Knowledge And Self Reported Practices: Lifestyle Modification for Patients With Ischemic Heart Disease.

Mrs. Shilpa. Bakal.

Clinical Instructor, Sinhgad college of Nursing Pune

Introduction
Cardiac diseases are going to be a major illness problem in India in coming years. Indians are prone to this disease because of their faulty lifestyle as sedentary living, wrong food habits, increased level of stress causing the younger generations vulnerable to cardiac illnesses. Some people who have heart diseases and insufficient blood flow to the heart muscles do not have any symptoms and in rare instances a person can even have silent heart attack without any symptoms. In these situations improving knowledge regarding disease condition and certain modification in lifestyle will certainly help the patients to live life in a better way. As verbal advices can’t last for longer period of time in memory, written instructions are always helpful and truly useful.

Problem Statement
“A study to assess knowledge and self reported practices about lifestyle modification among patients with Ischemic Heart Disease attending cardiac OPDs of selected hospitals in Pune city with the view to develop self instructional module”.

Objectives
• To assess the knowledge regarding lifestyle modification among patients with Ischemic Heart Disease.
• To assess self reported practices about lifestyle modification among patients with Ischemic Heart Disease.
• To determine association of knowledge and self reported practices with selected demographic variables.
• To develop self instructional module for IHD patient.

Research Methodology
Methodology of research indicates the general pattern for organising the procedure for the empirical study together with the method of obtaining valid and reliable data for problem under investigation. It includes the description of the research approach, research design, setting of the study, sample and sampling technique, development of data collection tool, procedure for data collection and the plan for data analysis. The present study aimed at assessing the knowledge and self reported practices regarding lifestyle modification among patients with Ischemic Heart Disease and also to determine association of knowledge and self reported
practices with selected demographic variables like age, gender, marital status, educational status, occupation, socioeconomic status of the family, diet, health habits, duration of IHD, history of hospitalization with IHD, family history of IHD and other associated diseases with the view to develop self instructional module.

A quantitative exploratory descriptive approach was found to be more appropriate for the study. The research design adopted for this study was simple descriptive non experimental survey design.

Sample and Sampling Technique

Non probability purposive sampling technique was adopted The sample size for this study was 300.

Description of the tool

Section I – A) Demographic variables
B) Clinical Data

Section II- 20 Structured questions for knowledge assessment.

Section III- 10 statements in checklist to assess self reported practices.

Results

Figure 1- : Description of samples according to their personal characteristics

Figure 2- Description of samples according to their clinical data

Figure 3: Pie diagram showing the knowledge among patients with IHD regarding lifestyle modification in IHD.

Figure 4: Pie diagram showing self reported practices regarding lifestyle modification among IHD patients
Conclusions

Majority i.e. 40% of the patients with IHD were 25-45 yrs old indicating that the younger generation is at higher rate among IHD. The study result shows that males are at higher risk for developing IHD as majority of patients found in this study were males i.e. 72%. 25.7% of them were professionals indicating increased stress factor as an important risk factor for the development of IHD. Majority i.e. 62.7% of them were non-vegetarians clarifying that oily, fatty food contribute to the illness. Family history of IHD signifies strongly about etiology of Ischemic heart disease.

When the knowledge and self reported practices were assessed the data revealed that 56.7% of the patients with IHD coming to cardiac OPD have good knowledge regarding IHD and majority 86.3% patients with IHD follows better modification in their lifestyle. But as per findings patients need to know more about dietary habits and importance of maintaining healthy diet pattern in IHD. The findings of the study have implications for community health nursing practice, nursing education, nursing administration and nursing research.

References


