

A STUDY TO EVALUATE THE EFFECTIVENESS OF STRUCTURE TEACHING PROGRAMME ON RISK FACTORS OF CORONARY ARTERY DISEASE (CAD) AND HEALTHY LIFE STYLE TO CREATE KNOWLEDGE AMONG PATIENTS WITH CARDIAC DISEASES

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Abstract:

Aim: The main aim of the study was to evaluate the effectiveness of a structure teaching programme regarding the knowledge of risk factors of CAD and healthy life style among the patients with cardiac disease **Material and methods:** Patients were selected through simple random technique 60 patients were selected, 30 each in experimental group and control group. Data were collected by (1) Structured knowledge questionnaire on CAD (2) Structured self rating scale on CAD. Content validation and reliability was established for all tools. On 1st day after random selection of subjects, pre-tests were administrated to both, i.e., the experimental and control groups. Next day the STP on risk factors of CAD was conducted to the experimental group. On 8th day of STP post-test was given to both the groups using the same tools. **Analysis:** Most of the sample (experimental group-88.3%), control group-68%) had moderate knowledge regarding risk factors of CAD in the pre-test. Whereas the mean percentage post-test scores and the modified gain scores in all areas were found to be high in experimental group only. There was significant difference between pre-test post-test knowledge scores in experimental group only.

Key words: Effectiveness Planned teaching programme, Risk factor, Coronary artery disease (CAD), Knowledge and patients with cardiac disease

I.INTRODUCTION

The incidence of cardiovascular diseases (CVD) is increasing due to our modern lifestyle and especially affect human life expectancy. According to worldwide estimation, Coronary Artery Disease (CAD) is considered as a leading cause mortality with > 4.5 million deaths occurring in developing world. Due to industrialization and changing feature of socio-economic scenario, the incidence of CAD is rising in developing countries as well as in developed countries. Cardiovascular deaths in KSA 413 as per 100,000 in 2002, 144 (35 percent) were due to

cardiovascular disease to be estimated (WHO report, 2008) Kingdom of Saudi Arabia. Prevalence of coronary artery disease in KSA is three to four folds higher than in America and Europe. In Kingdom Of Saudi Arabia it is estimated that 42% of deaths is occurring due to cardiovascular disease. Nurses play a strong role in helping patients reduce their risk for disease and make informed lifestyle changes. Reliability of the nurses is critical for them to serve as role models and educators. The aim of the present study was to improve cardiac disease patients knowledge regarding risks factors of coronary artery disease and healthy lifestyle at general hospital Alnamas through a newly designed structure teaching programme. It has been believed that public awareness programme & patient education is the best instrument to create the knowledge and in the prevention of occurrence of CAD by helping patients to take care of their own health and help them to increase the life expectancy.

II. SIGNIFICANCE OF THE STUDY

CAD epidemics are essentially preventable according to existing knowledge. In the majority of developed countries CAD mortality has fallen by a third or half in the last two decades. It is believed that mortality rate due to CAD is decline by 54% through patient health education. Several study findings have revealed that the knowledge about the risk factors of CHD helps to prevent further complications among cardiac disease patient. Further reports from clinical nurse researcher's states that in general, people have the lack knowledge about the risk factors of CAD and it should be improved to prevent further deterioration of disease.

While seeing the adult group, patients suffers more from CHD, just because of their unhealthy life styles. Knowledge, awareness of risk status, scenario of disease and structured teaching programme about the risk factors of CAD, staff nurses initiative to teach the patients will all helps to reduce the mortality rate due to cardiovascular disease. Myocardial infarction results in enormous burden of increased mortality and morbidity by threatening the patient's stability, security, adaptability, belief and assumptions. Based on these experiences, we faculty members of Applied Medical Science College For Females At Alnamas conducted an experimental study to create awareness among cardiac patient attending at general hospital Alnamas regarding risk factors of cardiovascular disease and healthy lifestyle, the study not only helps to create awareness but also helps to prevent further health deterioration of cardiac disease patient and reduce the mortality rate.

III. STATEMENT OF THE PROBLEM

A study to evaluate the effectiveness of structure teaching programme on risk factors of coronary artery disease (CAD) and healthy life style to create knowledge among patients with cardiac diseases

A. Aim/objectives of the study

1. Assess the knowledge regarding risk factors of CAD among patient with cardiac disease.
2. Find the effectiveness of planned teaching programme between pre-test & post-test knowledge regarding risk factors of CAD.
3. Compare the effectiveness of planned teaching programme between the experimental and control group on knowledge of risk factors of CAD.

IV. METHODOLOGY

A Quantitative evaluative research approach was used for the study. The research design adopted was pre-test post-test control group design. Data collected by simple random technique. The sample consist 60 administrative employees (30 experimental and 30 control groups).. The sample consist 60 patients (30 experimental and 30 control groups). as it involves the collection of data from a representative sample population. This approach is suitable to assess the effectiveness of the structure teaching programme on acquired knowledge by post-MI patient cardiac rehabilitation education.. After obtaining consent & permission from the respondents, pre-test was conducted; pre-test was completed in 6 days. Planned teaching programme with regards to risk factors of CAD was administered on the 2nd day to the experimental group only. It was given in 4 groups, having different numbers of subjects in each group. The method of instruction adopted was lecture cum discussion. After the teaching session, the subjects were asked to clarify their doubts. After a week of teaching the post-test was administered on both groups

V. RESULTS

Section I: Distribution of participants on selected demographic characteristics The data in experimental group the maximum number (i.e. 64.8%) of participants were in the age group of 40-60 years, Regarding the source of getting health related information, most of the participants (60%) in experimental group getting information from mass media. Regarding watching health related programme on TV most of participants (40.4%) in experimental group watching TV rarely. Regarding the attending talk/seminars on heart diseases in experimental group only 5%.

Section II: Evaluation of planned teaching programme in terms of gain in knowledge scores

The data presented shows that the majority of the subjects in both in the experimental group (88.3%) and the control group (68%) had moderate knowledge regarding risk factors of CAD.

Section III: Test to find out the difference between the means of pre-test and post-test knowledge score A paired 't' test was computed in order to find out the significance of difference between the means of pre-test and post-test knowledge as given below

The mean post-test scores of experimental group was higher in the all areas of risk factors of CAD than their pre-test knowledge scores. 't' values computed in all areas were significant at 0.05 level. This showed that in experimental group, there was a significant gain in the knowledge scores in all areas of CAD. Therefore the planned teaching programme was an effective method of increasing the participant's knowledge on risk factors of CAD.

Section IV: Finding out the effectiveness between the experimental and control group An unpaired 't' test was computed in order to find out the effectiveness between the experimental and control group. To find out the effectiveness in value, 't' test was computed and obtained value

VI. RECOMMENDATION

On the basis of the findings of the study, it is recommended that:

- A study can be conducted among larger sample thereby findings can be generalized for a larger population
- A longitudinal study may be conducted to determine the effectiveness of planned teaching programme on the knowledge, risk status and on the preventive measures among adult age group.
- A similar study can be conducted in different settings i.e. communities, industries, hospitals, schools and other institutions.
- A similar study can be done using other different innovative teaching strategies i.e. Self-instructional Modules etc.
- A study may be conducted to assess the association between the risk status for CAD and preventive measures for CAD among adults.

VII. CONCLUSIONS

It was concluded that the structured teaching programme improved the knowledge of the cardiac disease patients. . The STP is affective in meaningful learning. If the public is properly educated they can act as

resource personal to impart knowledge and modify their life style and prevent the occurrence of cardiac disease from their family and thus they impart their knowledge to the community. The study findings also revealed that cardiac disease patient got adequate knowledge regarding healthy lifestyle which helps them to have a long life without further complications.

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