

Supplementary file 1. Final Care Needs Questionnaire in Phase 1 of CR in Patients with CAD: CNCR-Q

Physical care needs
1. Which is the correct phrase for CAD (blood vessels in the heart)? a) Reduced blood flow to the heart due to valve problems b) Lack of blood vessels due to high blood pressure c) Permanent damage to the heart if not treated d) I don't know
2. Which of the following are the most important signs and symptoms of CAD (blood vessels in the heart)? a) Chest pain that spreads through the shoulder or hand b) Severe weakness c) Decreased consciousness d) I don't know
3. What is the correct phrase in the case of future treatment of CAD (blood vessels in the heart)? a) The disease is not treated as a root cause b) There is a temporary illness c) Despite the instructions given by the doctor, the disease is not controlled. d) I don't know
4. Which of the following is a controllable risk factor for CAD (blood vessels in the heart)? a) Consuming high-fat foods b) Family history of heart disease; c) aged over 55 years d) I don't know
5. What should be considered regarding post-discharge sex in cardiac patients? a) Patients with chest pain are not allowed to have sex b) Patients with myocardial infarction have no limits for sexual intercourse c) Patients that have undergone open heart surgery should not have sex for at least 1 month after surgery. d) I don't know
6. In patients with CAD (blood vessels of the heart), should exercise be stopped if any of the following symptoms occur? a) Sweating b) Shortness of breath c) Feeling weak and tired d) I don't know
7. Which of the following should be followed in the diet after discharge? a) Diet without salt or low salt b) Consumption of grilled food c) Excessive fluid intake d) I don't know
8. What should be the low-fat diet after discharge? a) Unsaturated oil (vegetable) b) Industrial liquid oils c) high-fat dairy d) I don't know
9. What should be followed for the use of medications after discharge? a) Taking medications according to physician's instructions b) Discontinuing medications if any side effects occur c) Taking antihypertensive drugs before bedtime d) I don't know
10. What is the correct phrase for the side effects of medication? a) The possibility of heart palpitation when taking heart medications such as digoxin b) The possibility of digestion problems if you take medications such as aspirin c) The possibility of blurred vision when using antihypertensive drugs d) I don't know
11. Which of the following is required in relation to smoking after the discharge? a) Avoid exposure to cigarette smoke b) In case of smoking, it should be stopped suddenly c) Use of hookahs in heart patients is possible d) I don't know
12. When should follow-up visits be done after discharge? a) Depending on the doctor's opinion, one week to 10 days after discharge b) If you experience symptoms such as hypotension or dizziness c) Post-discharge visits are not required d) I don't know
13. If any of the following symptoms occur after discharge, should you go to a doctor? a) Feeling of back pain or chest pain that does not improve despite medication b) Palpitations of the heart c) Swelling of the legs

14. In which of the following situations should you avoid sports?	a) In very cold or very hot weather and contaminated c) When feeling tired and weak	b) Before eating d) I don't know
15. What should be observed in the care of the wound after discharge?	a) Weekly washes of the wound site with shampoo or baby soap c) Avoid wearing tights	b) Washing the sutures with the lips
16- Which of the following symptoms at the site of the wound should be reported?	a) Large discharge or pus b) Numbness at the site of sutures c) Pain at the wound site d) I don't know	
Requirements for the discharge plan		
17. Which of the following is required in relation to meeting with friends and relatives after discharge?	a) Avoid contact with people with infectious diseases c) I must refuse to meet with others for 1month	b) I can only meet with friends and relatives d) I don't know
18. Which of the following strategies helps in creating a sense of relaxation in the heart patient after discharge?	a) Psychological support of the patient's family c) Encourage positive communication with others	b) Advice to the patient not to attend social gatherings d) I don't know
19. What are the implications of using spiritual well-being solutions for a heart patient?	a) Exacerbating anxiety and apprehension in the patient c) Reduce fear and worry	b) Making the disease more difficult d) I don't know
20. In relation to nutrition after discharge, which of the following should be avoided?	a) Consumption of three meals c) Food intake	b) Consumption of small amounts of food per meal d) I don't know
Spiritual- psychological care needs		
21. Nurses provide conditions for expressing religious beliefs of patients	a) Always; b) most times; c) sometimes; d) rarely; e) never	
22. Nurses provide us with the Qur'an and prayer books	a) Always; b) most times; c) sometimes; d) rarely; e) never	
23. Nurses provide patients with conditions for prayer	a) Always; b) most times; c) sometimes; d) rarely; e) never	
24. Nurses encourage patients to visit religious clerics	a) Always; b) most times; c) sometimes; d) rarely; e) never	
25. Nurses encourage patients to attend religious meeting places	a) Always; b) most times; c) sometimes; d) rarely; e) never	
26. Nurses reinforce their sense of hope and trust in God when they are in the hospital.	a) Always; b) most times; c) sometimes; d) rarely; e) never	
27. Nurses are always available to the patients for mental and psychological support	a) Always; b) most times; c) sometimes; d) rarely; e) never	
28. Nurses listen to patients' concerns in order to calm them in the department.	a) Always; b) most times; c) sometimes; d) rarely; e) never	
29. Nurses encourage patients to use amusement and entertainment centers and enjoy music and other joyful activities.	a) Always; b) most times; c) sometimes; d) rarely; e) never	
Social-family care needs		
30. After discharge from the hospital, I avoid having sex immediately after meals	a) Always; b) most times; c) sometimes; d) rarely; e) never	
31. After discharge from the hospital, for sex, I find myself in a position not on the chest.	a) Always; b) most times; c) sometimes; d) rarely; e) never	
32. After discharge from the hospital, I use a sublingual tablet, if needed.	a) Always; b) most times; c) sometimes; d) rarely; e) never	
33. Nurses encourage patients to laugh and do their favorite hobbies		

a) Always; b) most times; c) sometimes; d) rarely; e) never
34. Which of the following strategies is helpful in reducing stress and anxiety?
a) Use of deep breathing b) Reducing sleeping hours; c) Being in crowded places d) I don't know
35. Which of the following statements is correct regarding driving after the discharge?
a) Driving with high-risk vehicles such as motorbikes for up to 3 months is prohibited
b) After 1 week, I am allowed to drive in short routes
c) I can ride a bicycle immediately after discharge
d) I don't know
36. Which item should be respected in relation to returning to work after discharge?
a) Returning to work if tolerated and able b) No need to modify past work;
c) Return to work immediately after discharge d) I don't know
37. When do I travel after discharge?
a) Two weeks after discharge with the opinion of the doctor b) Only allowed to travel by airplane
c) Long trips by car or train is dangerous d) I don't know