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Hope and health related quality of life of older women who have had heart attacks

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Background: Heart disease is the number one cause of death and leading cause of disability in adults in the United States and worldwide. Coronary heart disease (CHD) is the most common form of heart disease with heart attack as its acute manifestation. Health Related Quality of Life (HRQoL) is a multidimensional concept of self-perception of physical, emotional health, and overall sense of well-being. Hope, an inner process focusing on maintaining physical and mental well-being, is considered necessary for survival of chronic illnesses.

Method: Women age 65 and older who have had heart attacks (N=91) volunteered to participate in this quantitative non-experimental correlational study. The following instruments were used demographic questionnaire, SF12 (HRQoL), HHI (Hope).

Findings: Marital status was related to HHI scores, $t(90)=-2.70$, $p=.041$, with married participants having greater mean score (40.87) compared to singles (38.39). General Health, $r(89)=.244$, $p=.02$; Mental Health, $r(89)=.352$, $p=.001$; Vitality, $r(89)=.221$, $p=.035$; Social Functioning, $r(89)=.333$, $p=.001$ and Role Emotion, $r(89)=.223$, $p=.034$ correlated with HHI. Marital Status, $t(89)=2.07$, $p=.041$ and Mental Health, $t(88)=3.40$, $p=.001$, best predicted the HHI and explained an adjusted total of 13.8% of variance in HHI scores, $R=.397$, $F(1.88)=8.21$, $p=.001$. Relationship between HRQoL and HHI revealed significant findings pertaining to age and ethnicity. Cronbach's alpha: HHI ($\alpha=.838$) and SF 12 ($\alpha=.822$).

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