

UNIVERSITI TEKNOLOGI MARA

**PERCEPTION OF DISCHARGE
PLANNING AND QUALITY OF LIFE
AMONG PATIENTS WITH
CORONARY ARTERY DISEASES**

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Final year project submitted in partial fulfillment
of the requirements for the degree of

**Bachelor of Nursing (Hons)
Faculty of Health Sciences**

JUNE 2019

AUTHOR'S DECLARATION

I declare that the work in this final year project was carried out in accordance with the regulations of Universiti Teknologi MARA. It is original and is the results of my own work, unless otherwise indicated or acknowledged as referenced work. This thesis has not been submitted to any other academic institution or non-academic institution for any degree or qualification.

I, hereby, acknowledge that I have been supplied with the Academic Rules and Regulations for Post Graduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

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Faculty : Health Sciences

Thesis Title : Perception of Discharge Planning and Quality of Life
Among Patients With Coronary Artery Diseases

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Date : June 2019

ACKNOWLEDGEMENT

Firstly, we would like to express our highest gratitude to the Almighty ALLAH S.W.T for giving us the opportunity to embark on our bachelor and for completing this long and challenging journey successfully. Our gratitude and thanks go to our supervisor Miss Norfidah Binti Mohamad for her willingness to offer valuable guidance and help us in completing this research.

My appreciation goes to the Dean of Universiti Teknologi MARA Puncak Alam and the Dean of Universiti Teknologi MARA Sungai Buloh specifically Centre of Medicine for endorsing permission for this to be conducted at UiTM Medical Specialist Centre, Sungai Buloh within the period without facing any ethical issues. Same goes to the Centre for Nursing Studies for allowing us to proceed with this research entitles Perception of Discharge Planning and Quality of Life among Patients with Coronary Artery Diseases.

Apart from that, we would like to thank Dr.Khairil Anuar for guiding as regarding statistics, our lecturers, colleagues, and friends for helping us with this project.

Finally, this Final Year Project (FYP) is dedicated to our beloved parents for the understanding, full support and endless love throughout our study. This piece of victory is dedicated to both of you. Alhamdulillah.

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ABSTRACT

Background: Discharge planning is an essential component for a transition of care across health settings and providers. Quality of life (QoL) is defined as an individual's unique cognition and a way to express feelings about a person's health status affected by the physical, mental, emotional and social status of a person. The impact of a coronary event risked a person's life and may cause disability, thus the rise of attention for proper discharge planning and QoL among coronary artery diseases (CAD) patients. **Objective:** To identify the level of perception of discharge planning and quality of life among patients with CAD. **Method:** This is a cross-sectional study design using questionnaires. A Patient Continuity of Care Questionnaire (PCCQ), which is an index of a 25-item used to assess the perception of discharge planning. A MacNew QoL questionnaire, comprised of a 27-item used to assess the health-related QoL. The questionnaires were distributed to 152 patients in UiTM Medical Specialist Centre over two months. The correlation between PCCQ score and QoL were examined using Spearman Ranks correlation analysis. **Result:** The result of this study showed among 152 patients participated in the survey, $n=152$ (100%) had a high perception of discharge planning. Level of QoL which were classified into 3 subscales (emotional, physical and social), most of the respondents achieve higher QoL in emotional aspects ($n=152$, 100%) and low QoL in physical ($n=124$, 81.6%) and social ($n=92$, 60.5%) aspects. There is no correlation observed between the level of perception of discharge planning and the level of QoL. The results are significant when $p<0.05$ for the relationship between the level of perception of discharge planning with age groups ($p=0.002$), gender ($p=0.018$), level of education ($p=0.135$), marital status ($p=0.814$) and family history of heart disease ($p=0.449$). The findings of $p<0.05$ is achieved for the relationship between the level of QoL with age groups, QoL (physical and social) with marital status, QoL (emotional and social) with a family history of heart disease, whereas $p>0.05$ for gender and level of education. **Conclusion:** In conclusion, the respondents had a high level of perception of discharge planning, high emotional QoL but low physical and social QoL. Future research should identify the factor that can influence the perception of discharge planning and QoL, to determine the importance of both variables, especially in patients with CAD.

(383 words)

Keywords: discharge planning, quality of life, coronary artery disease