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## Determining the effectiveness of training and follow-up program given to patients with pacemaker

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This research is an intervention study to evaluate the effectiveness of planned education and follow-up program on quality of life, anxiety and depression levels of patients with pacemaker. The research sample consists of 60 (30 intervention, 30 control) patients implanted with pacemaker that meet the study criteria followed at Ankara University Faculty of Medicine Heart Center, and Turkey High Specialization Education and Investigation Hospital. Non probability sampling method was selected as the research sampling. Data was collected with patient identifier data collection form, Spielberger's State-Trait Anxiety Inventory, the Beck Depression Inventory and SF-36 Quality of Life Questionnaire. These scales were applied to the patients at the beginning of the study and then again after two months. In the first interview with patients in the intervention group, individual interviews were carried to identify education requirements, individual education was given on the related subjects and second meeting was scheduled for two months later. A phone number was given to the patients and their relatives to reach the researcher during this time. Patients and their relatives received counseling from the researcher via phone in between the interviews. The normal clinical procedure continued for the control group, this group was also given education at the end of the research. When the first and last assessment results between the groups were compared; a decrease in the anxiety, depression level, an increase in average scores of many sub-scale quality of life were identified in the intervention group patients. In accordance with the results obtained from this study, as well as evaluation of psychosocial aspects of patients with pacemakers, the presence of consultants reachable via telephone, implementation of planned education and follow-up programs by nurses are recommended.

## Biography

Esra Koroglu graduated from Nursing School of Zonguldak Karaelmas University in 2006 and earned her Master's degree in 2008 from the Institute of Health Science, Gazi University. Following, she received her PhD from Institute of Health Science (medical nursing), Hacettepe University in 2014. Apart from her academic experience, she worked in Emergency Service of Ankara University Hospital as a clinic nurse for 1.5 years. Then she studied in Faculty of Health Sciences in Ankara University as a Research Assistant for seven years. She has been working in Istanbul Arel University, Nursing Department as an Assistant Professor since September 2014. Her areas of academic interest are nursing, cardiovascular nursing, pacemakers, oncology nursing, and geriatrics.

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