

Quality of life and its associated factors, among 35–70-year-old patients, 1-2 months following myocardial infarction, registered at cardiology clinic at Teaching Hospital Kalutara

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Introduction - As a traumatic event, myocardial infarction (MI) affects the quality of life (QOL) of a patient because of the sudden and significant physiological impact. Though there is evidence on how MI influences QOL and its associated factors with different findings from other countries, factors associated with QOL of MI survivors in Sri Lanka are under-researched. Objective of this study was to determine QOL and factors associated with QOL, among 35-70 -year-old patients, 1-2 months following myocardial infarction, registered at the Cardiology clinic at Teaching Hospital Kalutara.

Method - This was a cross-sectional study conducted at the Cardiology clinic at Teaching Hospital Kalutara using self-administered questionnaire which included WHOQOL-BREF-26. In addition, there were new questions developed to assess factors associated which were based on previous studies. The study was carried out using systematic sampling. In descriptive analysis percentages, means, and standard deviations were used. Associations were tested using chi-square test, with $p < 0.05$ considered significant.

Results - The study included 237 participants with a response rate of 82.58%. Overall QOL in patients after MI was low (Mean = 58.50, SD = 9.13). Overall QOL significantly correlated only with self- efficacy ($p=0.002$), sex ($p=0.010$), religion ($p=0.05$), degree of education ($p=0.024$), and average family monthly income ($p=0.024$). Meanwhile, other factors such as social support ($p = 0.597$), depression ($p=0.477$), physical activity ($p=0.584$), disease related knowledge ($p=0.841$), severity of MI ($p=0.309$), cardiac rehabilitation ($p= 0.648$) had negative relationships with QOL.

Conclusions & Recommendations - Only self-efficacy, sex, religion, family monthly income and education level were positively associated with QOL. Understanding the factors affecting QOL paves way for opportunities to improve recovery, health outcomes and planning interventions for improving QOL. A multi-center study with a larger sample size will improve generalizability and reliability of the findings.

Keywords - Myocardial infarction, Quality of life, associated factors, WHOQOL-BREF-26