‘Lifestyle Risk Factors for Cardiovascular Disease for Cardiac Nurses and the perceived Barriers they face in achieving a Healthier Lifestyle’

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Why Cardiovascular Disease (CVD)?

- CVD most common cause of death in Ireland (DOHC, 2010).
- CVD is the leading cause of death internationally accounting for 17 million deaths globally (WHO, 2011).
- 80% of these deaths were due to myocardial infarction (MI) and cerebrovascular accidents (CVA) (WHO, 2011).
## Multifactorial causes of CVD

<table>
<thead>
<tr>
<th>Factor</th>
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<tbody>
<tr>
<td>Smoking</td>
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<tr>
<td>Physical Inactivity</td>
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<tr>
<td>Poor Diet</td>
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<tr>
<td>Obesity</td>
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<td>Dyslipidaemia</td>
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<td>Hypertension</td>
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<td>Diabetes Mellitus</td>
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<td>Psychological and Social Factors</td>
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(Foody, 2006)
Does CVD prevention work?

- The ESC state that prevention is effective.
- CVD is 80% preventable due to the modification of risk factors.
- The aim of preventive cardiology is to lower the risk of developing symptomatic atherosclerotic diseases.
Why study Cardiac Nurses?

- Educators and Care Givers
- Health Promotion and Disease Prevention
- Healthy living and behavioural role models

Healthy living and behavioural role models

Educators and Care Givers

Health Promotion and Disease Prevention
Barriers to healthier lifestyle for nurses

- It has been documented that nurses lack the motivation, tools and opportunities needed to make healthy changes (Zaho et al 2011).
- These barriers such as lack of free time, shift work, stress and so on, can increase nurses’ own risk of developing CVD.
Nurses CVD Risk in Ireland

- Aim of this study was to assess cardiac nurses’ lifestyle and the barriers they face in achieving a healthy lifestyle as per CVD prevention guidelines by the ESC.

- Additionally, this study aimed to compare body mass index (BMI) of these nurses with national figures found in the healthy Ireland Survey (2015).
Study Instruments

- The FANTASTIC Lifestyle Assessment Tool
- BMI Calculation
- 5 Questions on ESC Guidelines of CVD Prevention
Response Rate of Study participants (%)
Smoking Prevalence (%)
ESC Physical Activity (PA) Guidelines Achieved (%)

- Met PA Guidelines: 63%
- Did not meet PA Guidelines: 76%

Legend:
- Blue: Research Finding
- Orange: Healthy Ireland Survey 2015
ESC Diet Guidelines Achieved (%)

- Met ESC Diet Guidelines: 28.6%
- Did not meet ESC Diet Guidelines:
  - Research Finding: 71.4%
  - Healthy Ireland Survey 2015: 74%
Quality of Sleep - Psychosocial Wellbeing (%)

- Adequate amount of sleep reached: 28%
- Inadequate amount of sleep reached: 92.9%

Research Finding: 7.1%
Healthy Ireland Survey 2015: 72%
Correct MCQ Answered (%)

- Question 1 (Physical Activity): 5.7%
- Question 2 (Fruit & Vegetables): 35.7%
- Question 3 (Anthropometric Measurement): 87.0%
- Question 4 (Mortality Reduction): 58.6%
- Question 5 (Blood Pressure): 82.9%
Body Mass Index (%)
Barriers Experienced by Nurses (%)
Mean BMI with and without Healthy Lifestyle Barriers

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<tr>
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<th>Mean BMI with Healthy Lifestyle Barrier</th>
<th>Mean BMI without Healthy Lifestyle Barrier</th>
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<tbody>
<tr>
<td>Shiftwork</td>
<td>25.4</td>
<td>23.8</td>
</tr>
<tr>
<td>Family Commitments</td>
<td>26.0</td>
<td>24.1</td>
</tr>
<tr>
<td>Lack of Motivation</td>
<td>26.2</td>
<td>24.5</td>
</tr>
<tr>
<td>Tiredness</td>
<td>25.0</td>
<td>24.6</td>
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Support for Nurses

- Increased disability, decreased workplace productivity and increased absenteeism burden the healthcare system. Obesity is said to be one of these issues (Thompson, 2007).

- The lack of institutional support was identified by nurses as a major barrier in their ability to improve their lifestyle (Phiri et al. 2014).
Implications for Practice

- As the health of the nurse is so important, employers must assess barriers nurses face in achieving a healthy lifestyle, along with implementing interventions.
- This study showed trends of unhealthy lifestyle activity which may put cardiac nurses at risk of developing CVD.
- ESC Guidelines recommend that nurses and other healthcare staff should implement CVD prevention education (Piepoli et al. 2016).
Limitations of this Study and Future Research

- Convenience Sample
- Subjective Data
- Self-Selection Bias
- Similar Trend with National Findings
- Health Awareness of Sample
Conclusion

- Numerous studies have taken place internationally regarding the topic of nurses’ cardiovascular health- Ireland is lagging behind.

- This study provides an insight in to the risk factors for CVD which cardiac nurses experience.

- Initiatives to promotes nurses health are needed.

- Nurses must realise that their health not only affects themselves but also their patients in terms of the quality of care they provide and their credibility as role models.
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