

Insomnia and Related Factors in Post Cardiac Surgery Patients in the Intermediate Care Unit

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Abstract

Background: Insomnia is common health issue among patients after coronary artery bypass graft surgery (CABG). This cross-sectional study investigated the levels of insomnia and related factors among post-CABG patients in the intermediate care unit.

Method: A cross sectional study was used. Participants were 200 (184 males and 16 females) post-CABG patients. The questioner consisted of three parts; 1) demographic and clinical data sheet. 2) The Arabic version of the Insomnia Severity Index. 3) the Arabic version of the Freedman sleep in the intensive care unit questionnaire.

Results: The prevalence of insomnia was 86.5%. Patients post cardiac surgery in the intermediate care unit exhibit similar insomnia scores regardless of age, gender, monthly income, educational level, marital status occupation, body mass index, coffee drinking and length of stay. Insomnia was significantly associated with smoking (p-value 0.003), and chronic disease (P-value 0.04). The results show that the nursing intervention and pain consider the most clinical factors that affect sleep in the Intermediate Care Unit. However, cardiac monitor alarm and talking are considered the most environmental factor that affects sleeping in the Intermediate Care Unit.

Conclusion: The results suggest that insomnia is associated with smoking status and chronic disease. In this regard, healthcare practitioners, particularly nurses, are advised to monitor sleep issues in CABG patients following surgery to identify those who require more attention.

Keywords: Insomnia, coronary artery bypass graft surgery, Insomnia Severity Index, sleep.