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Exploration of fatigue in heart transplant recipients

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The aim of this study was to explore the impact of fatigue on heart transplant recipients and significant factors associated with fatigue characteristics. A cross-sectional correlated study was designed. 108 recipients (age 50.7 ± 12.4 years) who underwent heart transplantation, 4.25 ± 3.71 years, were approached from October, 2008 to March, 2009, using transplant symptom frequency, symptom distress scale and fatigue symptom inventory to assess recipients' symptom distress and fatigue characteristics (i.e., intensity, duration and interference with daily life). Data analysis included independent t-test, correlations and multiple regressions. Recipients reported moderate degree of fatigue intensity (mean 3.44 ± 1.68 ; prevalence 78%), mild to moderate fatigue interference (mean 2.14 ± 1.95 ; prevalence 41%), and at least two to three days in one week recipients feel fatigued (mean 2.83 ± 2.06 days). Age, symptom distress and exercise frequency per week were the important associated factors with fatigue intensity (explained 18.8% of variance); whereas symptom distress was the important associated factor with fatigue interference (explained 14.8% of variance). Symptom distress is an important factor that affects fatigue intensity and interference with daily life in heart transplant recipients, therefore, health care providers should assess the symptoms including fatigue intensity and its' interference to affect their daily life in order to offer appropriate interventions for recipients to manage their symptoms and fatigue and further to improve their QoL (Quality of Life).

Biography

Yu Ying Chou has more than 13 years of Clinical Nursing experience, and four years of teaching experience (Clinical Nursing) in Fu Jen Catholic University Department of Nursing in Taiwan. She has completed her Master's degree in June 2009 from National Taiwan University, College of Medicine, Department of Nursing. She is in the Doctoral Program from 2013 till date. She has published more than 6 papers in reputed journals in Taiwan.

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