

Randomised controlled trial comparing a self-help cognitive behavioural programme, the Angina Plan, with standard care for angina patients admitted to hospital

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Background

Coronary heart disease (CHD) in Scotland accounts for more deaths than in any other country in the world and angina pectoris is the most common clinical manifestation of CHD. Several interventions are available for patients following myocardial infarction but in practice cardiac rehabilitation programmes are not offered to patients with angina.

Aims of study

To determine whether patients who are diagnosed with angina and provided with the Angina Plan demonstrate:

1. Greater benefit* than those receiving standard care?

* Benefit will be determined as an increased knowledge of disease and treatment, a reduction in levels of psychological distress, improved quality of life, improved risk factor profile and a reduction in cardiac symptoms (e.g. chest pain, breathlessness).

2. Do partners of the patients who received the Angina Plan demonstrate:

- Increased knowledge of disease and treatment
- Less psychological distress

when compared with partners of patients who received standard care?

3. Are there any differences in patients who receive the Angina Plan compared to standard care?

Methods of working

The proposed study aims to complete a randomised controlled trial to compare a self-help cognitive behavioural programme, the "Angina Plan", with standard practice for patients diagnosed with angina. The research would be carried out at Tayside University Hospitals NHS Trust and aims to recruit 300 patients admitted with angina over 15 months. Health outcomes will be assessed at baseline and at 6 months after discharge. The results of the study will assist clinicians and managers in Tayside to direct the future provision of cardiac rehabilitation services to their angina patients.

Funding

This project is funded by the Chief Scientist Office, Scottish Executive