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Self-responsibility predicts the successful outcome of coronary artery bypass surgery

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CARD 4

3. **KNOWLEDGE OF MEDICAL CONDITIONS AND SURGERY**

Knowledge:
(Medical)

a) Does this disease involve occlusion or narrowing of the arteries?

Yes	= 1	***64***	***87.7%***		
No	= 2	***8***	***11.0%***		
Unsure	= 3	***1***	***1.4%***	☐	5

Has this disease been present for a long time?

Yes	= 1	***45***	***61.6%***		
No	= 2	***28***	***38.4%***		
Unsure	= 3	***0***		☐	6

b) Does this disease involve arteries other than the arteries of your heart ?

Yes	= 1	***16***	***21.9%***		
No	= 2	***53***	***72.6%***	☐	7
Unsure	= 3	***4***	***5.5%***		

c) Do you know what caused this disease in your case?

Yes	= 1	***43***	***58.9%***		
No	= 2	***28***	***38.4%***	☐	8
Unsure	= 3	***2***	***2.7***		

If yes

hereditary	=1	***15***	☐	9
dietary	=2	***20***	☐	10
obesity	=3	***4***	☐	11
inactivity	=4	***7***	☐	12
smoking	=5	***21***	☐	13
stress	=6	***50***	☐	14
diabetes	=7	***5***	☐	15
alcohol	=8	***5***	☐	16
high cholesterol	=9	***13***		

4. **SURGICAL KNOWLEDGE**

What did you know, before the operation, about the operation you were going to undergo:

No Knowledge	= 0	***9***	☐	17
Vessel transplant	= 1	***60***	☐	18
blockage (narrowing) bypass	= 2	***57***	☐	19
Prolonged anaesthesia	= 3	***45***	☐	20
Heart lung machine (extra corporeal bypass)	= 4	***31***	☐	21
I.C.U post op	= 5	***54***	☐	22
Unaware for the first couple of hours	= 6	***46***	☐	23

5. **ATTITUDE TOWARDS WORK**

a) Do you feel that you will be able to return to work after your operation?

Yes	= 1	***43***	***86%***	
No	= 2	***7***	***14%***	☐ 24

Full- time employment	= 1	***32***	
Part- time employment	= 2	***7***	
Self-employment	= 3	***4***	☐☐ 25 - 26

b) How long do you think you will need to take off before returning to work

Years	=	***0***		☐☐	27 -
Months	=	***1 month***	***= 19***	☐☐	- -
		2 months	***= 10***		
		3 months	***= 9***	***43***	
		4 months	***= 4***		
		5 months	***= 0***		
		6 months	***= 1***		
Days	=			☐☐	-32

c) If patient is unemployed or retired, establish his activities of daily living and to what extent he believe she will be able to continue after his operation.

a)	Will you be able to do the same as before?	= 1	***10***	***37%***		
b)	Will you be able to do more than before?	= 2	***12***	***44.4%***		
c)	Will you be able to do less than before?	= 3	***4***	***14.8%***		
d)	Uncertain	= 4	***1***	***3.7%***	☐	33

6. Have you had a normal sex-life in the past six months?

Yes	= 1	***33***	***47.1%***		
No	= 2	***37***	***52.9%***	☐	34

7. Are you depressed/moody

Not at all	= 1	***24***	***35.8%***		
Slightly, occasionally	= 2	***13***	***19.4%***		
Depressed	= 3	***20***	***29.9%***		
Quite often, quite severely	= 4	***9***	***13.4%***		
Severely depressed	= 5	***1***	***1.5%***	☐	35

8. What are you going to do to stay well when you go home?

Specify:

Do more exercise	***34***	***(46%)***	☐☐	36
Go on diet	***31***	***(42%)***	☐☐	–
Take it easy	***20***	***(27%)***	☐☐	-41
Stop smoking	***14***	***(19%)***		
The same as before	***11***	***(15%)***		

9. Who is your Cardiothoracic Surgeon? ☐ 42

1. ***Dr Girdwood*** = ***32 (44%)***
2. ***Dr Kinsley*** = ***28 (38%)***
3. ***Prof Cronje*** = ***13 (18%)***

10. Who is your cardiologist? ☐ 43 - 44

20 private cardiologists
Baragwanath Cardiac Clinic
Johannesburg Cardiac Clinic

QUESTIONNAIRE 4: SIX MONTHS POST-OPERATIVELY TO PATIENT

CARD 1

Case no.		☐☐	1 - 2
Card no.	**patients interviewed n = 64**	☐☐	3 - 4
Tel no:			
Date of interview:		☐☐☐☐☐☐	
Patient address			

1. Are you satisfied with the outcome of the operation? n = 61

Yes	= 1	***51***	***(84%)***		
No	= 2	***10***	***(16%)***	☐	11
If no: Specify				☐☐	12 - 13

Problems with sternal wound 10%
Problems with donor site (leg) 3%
Damaged vocal cords, severe emotional stress, better before the operation, sleeplessness

2. Have you returned to work?
Of the 51 that worked pre-operatively:

Yes	= 1	***32***	***(63%)***		
No	= 2	***19***	***(27%)***	☐	14

If yes:

Full-time	= 1	***27***	***(84%)***		
Part-time	= 2	***5***	***(16%)***	☐	15

If no: Why not? ☐ 16

32 patients not working

Pension	=	1	***21***
Boarded	=	2	***2***
Lost job	=	3	***3***
Can't find work	=	4	***2***
Ill-health	=	5	***4***

3. Do you have angina?

Yes	= 1	***13***	***(21%)***
No	= 2	***49***	***(79%)***

☐ 19

If yes:

Light, barely noticeable,	= 1	***4***	***(33.3%)***
moderate bothersome	= 2	***3***	***(25%)***
Severe, very uncom fortable	= 3	***5***	***(41.7%)***
Most severe pain ever experienced in the past	= 4	***0***	

☐ 20

4. Do you suffer from fatigue?

1.	worst tiredness one could expect to have		
2.	very tired, often	***8***	***(12.9%)***
3.	tired	***6***	***(9.7%)***
4.	slightly, occasionally	***20***	***(32.2%)***
5.	never	***28***	***(45.2%)***

☐ 21

5. Do you suffer from breathlessness?

Yes	= 1	***23***	***(62.9%)***
No	= 2	***39***	***(37.1%)***

☐ 22

6. Do you suffer from any other symptoms?

Yes	= 1	***39***	***(62.9%)***
No	= 2	***23***	***(37.1%)***

☐ 23

If yes: Specify ☐☐ ☐☐ 24- -27
☐☐ 28 - 29

1. ***Painful sternum = 11 (17.7%)***
2. ***Painful leg = 7 (11.3%)***
3. ***Depression = (3%)***
4. ***Cardiac failure = (3%)***

7. Do you attend a Cardiac Rehabilitation Centre?

Yes = 1 ***5***
No = 2 ***57*** ☐ 30

If yes, how did you hear about it?

Physiotherapist = 1 ***1***
Doctor = 2 ***2***
Friend = 3 ***2***
Patient = 4 ***2*** ☐ 31

8. How many medicines do you take daily? ☐☐ 32 - 33
mean 2.7(range 0 - 11; SD± 1.4)

What are the names of the medicines?
(no. known to patient) ☐☐ 34 - 35
mean 2(range 0 - 6; SD± 1.4)

What is the effect of each medicine? (no. known to patient) ☐☐ 36 - 37
mean 1.9(range 0 - 6; SD± 1.4)

Do you take your medicines regularly

Yes = 1 ***53*** ***(86.9%)***
No = 2 ***8*** ***(13.1%)*** ☐ 38

Who decides that you should take your medicine?

Self = 1 ***55*** ***(88.7%)***
Other = 2 ***7*** ***(11.3%)*** ☐ 39

What will you do when you have finished your medicines?

Visit the doctor = 1 ***16*** ***(26.2%)***
Repeat prescription = 2 ***43*** ***(70.5%)***
Uncertain = 3 ***2*** ***(3.3%)*** ☐ 40

9. Diet

Who decides what you should eat?

Self	= 1	***46***	***(74.2%)***	
Other	= 2	***16***	***(25.8%)***	☐ 41

Do you know what diet you should follow?

Yes	= 1	***35***	***(58.3%)***	
No	= 2	***25***	***(41.7%)***	☐ 42

Low cholesterol	***42***	***(68.9%)***	☐ 43
Low fat	***44***	***(72.1%)***	☐ 44
Low calorie	***38***	***(63.9%)***	☐ 45
Low salt	***33***	***(54.1%)***	☐ 46

10. Exercise

Are you doing regular exercise?

Yes	= 1	***27***	***(45.0%)***	
No	= 2	***33***	***(55.0%)***	☐ 47

Do you know how much exercise you should be doing?

Target heart rate:

Yes	= 1	***10***	***(16.1%)***	
No	= 2	***52***	***(83.9%)***	☐ 48

When to stop.

Yes	= 1	***8***	***(12.9%)***	
No	= 2	***55***	***(87.1%)***	☐ 49

Who determines that you exercise?

Self	= 1	***58***	***(95.1%)***	
Others	= 2	***3***	***(4.9%)***	☐ 50

11. Smoking

Are you smoking?

Yes	= 1	***7***	***(11.3%)***		
No	= 2	***55***	***(88.7%)***	☐	51

If you are not smoking, who motivated you to stop smoking?

Self	= 1	***46***	***(85.2%)***		
Other	= 2	***8***	***(14.8%)***	☐	52

What do you know about smoking and your health?

Should stop

Yes	= 1	***53***	***(85.5%)***		
No	= 2	***9***	***(14.5%)***	☐	53

Effect on cardiovascular system

Yes	= 1	***33***	***(54.1%)***		
No	= 2	***28***	***(45.9%)***	☐	54

12. Do you suffer from stress:

Yes	= 1	***29***	***(46.8%)***		
No	= 2	***33***	***(53.2%)***	☐	55

If yes:
Do you consider your life stressful at the present time?

Yes	= 1	***27***	***(48.2%)***		
No	= 2	***29***	***(51.8%)***	☐	56

Is your life constantly stressful

Yes	= 1	***21***	***(36.8%)***		
No	= 2	***36***	***(63.2%)***	☐	57

Why is your life stressful (specify) ☐☐ ☐☐ 58--61

Work related	=	***53.3%***		
Family matters	=	***23.8%***		
Financial reasons	=	***19%***	☐	57

13. Do you feel that the operation has cured you completely?

Yes	= 1	***38***	***(62.3%)***		
No	= 2	***23***	***(37.7%)***	☐	62

If no: Why not? ☐☐ 63 - 64

Do not know	:	***7***	***(30.0%)***
Still have symptoms	:	***8***	***(35%)***

Will you have to do anything to stay well?

Yes	= 1	***42***	***(76.4%)***		
No	= 2	***13***	***(23.6%)***	☐	65

Comply with:

Medication	***39***	***(78%)***	☐	66
Diet	***37***	***(72.5%)***	☐	67
Smoking	***33***	***(66.0%)***	☐	68
Exercise	***33***	***(66.0%)***	☐	69
Other	***5***	***(20.0%)***	☐	70
Specify:			☐☐	71 - 72
	Be happy	***2***	***(0.03%)***	
	Go on working	***1***	***(0.02%)***	

CARD 2

14. For how long will you have to go on doing this?

For a while	= 1	***15***	***(24.6%)***		
For ever	= 2	***46***	***(75.4%)***	☐	5

15. Have you been feeling: depressed/moody

Not at all	= 1	***28***	***(45.9%)***
Slightly, occasionally	= 2	***19***	***(31.1%)***
Depressed	= 3	***3***	***(8.2%)***
Quite often, quite severely	= 4	***5***	***(8.2%)***
Severely depressed	= 5	***4***	***(6.6%)***

☐ 6

16. Are you as active as before the operation?

Same = 1	***17***	***(27.9%)***	
More = 2	***20***	***(32.8%)***	
Less = 3	***24***	***(39.3%)***	☐ 7
How much do you weigh (kg)?			☐☐☐ 8 - 10

78.46kg(range 45 - 114; SD± 14.8)

17. How many times have you been to see your doctor in connection with your heart since you have been discharged from hospital? ☐☐ 11 - 12

mean 2.08(range 0 - 7; SD± 1.4)

18. How many times have you been readmitted to the hospital since:
Your operation? ☐☐ 13 - 14

mean 0.43(range 0 - 3; SD± 0.7)

19. Has your sexual performance been altered by the operation?

Yes = 1	***30***	***(55 5%)***	
No = 2	***24***	***(44.4%)***	☐ 15

Is it the same = 1		***21***	***(39%)***	
Better	= 2	***8***	***(15%)***	
Worse	= 3	***25***	***(46%)***	☐ 16

QUESTIONNAIRE 4: SIX MONTHS POST-OPERATIVELY TO SPOUSE/CARE-GIVER

CARD 3

☐ Six months post-operatively

Card no:		☐☐	1 - 2
Case no:	**Spouses interviewed: n = 56**	☐☐	3 - 4
Date		☐☐☐☐☐☐	
Name			
Tel. No.			

1. Are you satisfied with the outcome of the operation?

Yes	= 1	***42***	***(77.8%)***		
No	= 2	***12***	***(22.2%)***	☐	5

If no: Why not? ☐☐ 6 - 7

Severe stress	:	***33.3%***
Problems with sternum	:	***22.2%***
Septic leg	:	***11.1%***
Nothing wrong before	:	***11.1%***

2. Do you know what diet the patient should follow?

Yes	= 1	***38***	***(77.6%)***		
No	= 2	***11***	***(22.4%)***	☐	8
Low cholesterol		***37***	***(69.8%)***	☐	9
Low fat		***39***	***(73.6%)***	☐	10
Low calorie		***34***	***(64.2%)***	☐	11
Low salt		***33***	***(62.3%)***	☐	12

3 Medication

How many medicines does pt take daily? ☐☐ 13 - 14
mean 2.4(range 0 - 11; SD± 2.2)

Name the medicines. No. known ☐☐ 15 - 16
mean 1.15(range 0 - 4; SD± 1.25)

What is the effect of each medicine? No. known ☐☐ 17 - 18
average 1.21(range 0 - 4; SD± 1.23)

What will patient do when medication is finished?

Visit doctor	= 1	*18*	*(34.6%)*	
Repeat prescription	= 2	*26*	*(50.0%)*	
Uncertain	= 3	*8*	*(15.4%)*	☐ 19

4. Smoking

What do you know about smoking and health?

Should stop

Yes	= 1	*50*	*(92.6%)*
No	= 2	*4*	*(7.4%)* ☐ 20

Effect on cardiovascular system

Yes	= 1	*26*	*(49.1%)*
No	= 2	*27*	*(50.9%)* ☐ 21

5. Exercise

Do you know how much exercise
the patient should be doing?

Amount of exercise

Yes	= 1	*9*	*(17.0%)*
No	= 2	*44*	*(83.0%)* ☐ 22

When to stop

Yes	= 1	*7*	*(13.2%)*		
No	= 2	*46*	*(86.8%)*	☐	23

6. Do you feel the operation cured the patient completely

Yes	= 1	*25*	*(46.3%)*		
No	= 2	*29*	*(53.7%)*	☐	24

If no:

Will patient have to do something else to stay well?
Should comply to:

Medication

Yes	= 1	*34*	*(65.4%)*		
No	= 2	*18*	*(34.6%)*	☐	25

Diet

Yes	= 1	*35*	*(66.0%)*		
No	= 2	*18*	*(34.0%)*	☐	26

Smoking

Yes	= 1	*33*	*(63.5%)*		
No	= 2	*19*	*(36.5%)*	☐	27

Exercise

Yes	= 1	*32*	*(61.5%)*		
No	= 2	*20*	*(38.5%)*	☐	28

Other

Yes	= 1	*0*			
No	= 2	*43*		☐	29

Specify ☐☐ 30 - 31

7. Is patient as active as before the operation?

Same	= 1	***16***	***(30.8%)***		
More	= 2	***15***	***(28.8%)***		
Less	= 3	***21***	***(40.4%)***	☐	32

8. Does patient take full responsibility for his:

Diet

Yes	= 1	***28***	***(51.9%)***		
No	= 2	***26***	***(48.1%)***	☐	33

Smoking

Yes	= 1	***43***	***(81.1%)***		
No	= 2	***10***	***(18.9%)***	☐	34

Medication

Yes	= 1	***41***	***(75.9%)***		
No	= 2	***13***	***(24.1%)***	☐	35

Exercise

Yes	= 1	***24***	***(44.4%)***		
No	= 2	***30***	***(55.6%)***	☐	36

9. Is patient depressed/moody?

Not at all	= 1	***23***	***(43.4%)***		
Slightly, occasionally	= 2	***13***	***(24.5%)***		
Depressed	= 3	***8***	***(15.1%)***		
Quite often, quite severely	= 4	***7***	***(13.2%)***		
Severely depressed	= 5	***2***	***(3.8%)***	☐	37

10. How much does the patient weigh? ☐☐☐ 38 - 40
73.5kg(range 47 - 123; SD± 23.21)

11. How many times has the patient been back to see the doctor in connection with his heart?
since he left the hospital? ☐☐ 41 - 42
mean 3.98(range 0 - 8; SD± 6.5)

12. How many times has the patient been readmitted to the hospital?
since he left the hospital? ☐☐ 43 - 44
mean 0.43(range 0 - 2; SD±0.69)

QUESTIONNAIRE 5: ONE YEAR POST-OPERATIVELY TO PATIENT

CARD 1

Case no. ☐☐ 1 - 2

Card no. ☐☐ 3 - 4

Patients interviewed: n = 58

Tel no:

Date of interview: ☐☐☐☐☐☐

Patient address

1. Are you satisfied with the outcome of the operation?

Yes	= 1	***47***	***(83.9%)***		
No	= 2	***9***	***(16.1%)***	☐	11
If no: Specify				☐☐	12 - 13

Presence of symptoms : 7 (87.5%)
Nothing wrong before the op : 1 (12.5%)

2. Have you returned to work?

Yes	= 1	***27***	***(48.2%)***		
No	= 2	***29***	***(51.8%)***	☐	14

If yes:

Full-time		= 1	***18***	***(69.2%)***	
Part-time employment		= 2	***8***	***(30.7%)***	☐ 15
If no: Why not?					☐ 16
Pension	=	1	***20***	***(69.0%)***	
Boarded	=	2	***3***	***(10.3%)***	
Lost job	=	3	***2***	***(6.9%)***	
Can't find work	=	4	***0***		
Ill-health	=	5	***2***	***(6.8%)***	

When do you think you will be able to go back (weeks) ☐☐ 17 - 18

3. Do you have angina?

Yes = 1 ***14*** ***(25.0%)***
No = 2 ***42*** ***(75.0%)*** ☐ 19

If yes:

Light, barely notice able, = 1 ***7.7%***
moderate bothersome = 2 ***53.8%***
Severe, very uncom-
fortable = 3 ***38.5%***
Most severe pain ever
experienced in the past = 4 ☐ 20

4. Do you suffer from fatigue?

1. worst tiredness one could expect to have
2. very tired, often ***12*** ***(22.2%)***
3. tired ***6*** ***(11.1%)***
4. slightly, occasionally ***15*** ***(27.8%)***
5. never ***21*** ***(38.9%)*** ☐ 21

5. Do you suffer from breathlessness?

Yes = 1 ***21*** ***(37.5%)***
No = 2 ***35*** ***(62.5%)*** ☐ 22

6. Do you suffer from any other symptoms

Yes	= 1	***32***	***(58.2%)***		
No	= 2	***23***	***(41.8%)***	☐	23

If yes: Specify ☐☐ ☐☐ 24- -27
☐☐ 28 - 29

1. ***Problems with donor site of leg = 9 (28.1%)***
2. ***Painful sternum = 6 (18.8%)***
3. ***Sleeplessness = 2 (5.7%)***

7. Do you attend a Cardiac Rehabilitation Centre?

Yes	= 1	***7***	***(12.5%)***		
No	= 2	***49***	***(87.5%)***	☐	30

If yes, how did you hear about it?

Physiotherapist	= 1	***2***	***(25%)***		
Doctor	= 2	***1***	***(12.5%)***		
Friend	= 3	***3***	***(37.5%)***		
Patient	= 4	***2***	***(25.0%)***	☐	31

8. How many medicines do you take daily? ☐☐ 32 - 33
mean 2.98(range 0 - 8; SD± 1.6)

What are the names of the
medicines? (no. known to patient) ☐☐ 34 - 35
mean 2.3(range 0 - 6; SD± 1.7)

What is the effect of each medicine?
(no. known to patient) ☐☐ 36 - 37
mean 2.5(range 0 - 6; SD± 1.5)

Do you take your medicines regularly

Yes	= 1	***50***	***(90.9%)***		
No	= 2	***5***	***(9.1%)***	☐	38

Who decides that you should take your medicine?

Self	= 1	***53***	***(94.6%)***		
Other	= 2	***3***	***(5.4%)***	☐	39

What will you do when you have finished your medicines?

Visit the doctor	= 1	***7***	***(12.7%)***		
Repeat prescription	= 2	***48***	***(87.3%)***		
Uncertain	= 3			☐	40

9. Diet

Who decides what you should eat?

Self	= 1	***43***	***(76.8%)***		
Other	= 2	***13***	***(23.2%)***	☐	41

Do you know what diet you should follow?

Yes	= 1	***26***	***(50.0%)***		
No	= 2	***26***	***(50.0%)***	☐	42

Low cholesterol	***41***	***(74.5%)***	☐	43
Low fat	***39***	***(70.9%)***	☐	44
Low calorie	***36***	***(66.5%)***	☐	45
Low salt	***31***	***(57.4%)***	☐	46

10. Exercise

Are you doing regular exercise?

Yes	= 1	***26***	***(46.4%)***		
No	= 2	***30***	***(53.6%)***	☐	47

Do you know how much exercise you should be doing?

Target heart rate:

Yes	= 1	***16***	***(29.1%)***		
No	= 2	***39***	***(70.9%)***	☐	48

When to stop.

Yes	= 1	***9***	***(16.4%)***		
No	= 2	***46***	***(83.6%)***	☐	49

Who determines that you exercise?

Self	= 1	***54***	***(98.2%)***		
Others	= 2	***1***	***(1.8%)***	☐	50

11. Smoking

Are you smoking?

Yes	= 1	***8***	***(14.3%)***		
No	= 2	***48***	***(05.7%)***	☐	51

If you are not smoking, who motivated you to stop smoking?

Self	= 1	***36***	***(76.6%)***		
Other	= 2	***11***	***(23.4%)***	☐	52

What do you know about smoking and your health?

Should stop ☐ 53

Yes	= 1	***49***	***(87.5%)***
No	= 2	***7***	***(12.5%)***

Effect on cardiovascular system ☐ 54

Yes	= 1	***33***	***(58.9%)***
No	= 2	***23***	***(41.1%)***

12. Do you suffer from stress:

Yes	= 1	***31***	***(55.4%)***		
No	= 2	***25***	***(44.6%)***	☐	55

If yes:
Do you consider your life stressful at the present time

Yes	= 1	***25***	***(50.0%)***		
No	= 2	***25***	***(50.0%)***	☐	56

Is your life constantly stressful

Yes	= 1	***18***	***(36.0%)***		
No	= 2	***32***	***(64.0%)***	☐	57

Why is your life stressful (specify) ☐☐ ☐☐ 58- -61

Work related = 13 (46.4%)
Family = 5 (17.9%)
Financial = 4 (14.3%)

13. Do you feel that the operation has cured you completely?

Yes = 1 ***38*** ***(67.9%)***
No = 2 ***18*** ***(32.1%)*** ☐ 62

If no: Why not? ☐☐ 63 - 64

Painful sternum = 4 (26.7%)
Persistent symptoms = 6 (39.9%)

Will you have to do anything to stay well?

Yes = 1 ***35*** ***(72.9%)***
No = 2 ***13*** ***(27.1%)*** ☐ 65

Comply with:

Medication	***37***	***(82.2%)***	☐	66
Diet	***36***	***(78.3%)***	☐	67
Smoking	***38***	***(84.4%)***	☐	68
Exercise	***31***	***(70.5%)***	☐	69
Other	**5**		☐	70
Specify:			☐☐	71 - 72

Go on working = 2
Be happy = 1

CARD 2

14. For how long will you have to go on doing this?

For a while = 1 ***16*** ***(30.2%)***
Forever = 2 ***37*** ***(69.8%)*** ☐ 5

15. Have you been feeling: depressed/moody

Not at all	= 1	***28***	***(50.0%)***	
Slightly, occasionally	= 2	***14***	***(25.0%)***	
Depressed	= 3	***7***	***(12.5%)***	
Quite often, quite severely	= 4	***5***	***(8.9%)***	
Severely depressed	= 5	***2***	***(3.6%)***	☐ 6

16. Are you as active as before the operation?

Same	= 1	16	(28.6%)
More	= 2	20	(35.7%)
Less	= 3	20	(35.7%)

☐ 7

How much do you weigh (kg)? ☐☐☐ 8 - 10
79.29kg(range 47 - 125; SD± 14.7)

17. How many times have you been to see your doctor in connection with your heart since you have been discharged from hospital? ☐☐ 11 - 12
mean 4.3(range 0 - 12)

18. How many times have you been readmitted to the hospital since:
Your operation? ☐☐ 13 - 14
mean 0.6(range 0 - 4)

19. Has your sexual performance been altered by the operation?

Yes	= 1
No	= 2

☐ 15

Is it the same	= 1	***15***	***(31%)***
Better	= 2	***12***	***(25%)***
Worse	= 3	***21***	***(44%)***

☐ 16

QUESTIONNAIRE 5: ONE YEAR POST-OPERATIVELY TO SPOUSE/CARE-GIVER

CARD 3

☐ One year post-operatively

Card no:		☐☐	1 - 2
Case no:	**Spouses inteviewed: n = 50**	☐☐	3 - 4
Date		☐☐☐☐☐☐	
Name			
Tel. No.			

1. Are you satisfied with the outcome of the operation?

   Yes = 1 ***41*** ***(85.4%)***
   No = 2 ***7*** ***(14.6%)*** ☐ 5

   If no: Why not? ☐☐ 6 - 7

   Patient still has symptoms = ***3***
   Personality completely changed = ***1***

2. Do you know what diet the patient should follow?

   Yes = 1 ***32*** ***(76.2%)***
   No = 2 ***10*** ***(23.8%)*** ☐ 8

Low cholesterol	***40***	***(87.0%)***	☐	9
Low fat	***41***	***(87.2%)***	☐	10
Low calorie	***30***	***(63.8%)***	☐	11
Low salt	***30***	***(65.2%)***	☐	12

3. Medication

   How many medicines does patient take daily? ☐☐ 13 - 14
   mean 2.06(range 0 - 7; SD± 1.95)
   Name the medicines No. known ☐☐ 15 - 16
   mean 1.27(range 0 - 7; SD± 1.77)

What is the effect of each medicine? No. known ☐☐ 17 - 18
mean 1.22(range 0 - 6; SD± 1.67)

What will patient do when medication is finished?

Visit doctor	= 1	***6***	***(13.0%)***	
Repeat prescription	= 2	***32***	***(69.6%)***	
Uncertain	= 3	***8***	***(17.4%)***	☐ 19

4. Smoking

What do you know about smoking and health?

Should stop

Yes	= 1	***45***	***(93.8%)***
No	= 2	***3***	***(6.3%)***

☐ 20

Effect on cardiovascular system

Yes	= 1	***25***	***(52.1%)***
No	= 2	***23***	***(47.9%)***

☐ 21

5. Exercise

Do you know how much exercise the patient should be doing?

Amount of exercise

Yes	= 1	***12***	***(25.5%)***
No	= 2	***35***	***(74.5%)***

☐ 22

When to stop

Yes	= 1	***6***	***(12.8%)***
No	= 2	***41***	***(87.2%)***

☐ 23

6. Do you feel the operation cured the patient completely

Yes	= 1	***27***	***(56.3%)***
No	= 2	***21***	***(43.8%)***

☐ 24

If no:

Will patient have to do something else to stay well?
Should comply to:

Medication

Yes	= 1	***31***	***(77.5%)***		
No	= 2			☐	25

Diet

Yes	= 1	***32***	***(82.1%)***		
No	= 2			☐	26

Smoking

Yes	= 1	***30***	***(67.5%)***		
No	= 2			☐	27

Exercise

Yes	= 1	***27***	***(67.5%)***		
No	= 2			☐	28

Other

Yes	= 1	***6***	***(19.4%)***		
No	= 2			☐	29

Specify: ☐☐ 30 - 31

Visit doctor = 1
Be happy = 1

7. Is patient as active as before the operation?

Same	= 1	***11***	***(23.4%)***		
More	= 2	***20***	***(42.6%)***		
Less	= 3	***16***	***(34.0%)***	☐	32

8. Does patient take full responsibility for his:

Diet

Yes	= 1	***29***	***(60.4%)***		
No	= 2	***19***	***(39.6%)***	☐	33

Smoking

Yes	= 1	***37***	***(80.4%)***		
No	= 2	***9***	***(19.6%)***	☐	34

Medication

Yes	= 1	***39***	***(81.3%)***		
No	= 2	***9***	***(18.8%)***	☐	35

Exercise

Yes	= 1	**22**	**(45.8%)**		
No	= 2	***26***	***(54.2%)***	☐	36

9. Is patient depressed/moody?

Not at all	= 1	***17***	***(35.4%)***		
Slightly, occasionally	= 2	***13***	***(27.1%)***		
Depressed	= 3	***8***	***(16.7%)***		
Quite often, quite severely	= 4	***8***	***(16.7%)***		
Severely depressed	= 5	***2***	***(4.2%)***	☐	37

10. How much does the patient weigh? ☐☐☐ 38 - 40
average 78.52kg(range 47 - 125; SD± 21.12)

11. How many times has the patient been back to see the doctor in connection with his heart?
since he left the hospital? ☐☐ 41 - 42
mean 3.31(range 0 - 12; SD± 2.25)

12. How many times has the patient been readmitted to the hospital?
since he left the hospital? ☐☐ 43 - 44
mean 0.30(range 0 - 2; SD± 0.59)

QUESTIONNAIRE 6: MEDICAL AND SURGICAL INFORMATION PATIENTS

Name of patient:

1.	Case Number	☐☐	1 - 2
2.	Card Number	☐☐	3 - 4
	Cardiac Catheterization: Date	☐☐☐☐☐☐	

Name of Cardiologist:

3. Vessels involved:

Left main coronary artery

Yes	= 1	*10*	*(14.5%)*		
No	= 2	*59*	*(85.5%)*	☐	5
% stenosis				☐☐	6 - 7
(average)		*54%*			

Left ant. descending artery

Yes	= 1	*60*	*(83.3%)*		
No	= 2	*12*	*(16.7%)*	☐	8
% stenosis		*mean*	*81.37%*	☐☐	9 - 10

Diagonal

Yes	= 1	*29*	*(40.6%)*		
No	= 2	*42*	*(59.2%)*	☐	11
% stenosis		*mean*	*81.75%*	☐☐	12 - 13

Circumflex artery

Yes	= 1	*17*	*(23.9%)*		
No	= 2	*54*	*(76.1%)*	☐	14
% stenosis		*mean*	*77.4%*	☐☐	15-16

Obtuse marginal

Yes = 1	***31***	***(47.7%)***	
No = 2	***34***	***(52.3%)***	☐ 17
% stenosis	***mean***	***54.8%***	☐☐ 18 - 19

Right coronary artery

Yes = 1	***55***	***(78.6%)***	
No = 2	***15***	***(21.4%)***	☐ 20
% affected	***mean***	***84.73%***	☐☐ 21 - 22

Post descending artery

Yes = 1	***3***	***(4.3%)***	
No = 2	***66***	***(95.7%)***	☐ 23
% affected	***mean***	***10%***	☐☐ 24 - 25

4. Ejection fraction (%): ***mean: 51%*** ☐☐ 26 - 27

5. Vessels involved: ☐☐ ☐☐ 28--
mean: 2.83(range 1 - 5)

6. Diagnosis: See Appendix III

OPERATIVE PROCEDURE

7. Donor site:
Saphenous vein:

Left = 1	***23***	☐	34
Right = 2	***26***	☐	35
Both = 3	***20***	☐	36

Internal Mammary Artery:

Left = 1	***48***	☐	37
Right = 2	***1***	☐	38
Both = 3	***4***	☐	39

Number of vessels bypassed ☐☐ 40 - 41
2.84(range 1 - 5)

8.	Bypass Time: (mins) ***mean 111.39(range 32 - 514)***	□□□	42 - 44
9.	Aortic cross clamp time: (mins) ***mean 55.5(range 14 - 117)***	□□□	45 - 47

RECOVERY PERIOD

10	Days in **I.C.U.** ***mean 3.69***	□□	48 - 49
	Complications		
	Yes = 1 ***43*** ***(58.9%)*** No = 2 ***30*** ***(41.1%)***	□	50
a)	Pulmonary complications	□	51
	Yes = 1 ***24*** ***(32.9%)*** No = 2 ***49*** ***(63.9%)***	□□ □□ □□	52– —57
b)	Cardiac complications	□	58
	Yes = 1 ***26*** ***(36.1%)*** No = 2 ***46*** ***(63.9%)***	□□ □□ □□	59—- -64
c)	Other complications	□	65
	Yes = 1 ***3*** No = 2 ***68***	□□ □□ □□	66– –71
11.	Days in **WARD** ***mean 7.34(range 2 - 17)***	□□□	5 - 7
a)	Pulmonary complications	□	8
	Yes = ***10*** Specify: ***Pneumonia; atelectasis***	□□ □□ □□	9— -14

b) Cardiac complications ☐ 15

Yes = ***9*** ☐☐ ☐☐ 16—
Specify:***Balloon pump; cardiac arrythmias*** ☐☐ -21

c) Other complications ☐ 22

Yes = ***6*** ☐☐ ☐☐ 23—
Specify: ***Sepsis; renal failure*** ☐☐ -28

12. Functional test:

Yes = 1 ***28***
No = 2 ***41*** ☐ 29

13. Cholesterol levels:

Yes = 1 ***34***
No = 2 ***30*** ☐ 30
(no detail available)

14. **FUNCTIONAL ASSESSMENT**
Stress test

Card no. ☐☐ 1 - 2

Case no. ☐☐ 3 - 4

RESULTS

Pre - operatively

Positive stress test

Yes = 1 ***29***
No = 2 ***1*** ☐ 5

Protocol:

Bruce = 1	***11***		
Chung = 2	***1***		
Other = 3		☐	6
No of stages	***mean 2.3***	☐	7
Weight (kg)	***78.5***	☐☐☐	8 - 10
Resting B.P. systolic	***mean 146***	☐☐☐	11 - 13
diastolic	***mean 80.63***	☐☐☐	14 - 16
Resting pulse rate:	***mean 70.5***	☐☐☐	17 - 19
Duration of test: min.	***mean 5.86***	☐☐	20 - 21
Peak METs		☐☐☐	22 - 24
B.P. diastolic (max)	***mean 126.5***	☐☐☐	25 - 27
systolic (max)	***mean 134.00***	☐☐☐	28 - 30
Pulse rate (max)	***mean 144***	☐☐☐	31 - 33

Reason for stopping the test.

Specify:		☐☐ ☐☐	34–37
exhaustion	= ***3***		
angina	= ***1***		
dyspnoea	= ***1***		

E.C.G. changes:

Yes = 1	***7***		
No = 2	***1***	☐	38
If yes:			
during the test.		☐	39
during the recovery phase.		☐	40

ST segment depression ***Information not available***

Yes = 1		
No = 2	☐	41

Onset: ***Inadequate information available***

early = 1	☐	42
late = 2	☐	43
Duration (mins)	☐☐	44; 45
Magnitude (mm)	☐☐	46; 47

Arrythmias: ***Inadequate information available***

Yes = 1		
No = 2	☐	48

If yes:

during the test.	☐	49
during the recovery phase.	☐	50

specify: ***Inadequate information available***	☐☐ ☐☐	51–4

15. **SERUM CHOLESTEROL CONCENTRATIONS**

Measured: pre - operatively

Yes = 1 ***11***		
No = 2	☐	55
Serum cholesterol concentrations: ***mean 6.37mmol/l***	☐☐☐	56 - 58

APPENDIX II

GUIDE FOR COMPLETING THE QUESTIONNAIRES

The following are the coded responses for the six different questionnaires. Questionnaires will be identified by **Q** followed by the number of the questionnaire and this in turn will be followed by the number of the specific question on the identified questionnaire. An example would be: What sport did you play at school? specify (Q2; 4). This means that it is the fourth question on questionnaire 2. Patient had to specify the type of sport they participated in and this was coded for analysis.

Questionnaire 1

Referral Centre (Q1; 12)

Other ? (specify)
1 = directly to surgeon
2 = private hospital emergency service
3 = directly from private clinic to private surgeon.

Occupation (Q1; 13)

Can be more than one option
Limit 2

QUESTIONNAIRE 2

RISK FACTORS

Physical activity: (Q2; 4)

Numbers assigned to sporting activities

01 = cricket

02 = rugby

03 = soccer

04 = hockey

05 = swimming

06 = water polo

07 = golf

08 = ice hockey

09 = gymnastics

10 = athletics

11 = walking

12 = table tennis

13 = tennis

14 = karate

15 = boxing

16 = cycling

17 = body-building

18 = basketball

19 = baseball

20 = wrestling

21 = sailing

22 = squash

23 = bowls

24 = javelin

25 = netball

26 = jogging

27 = gym, aerobics and circuit training

28 = horse-riding

29 = football

30 = rehabilitation programme

31 = running (marathon)

32 = angling

FAMILY MEDICAL HISTORY

CAUSE OF DEATH (SPECIFY) (Q2; 5)

01 = heart attack

02 = cardiac arrythmia

03 = bypass

04 = high cholesterol

05 = stroke

06 = CCF

CAUSES OF STRESS (Q2;6)

01 = work related

02 = family

03 = people

04 = personality trait

05 = political situation

06 = old CVA

07 = divorce

08 = poor health

09 = financial

10 = separated from wife

11 = demoted and not working

12 = life very quiet but has to go on

13 = can't do as much as before

14 = life in general

15 = no job

16 = damaged vocal chords

17 = intermittent claudication, afraid he may loose his legs

QUESTIONNAIRE 3

What other symptoms brought you to doctor? (Q3; 1 d)

01 = pain

02 = stroke

03 = thyroid

04 = diabetes

05 = flatulence

06 = pain in the neck

07 = hiatus hernia

08 = allergy (skin)

09 = problems with leg painful leg (donor site)

10 = painful sternum

11 = depression

12 = high cholesterol

13 = cardiac failure

14 = arrythmia

15 = numbness of hands and feet

16 = knees (orthopaedic problem)

17 = irritable

18 = asthma

19 = nausea and sweating

20 = painful shoulder

21 = heaviness in chest

22 = sleeplessness

23 = old DVT

24 = biventricular cardiac failure

25 = hypertension

26 = CA Prostate

27 = grafts of previous bypass failing

28 = water retention; swollen feet

29 = MVA

30 = shingles

31 = gout

32 = diverticulitis

33 = hernia operation

34 = painful arm

35 = calcaneal spurs

36 = hypotension

37 = glaucoma

38 = renal

39 = arthritis

40 = MI

41 = 'flu'

42 = emergency surgery infected sternum

43 = post.-operative (after cervical fusion)

44 = Post-operative thrombosis

45 = COPD

46 = Spinal problems

47 = pneumoconiosis

48 = severe breathlessness

49 = multiple MI

50 = impotence

51 = allergies

52 = problems with voice

53 = bronchitis and sinusites

54 = wound sepsis

55 = ulcerative colitis

56 = headaches

57 = intermittent claudication

Medical history: (Q3; 2b)

site of infarction

1 = inf. aspect of the left ventricle

2 = ant infarct

3 = central infarction

4 = inferolateral aspect

What are you going to do to stay well when you go home (Q3; 8)

01 = stop smoking

02 = walking

03 = exercising

04 = return to sporting activities

05 = diet

06 = take it easy

07 = give up business lunches

08 = do the same as I've always done

09 = pace myself

10 = reduce alcohol intake

11 = join rehabilitation programme

12 = change life style

13 = regular check ups

14 = avoid annoying people

15 = read

16 = visit friends

17 = **what they tell me --if they tell me**

18 = take a holiday

19 = be active at home

20 = enjoy myself

21 = retire

22 = everything that I possibly can

23 = look after myself

Who is your cardiothoracic surgeon? (Q3; 9)

1 = Kinsley

2= Girdwood

3= Wessels (partner of dr Girdwood)

4 = Sussman (Martin) (JHB hospital)

5= Johannesburg Hospital

Who is your physician? : (Q3; 10)

01 = Gale

02 = Khan

03 = Steingo

04 = Sender

05 = McKibben

06 = Deseta

07 = King

08 = Stanley

09 = Manga

10 = Obel

11 = Baragwanath Hospital cardiac clinic

12 = Johannesburg hospital cardiac clinic

13 = Kalil

14 = Essop

15 = Dalby

16 = Cassel

17 = Schamroth

18 = Herbst

19 = Mathews

20 = Pohl

21 = Spilken

22 = Benjamin

QUESTIONNAIRE 4

Not satisfied with the outcome of the operation (specify) (Q4; 1)

01 = prolonged original admission

02 = readmission for problems with sternum

03 = sternum not united

04 = painful chest

05 = been through the most difficult time of our lives.....severe emotional stress

06 = septic leg

07 = patient is still very ill

08 = wasn't anything wrong before the operation

09 = better before the operation

10 = still has symptoms

11 = "buggered" one leg

12 = pain in L arm

13 = doesn't feel well always

14 = RHD calcification of the valves

15 = many, many problems

16 = damaged vocal chords

17 = totally changed person (cardiac arrest)

18 = wound sepsis

19 = had an aortic bypass six months after the CABG surgery

NOT RETURNED TO WORK (SPECIFY) (Q4 and 5;2)

1 = retired

2 = unemployed

3 = boarded

4 = emotionally unstable: not well

5 = had stroke

6 = medically unfit

7 = demoted

8 = retrenched

9 = on pension

10 = can't work because of leg

Do you suffer from any other symptoms? (Q4; 6)

Same numbers as in Questionnaire 3

Smoking ? (Q4; 11)

Even if the patient never smoked this question still has to be filled in

We are interested in the knowledge of smoking.

Do you consider the operation a cure? If no specify why not (Q4; 13)

01 = chronic disease

02 = persistent symptoms

03 = doesn't know

04 = persistent elevated cholesterol

05 = mechanical intervention only

06 = arrythmia

07 = non-united sternum

08 = always tired

09 = getting older

10 = only helps

11 = not the same person

12 = will have to stay away from red meat

13 = symptoms have returned

14 = pain at operation site

15 = doesn't have any strength

16 = never knew he had a problem.....now has many

17 = In God's hands

Will you have to do anything to stay well? (Q4; 14)

This must be considered a separate question

y = 1

no = 2

If yes fill in the options (same as for Q3; 8)

QUESTIONNAIRE 4 : SPOUSE'S RESPONSE

Dissatisfaction with the outcome of the operation [Q4 (spouse); 1]

Same responses as for patient (page 327)

WILL THE PT HAVE TO DO ANYTHING TO STAY WELL ? [(Q4 SPOUSE); 6]

(page 296)

Medical Information (Q6; 5)

Diagnosis:

Specify

01 = 1 vessel disease

02= 2" "

03 = 3 " "

04 = 4 "

05 = 5 " "

06 = dominant right coronary artery

07 = biventricular failure

08 = uncontrolled hypertension

09 = poor systolic left ventricular function.

10 = good ventricular function

11 = blocked Left main

12 = intractable ischaemia

13 = hypertension

14 = old MI

15 = R ventricle sluggish

16 = intra-operative cardiac arrest

17 = unstable ischaemia

18 = hypercholesterolaemic

19 = IABP

20 = endarterectomies required

21 = RCA dominant diffusely diseased not bypassed

22 = severe CAD

23 = 2nd Bypass, all vessels occluded

24 = postero-lateral ischaemia

25 = CA thyroid

26 = RHD

27 = recent onset angina

28 = hypertriglyceraemia

29 = ongoing ischaemia

30 = directly to theatre from the catheterisation lab

31 = acute infarction

32 = recent MI

33 = progressive ischaemia

34 = recent MI with cardiac arrest

PULMONARY COMPLICATIONS (Q6; 10A AND 10B)

01 = pneumonia

02 = consolidation

03 = collapsed lung

04 = raised hemidiaphragm

05 = atelectasis

06 = persistent bronchospasm

07 = dehisced sternum....all wires broken

08 = ronchi both lungs

09 = decreased air entry into bases

10 = lung not re-expanded persistent drain

11 = pneumoconiosis

12 = difficult to wean from the ventilator

13 = tracheostomy

14 = SOB Oxygen dependent

15 = electively ventilated

CARDIAC COMPLICATIONS (Q6; 10B; 11B)

01 = cardiac failure

02 = balloon pump

03 = cardiac arrythmias

04 = cardiac tamponade

05 = non patent graft

06 = intra-operative myocardial infarct

07 = hypotension

08 = bradycardia.

09 = hypertension

10 = atrial fibrillation

11 = angina

12 = haemodynamically unstable

13 = pericardium left open

14 = ventricular fibrillation

15 = ascites

16 = cardiac arrest intra-operatively

17 = pulmonary oedema

18 = bleeding from RCA intra-operatively

19 = LAD

Other complications (Q6; 10c; 11c)

ICU or ward

01 = Renal failure

02 = CVA

03 = Diabetic comp.

04 = non healing of the donor areas on the leg

05 = painful thorax

06 = Frozen shoulder

07 = fluid retention

08 = excessive oozing

09 = kidney failure

10 = sepsis

11 = problems with vocal chords

12 = confusion

13 = mullet-organ failure

14 = unstable sternum

REASONS FOR STOPPING THE EXERCISE TEST (Q6; 14)

01 = arm numb and jerking

02 = very dizzy

03 = exhaustion

04 = angina

05 = dyspnoea

MEDICATION

01 = Dispirin

02 = antihypertensive drugs

03 = antidepressant

04 = cholesterol lowering drug

05 = respiratory drugs

06 = for fluid retention

07 = for NIDDM

08 = Thyroid drugs

09 = vasodilation

10 = cardiac failure

11 = Zantac ant-acid

APPENDIX III

BODY MASS INDEX

BMI	< 24	24-30	> 30	total
Improved quality of life	3	10	4	17
No improved quality of life	7	22	10	39
total	10	32	14	56

Chi-square value = 0.034, df = 2; p = 0.983

No significant differences in BMI were found.

UNIVERSITY OF THE WITWATERSRAND, JOHANNESBURG

Division of the Deputy Registrar (Research)

COMMITTEE FOR RESEARCH ON HUMAN SUBJECTS (MEDICAL)
Ref: R14/49 (Registry)

CLEARANCE CERTIFICATE PROTOCOL NUMBER 36/9/92

PROJECT AN INVESTIGATION INTO THE FACTORS THAT MAY PREDICT THE OUTCOME OF SUCCESSFUL REHABILITATION IN PATIENTS WHO HAVE UNDERGONE CORONARY ARTERY BYPASS SURGERY WHEN ASSESSED AT THREE MONTHS AND ONE YEAR POST-OPERATIVELY

INVESTIGATORS MRS CJ EALES

DEPARTMENT PHYSIOTHERAPY, MEDICAL SCHOOL

DATE CONSIDERED 25 SEPTEMBER 1992

RECOMMENDATION OF THE COMMITTEE APPROVED

DATE 28 SEPTEMBER 1992 CHAIRMAN .....
(Prof PE Cleaton-Jones)

* Guidelines for written "informed consent" attached where applicable.

==========

DECLARATION OF INVESTIGATOR(S)
To be completed in duplicate and ONE COPY returned to Miss Sharon Boshoff at Room 10-012, 10th Floor, Senate House, University.

I/we fully understand the conditions under which I am/we are authorized to carry out the abovementioned research and I/we guarantee to ensure compliance with these conditions. Should any departure to be contemplated from the research procedure as approved I/we undertake to resubmit the protocol to the Committee.

DATE ..... SIGNATURE .....

HECLEAR.WPS/files/smb

Author: Eales C.J
Name of thesis: Self-responsibility predicts the successful outcome of coronary artery bypass surgery

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