

24th World Nursing and Healthcare Conference

September 13-15, 2018 | Copenhagen, Denmark

Travelling to the dark side of the moon: Psychosocial factors in heart transplantation (that is, how does it feel to have a heart transplant?)

Will Loeffler

HealthGuest®, Inc., USA

Utilizing the metaphor of an astronaut travelling to the dark side of the moon, the author (a heart transplant patient 4 years post-surgery) describes in detail the psychosocial processes the patient undergoes in preparing for, enduring, and recovering from a heart transplant. Specific stages are explored for the range of coping mechanisms and reframing methods necessary to keep moving forward in a productive way amid protocols, chaos, pain, and uncertainty. Opportunities for healthcare system improvements for care of patients are presented which can be utilized in cardiology and other settings where extended trauma is involved.