

## Quality of Life in Patients with Coronary Artery Disease Attending the Cardiology Clinic at the University Hospital, Kotelawala Defence University, Sri Lanka

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Coronary artery disease (CAD), significantly affects the quality of life (QoL) of patients. Investigating QoL and contributory factors is crucial for the diagnosis and management of CAD. Comprehensive assessment of QoL among CAD patients in Sri Lanka is underexplored. The study aimed to evaluate the QoL, associated factors, and correlations between domains among CAD patients at the University Hospital, Kotelawala Defence University (UHKDU), Sri Lanka. Conducted as a descriptive cross-sectional study with 343 patients aged 18-75 who had been diagnosed with CAD for over a year and were undergoing either medication or surgery, the study utilized the WHOQOL-BREF questionnaire to assess QoL and considered socio-demographic factors. The Mann-Whitney U, Kruskal-Wallis, and Spearman correlation coefficient tests were used to evaluate the associations and correlations of demographic variables and clinical characteristics with QoL measures using SPSS version 25. The mean scores for physical health, psychological health, social relationships, and environmental health were 58.93 ( $\pm 14.89$ ), 70.43 ( $\pm 14.93$ ), 59.97 ( $\pm 19.27$ ), and 69.45 ( $\pm 11.87$ ), respectively. Factors significantly impacting QoL included income levels, loneliness, changes in social activities, overall mood and emotional status, family support, relationship with family and friends, ability to perform daily activities, symptoms such as shortness of breath, and satisfaction with the care received, and it was found that revascularization procedures improved QoL compared to medical therapy ( $p < 0.05$ ). Strong positive correlations are observed between all pairs of QoL domains, all of which are statistically significant ( $p < 0.01$ ). It is recommended that holistic patient care, addressing both medical and social needs, be emphasized to improve QoL outcomes.

**Keywords:** *associated factors, coronary artery disease, quality of life, Sri Lanka, WHOQOL-BREF*