OP8   The impact of diabetes on the quality of life in patients with ischaemic heart disease undergoing coronary revascularization

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Objectives

To compare the changes in quality of life before and one year after coronary revascularization in patients with coronary artery disease with and without diabetes.

Methods

This was a prospective cohort study done over a period of one year among patients undergoing Coronary Artery Bypass Graft (CABG) and Percutaneous Transluminal Coronary Angioplasty (PTCA) at the National Hospital of Sri Lanka during the study period of 2009-2010. Quality of life data on physical health, psychological, social relationships and environment domains, before and one year after coronary interventions were collected from 37 and 73 patients undergoing CABG and PTCA respectively. WHO QOL BREF Questionnaire was used for assessing quality of life. High domain scores indicated higher quality of life. Data were analyzed using SPSS 17.0 software. Paired t-test was used to compare the means of individual domain scores as well as total domain scores.

Results

Among the 37 CABG and 73 PTCA subjects, 35.6% and 43.2% had diabetes, respectively. Mean QOL of the four different domains before CABG and after CABG were 12.71 and 14.24 for physical health, 13.96 and 14.57 for psychological, 13.22 and 13.56 for social relationships, 13.41 and 14.18 for environment, respectively. Mean QOL of the four different domains before PTCA and after PTCA were 12.24 and 12.95 for physical health, 14.73 and 14.07 for psychological, 14.17 and 11.95 for social relationships, 13.71 and 13.66 for environment respectively. After PTCA, the quality of life had increased only in the physical health domain of both diabetic and non-diabetic patients (p=0.04 and p=0.01 respectively). In diabetic patients, after CABG, quality of life had significantly increased

(p=0.01) only in the physical health domain but not in others (Psychological, social relationships and environment). In non-diabetic subjects undergoing CABG the quality of life had significantly increased in all four domains (p=0.01, p=0.01, p=0.05, p=0.003 respectively).

Conclusions

The overall quality of life had a significant increment after CABG than PTCA in non-diabetic subjects, but there was no such increment in diabetic subjects. Quality of life in the physical health domain significantly increased in diabetic and non-diabetic patients both after PTCA and CABG. Other domains showed significant increment only in non-diabetic subjects after CABG.

OP9   Patterns of resting heart rate and its correlates among Sri Lankan adults.

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Objectives

Resting heart rate has been shown as an independent risk factor for cardiovascular disease. There is scarcity of data on heart rate in non-Caucasian ethnic groups especially among South Asians. We aimed to study the patterns of heart rate and its correlates among Sri Lankan adults.

Methods

In this cross sectional study a nationally representative sample of 4485 adults was recruited from all provinces excluding the North & East by a multi-stage stratified random cluster sampling method.12-lead resting ECGs were obtained and coded according to the Minnesota code by two clinicians. Data from a structured interview, medical examination and investigations including OGTT and FBS were recorded. Data were analyzed using SPSS. Pearson's Correlation coefficient(r) was used for comparing resting heart rate with other numerical variables and Chi square test was used for comparing categorical variables.