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Study on the correlation among sleep quality, social isolation and loneliness in patients with CHD

Xin Sui, Hongyu Shi, Yuanyuan Ni, Lijing Zhao, Lirong Guo, Haiyan Xu, Jingxia Zhao, Feng Li,
Jilin University, China.

Aim: To investigate the sleep quality, social isolation and loneliness status in patients with CHD and analyze the correlation among them and to provide a theoretical basis for improving the sleep quality of CHD patients at the psychological and/or social level.

Methods: Convenient sampling method was adopted to select patients who were hospitalized in the cardiology department of three tertiary A hospitals in Changchun from November 2018 to January 2019. The questionnaire included general information, Pittsburgh sleep quality index, social isolation and distress scale, and UCLA Loneliness Scale. All data were analyzed with SPSS23.0 statistical software.

Results: Among the 249 enrolled patients, 82.3% had sleep quality problems. According to the degree of sleep quality the distribution was as followed: "good" accounted for 10.4%, "OK" accounted for 48.6%, "general" accounted for 36.5%, and "poor" accounted for 4.4%. M (P25, P75) of sleep quality score was 10 (8,12), social isolation score was (13.20±5.30) and M (P25, P75) of loneliness was 39 (35,44). The results showed that sleep quality was related to social isolation ($r=0.414$, $P<0.05$), and loneliness ($r=0.481$, $P<0.05$). The total score of social isolation was correlated with loneliness ($r=0.411$, $P<0.05$).

Conclusion: Patients with CHD generally had sleep quality problems. PSQI score indicated that sleep quality of patients was at a moderately severe level; social isolation and loneliness were both at a moderately high level. Sleep quality of CHD patients was negatively correlated with social isolation and loneliness respectively. Social isolation was positively correlated with loneliness.

Biography

Xin Sui has completed her master degree at the age of 27 from the School of Nursing, Jilin University. She is engaged in the study of chronic care. She has published two papers in related journals.

suixin9517@jlu.edu.cn