The effect of orientation program on stress, anxiety and improve function of stress test in patients undergoing cardiac - vascular diagnostic

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On-time diagnosis of coronary disease plays a very important role in decreasing the symptoms of the disease. Nowadays, educating the patients is one of the most important and vital caring programs in medical systems, and is known as the heart of responsibilities in all fields of healthcare. The aim of this study is to find out the effect of the familiarization program on stress, anxiety, and function of the exercising test on cardiovascular patients of Rasht's Heshmat Hospital in 1396. This half-empirical was done on 34 cardiovascular patients, who were undergoing exercise test, and were chosen via convenience sampling. The instrument used for this study consists of 2 parts: demographics (age, gender,...), and the questionnaire of anxiety and stress (Laviband & Laviband, 1995). In addition, the familiarization intervention program (educational) of exercise test was used. The data was analyzed using descriptive statistics and mono-variable variance analysis tests. Analyzing each of the relevant variables show that familiarizing (educating) the patients correctly for exercise test has been effective on the patients' function in doing exercise test. Reviewing the second hypothesis has shown that familiarizing (educating) the patients correctly for the exercise test has an effect on decreasing both anxiety and stress of the patients. According to the research done on the effectiveness of the familiarizing program on decreasing psychological distress in many diseases, we can help patients by educating them how to decrease the tension by having the appropriate reaction in a stressful situation, and improve their mental health in stressful treatment conditions.

Keywords : familiarizing, stress, anxiety, improving the function on exercise test, cardiovascular disease