



Association of Gender, Mental Status and Marriage on Health Related Quality of Life Following Cardiac Surgery

Linda L. Henry PhD, RN, Lisa M. Martin, MA, Sharon L. Hunt, MBA, Scott D. Barnett, PhD, and Niv Ad, MD

*Inova Heart and Vascular Institute
Falls Church, VA*



Introduction

- Association between marital status, gender and patient acuity on 1 year changes in health related quality of life (HRQL) following cardiac surgery.

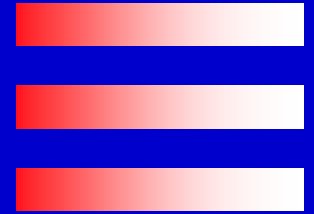


Methods

- **Population:** Patients who had undergone a cardiac surgery procedure (CABG, Valve or Combination) between September 2005 to January 2006 and had completed a baseline, 6 and 12 month quality of life survey.
- **Tool-** SF-12 Composite Mental (CMS) and Physical (CPS) Scores
- **Data:** Descriptive data was collected from the Society of Thoracic Surgery (STS) and administrative databases.



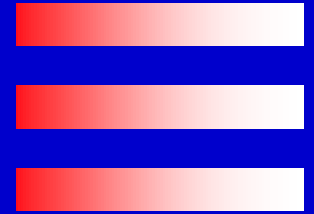
Results



- Male (73%)
- Average age 64 years old
- 75% presented for CABG surgery only



Results- Mental



- Marital status and gender were significant predictors of CMS at baseline ($p < .002$)
- Married patients experienced a 3% (48.5 vs 51.5) increase in CMS at 12 months compared to a 2% decrease for non married patients (49.2 vs. 47.7).
- CMS for both men (53.1, 53.7, 51.4) and women (45.0, 53.2, 47.7) showed improvement through 6 months but regressed at 12 months with women showing a greater decrease from 6 to 12 months.

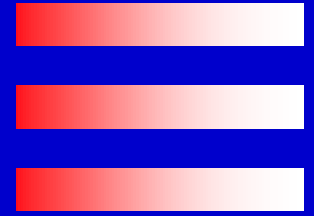


Results- Mental

- Both married (54.5, 54.9, 52.5) and unmarried men (51.8, 52.5, 50.3) demonstrated little change in CMS.
- Married (43.3, 53.4, 50.5)and unmarried women (46.7, 52.9, 45.0) dramatically improved at 6 months and equally regressed at 12 months; however, the unmarried women had a greater decrease from 6 to 12 months.
- No marital status by acuity interaction observed, however, only the least severe, non married pts regressed directly from baseline to 12 months (52.0, 50.2, 42.6)



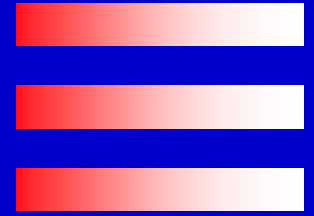
Results- Physical



- All patients showed significant improved CPS scores from baseline to 12 months ($p < .001$).
- No significant differences noted in CPS scores at baseline for marital status, gender or pt. acuity



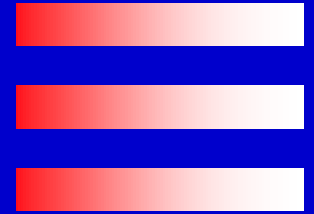
Results-Physical



- Both married (44.4, 47.7, 48.5) and unmarried pts (45.7, 49.3, 49.6) improved directly from baseline.
- Married women (40.8, 46.8, 46.5) made the greatest gains from baseline to 6 months but men (47.9, 46.9, 50.4) improved steadily through the 12 months.



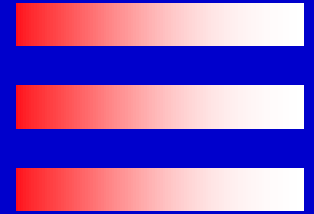
Conclusion



- Following cardiac surgery, physical HRQL steadily improved throughout the 12 month follow up for both men and women.
- Mental HRQL peaked at 6 months.



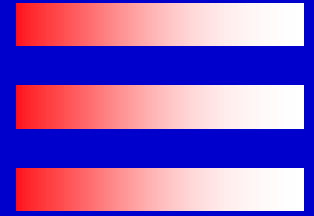
Conclusion



- Suggests that cardiac surgery removes the physical burden of cardiac disease
- Cardiac surgery may provide only limited mental status benefits especially for women

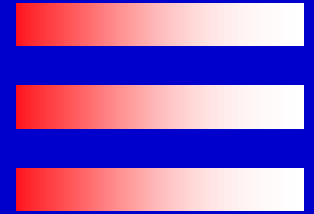


Take Home Message



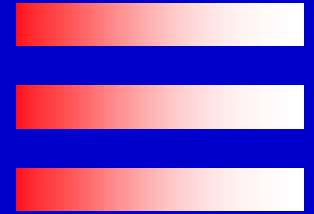
- Our findings need further exploration to understand the limited improvement in mental status especially for women after cardiac surgery.
- An area that research funding should be directed to better understand the differences in treatment interventions for men and women with cardiac disease.





Questions





Thank You



Cardiac Surgery Research

