Chou³, Jyun-Yi Lee⁴,
Daniel L. Clinciu^{5,6}, Ru-Yu Lien^{1,7}

¹National Taipei University of Nursing and Health Science, Taiwan, China

²Tungs' Taichung MetroHabor Hospital, Taiwan, China

³National Taiwan University Hospital, Taiwan, China

⁴Cardiovascular Department, Mackay Memorial Hospital, Taiwan, China

⁵Feng Chia University, Taiwan, China

⁶Taipei Medical University, Taiwan, China

⁷Nursing Department, Taipei Veterans General Hospital, Taiwan, China

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Editorial

Development of a self-care simulation education program for older patients with heart failure

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Take home points

- Assess
- Access
- Learn
- Be efficient
- Be creative
- Never settle

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- Thanks for your attention