

Abstract 019

Category: Research on nursing diagnosis

TITLE: **Characteristics of fatigue in patients with chronic coronary heart disease**

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Introduction:

Fatigue (00093) is a nursing diagnosis associated with undesirable outcomes in patients with chronic coronary heart disease (CHD)¹⁻³.

Objective:

To describe the prevalence and the characteristics of fatigue in patients with CHD.

Methods:

This was a cross-sectional study. Data collection occurred in a cardiology hospital (Sao Paulo, Brazil). Patients were included if > 18 years; no myocardial infarction or angina within three months prior to the study; hemodynamically stable; no diagnosis of cancer or rheumatologic disease. The Dutch Fatigue Scale (DUFs) and Dutch Exertion Fatigue Scale (DEFS) were used to evaluate fatigue⁴. Fatigue prevalence was calculated based on the level of substantial fatigue and exertion fatigue. The item 17 from Beck Depression Inventory II was the gold standard to estimate the cut off points for DUFs and DEFS, and to calculate their prevalence⁴. The receiver operator characteristics curve was used to estimate the predictive capacity of the cut offs. This project was funded by the Conselho Nacional de Desenvolvimento Científico e Tecnológico-CNPq (459008/2014-5) and was approved by the Ethics Committee.

Results and discussion. There were 137 participants (75.9% male; 62.4±8.3 years) enrolled. The cut off points were 18.5 (AUC=.848) for the DUFs, and 17.5 (AUC=.812) for the DEFS. The prevalence of both fatigue and exertion fatigue was 67.2%. The main characteristics of fatigue were: the need for more energy to perform daily activities, and feeling fatiguing going up and down stairs.

Impact on the discipline. Knowing the characteristics of fatigue may be helpful to comprehend and manage the symptom.

References

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- 2 Alsen P, Brink E. Fatigue after myocardial infarction - a two-year follow-up study. *Journal of Clinical Nursing*. 2013;22(11-12):1647-52.