



**A STUDY TO ASSESS THE EFFECTIVENESS OF EDUCATION  
PROGRAMME ON KNOWLEDGE REGARDING LIFE STYLE CHANGES FOR  
PREVENTION OF HEART ATTACK AMONG CARDIAC PATIENTS IN  
SELECTED HOSPITAL AT INDORE M.P.**

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**Abstract**

In This Pre Experimental Design, Sample consist Of 50 cardiac patients at Selected hospital By Non Probability Purposive Sampling Technique. Self Structure Questionnaire Tools Was Used For Assessing The Knowledge Of cardiac patients, Pre Test Was Conducted By Using The Structured Questionnaire And After 7 Days Post Test Was Conducted Using The Same Structured Questionnaire For Assessing the effectiveness of education programme on knowledge regarding life style for prevention of heart attack among cardiac patients Mean Percentage Of The Knowledge Score Of Post Test Mean 22.58 Was Higher Than Mean Pre Test 5.73 The 'T' Value For Total Pre Test And Post Test Was 29.6. The Data Was Analyzed In Terms Of Descriptive And Inferential Statistics.

**INTRODUCTION**

Coronary Heart Disease (CHD) is a multi-faceted disease and the real cause remains a mystery despite some long-term uncertainties and incomplete information we have enough information to do successfully. CHD can be prevented by diagnosing and correcting risk factors and by changing lifestyle patterns. We must avoid focusing on the enthusiasm of preventive physicians. Medical procedures now try to change the lifestyle of people with heart disease in order to improve their change to avoid heart attacks.

Efforts will be made to identify traditional health-related behaviors that will promote, for example, 'low-salt diets' a general message to society as a whole aimed at preventing misconduct and the spread of harmful traits in the hospital and community.

Recognition of hypercholesterolemia as a risk factor in Coronary Heart Disease (CHD) has led to the development of drugs that lower cholesterol levels. These drugs lower cholesterol levels. These drugs have been used in a well-controlled study of patients with high cholesterol levels mainly due to the tested low-density lipoprotein (LDL) level. The results of this study show that Coronary Heart Disease (CHD) mortality decreases when patients with hypercholesterolemia are treated with moderate doses of hypolipidemic drugs.

Apparently a complete increase in efforts to use cost-effective and cost-effective strategies to improve the quality of life for patients / at high risk for Coronary Heart Disease (CHD) patients.

### **Objectives**

1. To assess the level of knowledge regarding life style changes for prevention of heart attack among cardiac patients
2. To develop and administer educational intervention regarding life style changes for prevention of heart attack.
3. To compare the pre-test and post-test knowledge score after the education intervention
4. To find the association between pre test knowledge score with selected demographic characteristics.

### **Hypothesis:**

The hypotheses will be tested at 0.05 level of significance.

H<sub>1</sub> – There will be significant difference between pre test and post test knowledge score regarding life style changes for prevention of health attack

H<sub>2</sub> – There will be significant association between the mean pre-test knowledge score with selected demographic variable

### **Methods and Material**

An extensive review of literature was undertaken. The conceptual framework based on health promotion model An experimental research approach was used to assess the knowledge regarding life style changes for prevention of health attack

Among cardiac patient A pre experimental research design was Considered Appropriate for the study effectiveness of education programme on knowledge regarding life style changes for prevention of heart attack among cardiac patients One group pre test and post test design was used. In order to measure the content validity of the tool, the questionnaire schedule was given to the 12 experts from the field of Medical Surgical Nursing and community health nursing. The experts were chosen on the basis of their clinical expertise, experience, qualification and interest in the problem area. The tool was found reliability of tool was calculated with split half method and found 0.79 which is statically reliable for the present study.

## RESULT

The major findings of the study revealed that It was inferred that among 50 participants (92%) had inadequate knowledge and (8%) had moderately adequate knowledge and none of them had adequate knowledge. The post test was conducted after administration of education intervention regarding life style changes for prevention of heart attack On the seventh day post test was conducted by using the same questionnaire. The post test knowledge scores showed a significant difference. Majority of them (80%) gained adequate knowledge and (20%) gained moderately adequate knowledge which showed that education intervention regarding life style changes for prevention of heart attack among cardiac patients was effective. The obtained pre test over all mean score was 5.73, SD 2.9, Mean percentage was 9.55% and range was 12. The obtained post test over all mean score was 22.58,SD was 2.8, Mean percentage was 37.63% and range was 8 .The mean difference between the pre test and post test score was 16.85 and the obtained 't' value 29.6 was significant at  $P < 0.05$  level.

***It was evident that compared to pre test knowledge score there is significant increase in the post test knowledge scores. Hence the research Hypothesis (H1) is accepted. Therefore it can be interpreted that the education intervention regarding life style changes for prevention of heart attack among cardiac patients.***

## CONCLUSION

Physicians and other health care providers have a unique opportunity to provide comprehensive secondary prevention interventions to their patients with established CVD. Accordingly, recommendations should extend beyond prescribed cardio protective

pharmacotherapy's to include lifestyle modifications that facilitate cardiovascular risk reduction. Contemporary guidelines for coronary and other atherosclerotic disease patients include lifestyle modification strategies in addition to pharmacotherapy, that when incorporated into clinical practice result in decreased 7-day and 1-year mortality. Lifestyle changes, including regular exercise, following a heart-healthy diet, quitting smoking and avoiding secondhand smoke, and addressing depression and other psychosocial modulators of behavior, provide independent and additive benefits to patients with CVD. Thus, physicians and paramedical professionals should purposefully educate their patients regarding evidence-based lifestyle changes, discuss implementation strategies, identify perceived barriers to behavior change, provide access to resources and support, engage in goal setting, and revisit mutually agreed-upon goals and actions on an ongoing basis, to further optimize secondary prevention.

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