

**ORIGINAL PAPER**

**Determination of the Herbal Products Used by Patients with Ischemic Heart Disease Prior to Surgery**

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**Abstract**

**Objective:** To determine the herbal product usage status of patients with the diagnosis of ischemic heart diseases (IHDs), who had been hospitalized for coronary by-pass grafting surgery.

**Methods:** Among the patients hospitalized in the cardiovascular department for cardiac surgery due IHDs between October 2009 and May 2010, those who were over 18 years of age and who met the inclusion criteria were included in the study. Data were collected using Form 1 (demographic data) and Form 2 (data of herbal use) which were developed by the researchers.

**Results:** Ninety-seven (32.55%) of 298 patients included in the study had mentioned a type of herbal product use in the three months previous to the study. Statistically significant differences were found between the demographic characteristics of the patients with or without herbal product use, including gender, educational status, the place they lived in, the occupational status, other diseases and the age ( $p<0.05$ ). It was determined that none of the participants ( $n=298$ ) had any information on the possible interaction of the drugs with the herbal products, and that none of the herbal product users ( $n=97$ ) had informed the healthcare providers about the subject.

**Conclusion:** Cardiovascular diseases constitute an important group of diseases which may only be diagnosed and treated by evidence-based, multidisciplinary approaches, and they remain the leading causes of all deaths. It is considered that the use of herbal products by the recommendations of friends or the people in the media is extremely dangerous.

**Key Words:** herbal products, ischemic heart disease, coronary by-pass grafting surgery, nursing