
CARDIAC REHABILITATION NURSING

Carol Rossman Jillings



AN ASPEN PUBLICATION

CARDIAC REHABILITATION NURSING

Edited by
Carol Rossman Jillings, RN, MSN

School of Nursing
University of British Columbia
Vancouver, British Columbia



AN ASPEN PUBLICATION®
Aspen Publishers, Inc.
Rockville, Maryland
Royal Tunbridge Wells
1988

Library of Congress Cataloging-in-Publication Data

Cardiac rehabilitation nursing / edited by Carol Rossman Jillings.
p. cm.

Includes bibliographies and index.

ISBN: 0-87189-785-7

1. Heart--Diseases--Nursing. 2. Heart--Diseases--Patients--Rehabilitation.

I. Jillings, Carol Rossman. [DNLM: 1. Heart Diseases--nursing.

2. Heart Diseases--rehabilitation. WY 152.5 C26735]

RC674.C34 1988 610.73'691--dc19

DNLM/DLC

for Library of Congress

88-19402

CIP

Copyright © 1988 by Aspen Publishers, Inc.
All rights reserved.

Aspen Publishers, Inc., grants permission for photocopying for personal or internal use, or for the personal or internal use of specific clients registered with the Copyright Clearance Center (CCC). This consent is given on the condition that the copier pay a \$1.00 fee plus \$.12 per page for each photocopy through the CCC for photocopying beyond that permitted by the U.S. Copyright Law. The fee should be paid directly to the CCC, 21 Congress St., Salem, Massachusetts 01970.
0-87189-785-7/88 \$1.00 + .12.

This consent does not extend to other kinds of copying, such as copying for general distribution, for advertising or promotional purposes, for creating new collective works, or for resale. For information, address Aspen Publishers, Inc.,
1600 Research Boulevard, Rockville, Maryland 20850.

The authors have made every effort to ensure the accuracy of the information herein. However, appropriate information sources should be consulted, especially for new or unfamiliar procedures. It is the responsibility of every practitioner to evaluate the appropriateness of a particular opinion in the context of actual clinical situations and with due consideration to new developments. Authors, editors, and the publisher cannot be held responsible for any typographical or other errors found in this book.

Editorial Services: Marsha Davies

Library of Congress Catalog Card Number: 88-19402

ISBN: 0-87189-785-7

Printed in the United States of America

1 2 3 4 5

Table of Contents

*To the memory of my father,
Roland Rossman*

Contributors	ii	
Preface	xiii	
Acknowledgments	xv	
Introduction	xvii	
PART I: THE EXPERIENCE OF CARDIAC ILLNESS		
PAINFUL CONCEPTS		1
Chapter 1—A Framework for Viewing Cardiac Rehabilitation	7	
Cardiac Rehabilitation Alliance		
The Chest in Cardiac Rehabilitation		3
The Experience of Cardiac Illness		4
Concept of Nursing Practice		5
Chapter 2—Theories of Loss and Grief: Their Influence on		
Cardiac Illness		9
Cardiac Rehabilitation Alliance		
Loss		9
Grief		11
Conclusion		11

Contributors



Lillian Bramwell, R.N., Ph.D.

Associate Professor
Faculty of Nursing
University of Western Ontario
London, Ontario

Mary M. Canobbio, R.N., M.N.

Cardiovascular Clinical Specialist
Assistant Clinical Professor
University of California
Los Angeles, California

**Suzanne Clark, R.N., M.S.N.,
M.A., C.S.**

Consultant in Nursing
Cardiovascular and Mental Health
Malibu, California

Joanne Lee Cozac, R.N., M.S.N.

Cardiothoracic Clinical Nurse
Specialist
Vancouver General Hospital
Vancouver, British Columbia

Catherine L. Gilliss, R.N., D.N.Sc.

Assistant Professor
Department of Family Health Care
School of Nursing
University of California
San Francisco, California

**Susan R. Gortner, R.N., Ph.D.,
F.A.A.N.**

Clinical Associate, Cardiovascular
Surgical Nursing
Professor of Family Nursing
University of California
San Francisco, California

Louise S. Jenkins, R.N., Ph.D.

The Walter Schroeder Chair in
Nursing Research
School of Nursing
University of Wisconsin
St. Luke's Hospital
Milwaukee, Wisconsin

**Carol Rossman Jillings, R.N.,
M.S.N.**

Associate Professor
School of Nursing
University of British Columbia
Vancouver, British Columbia

**Mary E. Lough, R.N., M.S.,
C.C.R.N.**

Critical Care Educator
Sequoia Hospital
Redwood City, California

**Donna Marie Meagher, R.N.,
M.H.Sc.**

Assistant Professor
School of Nursing
Dalhousie University
Halifax, Nova Scotia

**Nancy Houston Miller, R.N.,
B.S.N.**

Program Nurse Coordinator
Stanford Cardiac Rehabilitation
Program
Stanford University School of
Medicine
Stanford, California

Helen Niskala, R.N., Ed.D.

Associate Professor
School of Nursing
University of British Columbia
Vancouver, British Columbia

**Kathleen Haptas Parker, R.N.,
M.S.N.**

Program Coordinator/Clinical Nurse
Specialist
Cardiac Rehabilitation
Western Heart Institute
St. Mary's Hospital and Medical
Center
San Francisco, California

Joanne Runions, R.N., M.H.Sc.

Associate Professor
School of Nursing
McMaster University
Hamilton, Ontario

**Julie A. Shinn, R.N., M.A.,
C.C.R.N.**

Educational Coordinator, Critical Care
Region
Stanford University Medical Center
Stanford, California

**Lynn Dawson Strugnell, R.N.,
M.S.N.**

Clinical Nurse Specialist, Cardiology
Vancouver General Hospital
Vancouver, British Columbia

Elinor Wilson, R.N., M.H.Sc.

Director of Education
Heart and Stroke Foundation of
Ontario
Toronto, Ontario

Patrice Yamada, R.N., M.S.N.

Teacher
School of Nursing
Grace General Hospital
Winnipeg, Manitoba

Preface

Rehabilitation of the person with cardiac problems is not a new area of nursing care, nor is it an emerging specialty; it is a well-established field of advanced practice and research. Interventions aimed at the return of cardiac patients to health have long been developed, described, and refined. Clinical and research literature in nursing focuses on programs for cardiac rehabilitation and presents a host of interventions. The *context* of rehabilitation and the application of related concepts and principles to multiple client groups, however, demand further attention.

Although processes and strategies for assisting cardiac patients are well known, two areas of concern may be identified: (1) the examination and resolution of issues arising from or relating to rehabilitation interventions and (2) the broader implementation of rehabilitation interventions so that a wider range of patients is targeted. Traditionally, textbooks on cardiac rehabilitation have been concerned with the population of coronary artery disease patients and have focused on medical and surgical intervention and the related nursing implications. An examination of this literature reveals principles, concepts, and intervention strategies that, with modification, could be applied to persons with other forms of heart disease at various stages in the diagnostic or treatment process. Thus, the purpose of this volume is to explore cardiac rehabilitation in its broadest context, to address relevant issues arising from clinical practice, and to relate nursing interventions to several categories of patients. Contributors to this text have drawn on a wide range of literature in the field, on their own research findings and the implications of those findings, and on nursing contact with patients and families in both institutional and community settings.

Part I discusses general concepts key to the understanding of cardiac illness and rehabilitation. Readers should note that the client can be an individual or a family, a child or an adult, and can be experiencing any of a number of symptoms or therapeutic interventions. The purpose of such a "wide-angle"

approach is to introduce the practitioner to common ideas that may be transferred into a variety of clinical settings. Part II focuses on specific issues and concepts that evolve during cardiac rehabilitation. Authors in this part elaborate on the research and clinical experiences that assist in understanding the problems or concerns of particular client groups. The concluding chapters of Part II present case examples to aid the reader in applying the more general knowledge covered earlier. Part III addresses nursing intervention strategies. Finally, Part IV explores future directions in cardiac rehabilitation nursing, highlighting both a major intervention (client education) and the means to interventions (nursing research).

This book is intended for a wide readership; the content is applicable in settings ranging from preventive care to critical care to home care. It is hoped that nurses who work with cardiac patients of all ages and subject to a multiplicity of problems will benefit from the content and be able to apply it in their particular area of interest and expertise. The concept of cardiac rehabilitation is too complex—and too significant—to be confined to specific settings or client groups. Indeed, clients themselves are far more complicated than their diagnosis, symptoms, or setting may indicate, and the major responsibility of nursing is to acknowledge this complexity and to consider all relevant variables in any intervention.

Carol Rossman Jillings

Acknowledgments

The broad approach to rehabilitation that underlies this book is a product of clinical practice, teaching, and collegial interaction. Generating this approach and the specific ideas that it encompasses would not have been possible without the comments of clients, the questions and explorations of students, and the observations of nurses in the cardiovascular field. The diligence, expertise, and commitment of the contributors helped the approach to take form and become clinically relevant. Finally, the patience and expert secretarial assistance of Becky Miller are greatly appreciated.

Introduction

The literature on cardiac rehabilitation often focuses on the design of programs for achieving client-centered goals. Such descriptions of programs may include directives for various interventions, but issues or problems may nevertheless arise during program implementation. For example, patients may move more slowly than anticipated or may have difficulty making prescribed changes in behavior. Teaching may not be absorbed or may be ignored. Families may perceive goals and directives that differ from the perceptions or interpretations of the patients. Such implementation issues may relate to factors beyond the design of a particular program. They may originate from the individuality of the clients themselves, from unique variables, or from interpretations of or reactions to illness that may not be accounted for in a rehabilitation program. Thus, descriptions of phases or steps in rehabilitation may have limited utility, particularly for nursing, because directions for tailoring programs or for using flexibility in applying programs may be absent.

This book examines not only the “recipe” for cardiac rehabilitation nursing but also the variations in ingredients that may have to be considered in program adaptation. It is intended for use by nurses—clinicians, teachers, students, and researchers—who are concerned with the rehabilitation of patients with cardiac illness. The broad objectives are as follows:

- to describe a conceptual framework for the rehabilitation of cardiac clients
- to discuss selected issues and concepts emerging from a variety of approaches to cardiac rehabilitation in a variety of settings
- to explore rehabilitation issues and concepts in depth, delineating their scope and significance for nursing
- to present intervention strategies that relate to selected issues, problems, and concepts
- to examine in depth the impact of selected interventions on the rehabilitation of cardiac clients and their families

In order to achieve these objectives effectively, the text has been organized into four major parts. Each chapter treats a unique topic in cardiac rehabilitation and builds on or adds another dimension to the preceding chapters.

The book should help the reader to understand these beliefs and assumptions underlying both the conceptualization of cardiac rehabilitation and the issues, ideas, and interventions discussed.

- Cardiac illness can be defined as congenital or acquired in nature. Within these two broad categories are a host of variables that affect the needs of the individual and necessitate medical and nursing intervention. Rehabilitation is a process that can occur with any cardiac illness, regardless of its origin or trajectory.
- Nursing plays an instrumental role in the rehabilitation of people with cardiac illness in a variety of settings through a multitude of interventions. Nursing care in cardiac rehabilitation is based on knowledge from the sciences and humanities as well as knowledge derived from nursing research.
- The client of nursing in cardiac rehabilitation may be the individual with cardiac illness, the family or significant others, or a group of individuals with similar problems or concerns.

Table of Contents

Contributors	xi
Preface	xiii
Acknowledgments	xv
Introduction	xvii
PART I: THE EXPERIENCE OF CARDIAC ILLNESS: INTEGRAL CONCEPTS	1
Chapter 1—A Framework for Viewing Cardiac Rehabilitation	3
<i>Carol Rossman Jillings</i>	
The Client in Cardiac Rehabilitation	3
The Experience of Cardiac Illness	4
Context of Nursing Practice	6
Chapter 2—Theories of Loss and Crisis: Their Relevance to Cardiac Illness	9
<i>Carol Rossman Jillings</i>	
Loss	9
Crisis	11
Conclusion	11

Chapter 3—Sociocultural and Psychological Concepts and Cardiac Illness	13
<i>Carol Rossman Jillings</i>	
Themes from the Literature	13
Sociocultural Perspectives	17
Conclusion	18
Chapter 4—Family-focused Care in Cardiac Illness	21
<i>Catherine L. Gilliss</i>	
Approaches to Understanding the Family	21
Reactions of the Family	27
Nursing Care of the Family	32
Chapter 5—The Process of Rehabilitation: Concepts of Health Restoration, Maintenance, and Promotion	38
<i>Carol Rossman Jillings</i>	
Characteristics of Cardiac Rehabilitation	38
Models	39
Goals	40
Elements	41
Processes	41
Nursing Concepts	42
Conclusion	44
Chapter 6—The Nature of Nursing in Cardiac Rehabilitation	46
<i>Carol Rossman Jillings</i>	
Context of Nursing Practice: Setting, Scope, Roles	47
Categories of Nursing Interventions	48
Decision Making by Nurses in Rehabilitation	50
The Health Care Delivery System: Considerations for Nursing	50
Summary	52
PART II: SELECTED ISSUES AND CONCEPTS IN CARDIAC REHABILITATION	53
Chapter 7—Compliance with Prescribed Regimens	55
<i>Elinor Wilson</i>	
Compliance	55
Cardiac Rehabilitation	57

Compliance with Rehabilitation Programs versus Outcome	58
Strategies To Improve Compliance	60
Challenges to Nursing	63
Chapter 8—Social Support and Its Relevance to Cardiac Rehabilitation	70
<i>Lillian Bramwell</i>	
Social Support: Definition	70
Personal Characteristics	72
Sources of Support	76
Summary	82
Chapter 9—Self-Efficacy: A Key to Recovery	89
<i>Susan R. Gortner, Nancy Houston Miller, and Louise S. Jenkins</i>	
Overview of Self-Efficacy Theory	89
Appraisal of Efficacy Expectations	90
Application in Recovering Cardiac Patients	93
Utility of Self-Efficacy Theory for Cardiac Rehabilitation	95
Suggestions for the Future	99
Chapter 10—Evaluation of Client Education: Outcomes and Dilemmas	103
<i>Helen Niskala</i>	
Program Definition Issues	103
Conceptualization of Evaluation Studies	105
Outcome Issues	106
Coordination Issues	107
Chapter 11—Postoperative Follow-up and Counseling of Adults with Congenital Heart Disease	111
<i>Mary M. Canobbio</i>	
Incidence and Prevalence	111
Factors Influencing Quality of Life After Surgery	113
Counseling the Adult with Congenital Heart Disease	117
Conclusion	123
Chapter 12—Quality of Life for Patients with Progressive Cardiac Disability	126
<i>Suzanne Clark</i>	

Health and Disease	127
Health and Chronic Illness	128
Quality of Life	128
Quality of Life for Patients with End-Stage Cardiac Disease	130
Illness Trajectories	134
Interventions That Affect Quality of Life	137
Quality of Life of Nurses Caring for End-Stage Cardiac Patients	143
Chapter 13—Cardiac Transplantation and Related Nursing	
Care Issues	147
<i>Julie A. Shinn and Mary E. Lough</i>	
Implications of Preoperative Condition	147
Inpatient Rehabilitation	149
Rehabilitation After Discharge	154
Conclusion	160
Chapter 14—Women and Ischemic Heart Disease	163
<i>Donna Marie Meagher</i>	
Coronary Risk Factors	165
Psychosocial Factors	168
Clinical Manifestations	171
Recovery and Rehabilitation	172
Strategies for Action	178
PART III: INTERVENTION STRATEGIES IN CARDIAC REHABILITATION	187
Chapter 15—Client Education: Assessment of Learners	189
<i>Carol Rossman Jillings</i>	
Learner Variables	189
Process of Client Assessment	191
Summary	192
Chapter 16—Client Education: The Affective Domain	194
<i>Carol Rossman Jillings</i>	
Elements of Learning in the Affective Domain	194
Assessment	194
Planning for Teaching in the Affective Domain	195

Implications for Client Education As Part of Cardiac Rehabilitation	196
Chapter 17—Client Education: The Cognitive Domain	198
<i>Carol Rossman Jillings</i>	
Aims of Client Education	198
Program Design	199
Tailoring the Program to the Client	201
Key Concepts in Implementation of Client Education	201
The Learners in Cardiac Rehabilitation	203
The Setting and Client Education	204
Conclusion	204
Appendix 17-A	206
Chapter 18—Contracting As an Intervention Strategy	209
<i>Patrice Yamada</i>	
Traditional Cardiac Rehabilitation	209
Innovative Strategies: The Client Contract	211
Contracts in Cardiac Rehabilitation	213
The Process of Client Contracting	214
A Case Study: Mr. Miller	217
Benefits of Contracting	221
Chapter 19—The Self-help Concept and Its Implementation	225
<i>Kathleen Haptas Parker</i>	
Definition	225
Origin and Evolution	226
Formation and Characteristics	226
Current Use and Benefits	227
Self-help and Cardiac Rehabilitation	228
Associated Problems	230
Conclusion	232
PART IV: NEW HORIZONS IN CARDIAC REHABILITATION NURSING	237
Chapter 20—Innovations in Client Education	239
<i>Joanne Lee Cozac and Lynn Dawson Strugnell</i>	
The Health Care System	239
Nursing	240

Client Education	242
The Client	243
Innovations	244
Conclusion	252
Chapter 21—Research in Cardiac Rehabilitation	255
<i>Joanne Runions</i>	
Context for Nursing Research	255
Psychological Aspects of Cardiac Rehabilitation	257
Social Aspects	261
Physical Environment	265
Scientific Evidence for Practice	266
Chapter 22—Nursing in Cardiac Rehabilitation: The Framework in a New Light	271
<i>Carol Rossman Jillings</i>	
Who?	271
Why?	271
How?	272
Conclusion	272
Index	273