

## Quality of Life Among Ischemic Heart Diseases Patients in Misan Center for the Cardiac Diseases and Surgery in Al-Amara City

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### ABSTRACT

**Objective(s):** The objective of present study is to evaluate quality of the life among ischemic heart diseases patients; and to identify the relationship between the ischemic heart diseases patients' quality of life and their socio-demographical data.

**Methods:** The descriptive design is performed during the present study in the Misan center for the cardiac diseases and surgery in Al-Amara city/ Iraq. For the period of November 9th 2020 to April 25st 2021. Probability "random" sample of (360) patients with ischemic heart diseases are selected. The sheet of questionnaire consist of four major dimensions (socio-demographic characteristics; clinical features; health status of ischemic heart diseases patients, and Quality of life evaluation part). Data are collected from the self-developed questionnaire (in the Arabic version), and the use of pattern interview way for each ischemic heart diseases patient. Reliability of the instrument through test-retest of this tool, it was determined by utilizing the Pearson correlation coefficient for the pilot study, and the validity of the tools content determined by a committee were (11) experts.

**Results:** The outcomes of study show the evaluation of quality of life for ischemic heart diseases patients is moderate level on the all domains (Physical health; Psychological health; Social relationship; Independence level; Environment aspect; and Spiritual health domain); life's quality of patients is a significantly different with their socio- demographic characteristics.

**Conclusion:** The current study concluded that an overall evaluation for ischemic heart diseases patients' life's quality was moderate level. It is clear that ischemic heart diseases can adversely affect the quality of life and limit a person's effectiveness in community participation. **Recommendation:** The study recommended that educational programs and health awareness programs should be provided for ischemic heart patients, and an emphasis on follow-up and periodic investigations within medical health, which will improve the quality of life in future to good level.

**Keywords:** Quality of Life, Ischemic Heart Diseases Patients.

*Bahrain Med Bull 2021; 43 (3): 571 - 575*

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