



A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON INTERMITTENT FASTING IN REDUCING TRIGLYCERIDES LEVEL AMONG PATIENTS WITH CORONARY ARTERY DISEASE AT THIRUBHUVANAI PUDUCHERRY.

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ABSTRACT

A study was conducted to assess the effectiveness of structured teaching programme on intermittent fasting in reducing triglycerides level among patients with coronary artery disease at thirubhuvanai, Puducherry. One group pre- test and post- test design, with an quantitative approach was used for the study. 30 coronary artery disease patients were selected by convenient sampling technique. Structured knowledge questionnaire was used for data collection. The data on sample characteristics reveals that out of 30 coronary artery disease patients. Majority of the patients (30%) of study population were in the age group are 45-55 years. Majority of the patients were male (60%). Majority of the patients were Hindu (70%). Majority of the patients were Primary school (43.3%). Majority of the patients were Sedentary Worker (33.3%). Majority of the patients were married (86.7%). Majority of the patients were joined family (63.3%). Majority of the patients were Both Vegetarian and non-Vegetarian (80%). Majority of the patients were Urban (73.3%). Majority of the patients were Primary school (40%). Majority of the patients were having Alcoholic (80%). Majority of the patients had not Family History of Coronary Artery Disease, (66.7%). Majority of the patients had not Previous Source of Information, 26(86.7%). Majority of the patients had both acute and chronic illness, (50%). In pretest, Majority of patients (83.3%) had inadequate and (16.7%) had moderate level of knowledge and the mean and standard deviation of the level of knowledge on intermittent fasting in reducing triglycerides among coronary artery disease patients is 6.90 ± 3.100 . In post- test, Majority of patients (53.3%) had Moderate and (46.7%) had adequate level of knowledge and the mean and standard deviation of the level of knowledge on intermittent fasting in reducing triglycerides among coronary artery disease patients is 18.90 ± 2.771 . The study concluded that there was an significant improvement in knowledge after the structured teaching programme. Thus structured teaching programme is effective in improving the knowledge on Intermittent fasting in reducing triglycerides levels among patients with coronary artery disease.

Keywords : coronary artery disease, triglycerides, Intermittent fasting.

INTRODUCTION

Intermittent fasting (IF) can be adopted as a life style modification for good health and balanced lipid profile. Intermittent fasting is type of energy restricted feeding protocol known since long from religious and cultural backgrounds. Intermittent fasting improves lipid profile, protects the heart from ischemic injury, and attenuates post-MI cardiac remodeling. Intermittent fasting may exert its effects through multiple pathways including reducing oxidative stress, optimization of circadian rhythms and ketogenesis, regarding the potential cardiovascular benefits of intermittent fasting. Intermittent fasting may protect cardiovascular health by improving the lipid profile and raising the sub-optimal HDL, Intermittent fasting may be adopted as a lifestyle intervention for the prevention, management and treatment of cardiovascular disorders.

AIM OF THE STUDY

The aim of the study was to assess the effectiveness of structured teaching programme on Intermittent fasting in reducing triglycerides levels among patients with coronary artery disease.

OBJECTIVES

- To assess the level of knowledge on intermittent fasting in reducing triglycerides level among patients with coronary artery disease.
- To evaluate the knowledge on intermittent fasting in reducing triglycerides level among patients with coronary artery disease.
- To associate the level of knowledge on intermittent fasting in reducing triglycerides level among patients with coronary artery disease.

METHODOLOGY

The research approach used for this study was quantitative research approach. A pre experimental research design was used to assess the effectiveness of structured teaching programme on intermittent fasting in reducing triglycerides level among patients with coronary artery disease at thirubhuvanai Puducherry. By using convenience sampling technique 30 sample was selected for the present study. The tool consists of demographic data and questionnaire.

RESEARCH DESIGN:

A pre experimental Research Design was adapted for this study.

RESEARCH SETTING

Researchers setting are the physical location and condition in which data collection takes place in a study (Polit&Hunger). The study was conducted at Thirubhuvanai area Puducherry.

SAMPLE SIZE:

The sample size of the study consists of 30 coronary artery disease patients.

SAMPLING TECHNIQUE:

Sampling is the process of selecting a group of people, events or position of the population to represent the entire population. In this study, convenient sampling technique is used. Subjects are chosen to be part of the sample with a specific purpose in mind. (Dr. Suresh K Sharma 2011).

SAMPLING CRITERIA

INCLUSION CRITERIA

- Patients of both sex who will be,
- Patient who have coronary artery disease,

- Available during the period of data collection
- Willing to participate in the study.
- Who can read, write and understand Tamil and English.

EXCLUSION CRITERIA

- Patient of both sex who will not be,
- People below 25 years of age group
- Patient who do not have coronary artery disease,
- Not available during the period of data collection,
- Not willing to participate in the study.

DEVELOPMENT & DESCRIPTION OF THE TOOL

Since the objectives of the study was to assess the knowledge of patients in their demographic data. It was decided that the questionnaires would have 2 sections

Section a: demographic variables

Section b: Assessment of knowledge regarding intermittent fasting in reducing triglycerides level among coronary artery disease patients.

SCORING INTERPRETATION:

The knowledge was categorized as follow:

KNOWLEDGE LEVEL	SCORING INTERPRETATION
Inadequate knowledge	1-14
Moderate knowledge	15-19
Adequate knowledge	20-25

DATA COLLECTION PROCEDURE

After the validation of the tool and content from consent authority, the date and time will be fixed for collecting data. The sample of 30 coronary artery disease patients at Thirubhuvanai who was selected by convenience sampling technique, after introducing and maintained interpersonal relationship with the patients at Thirubhuvanai who are interested to be.

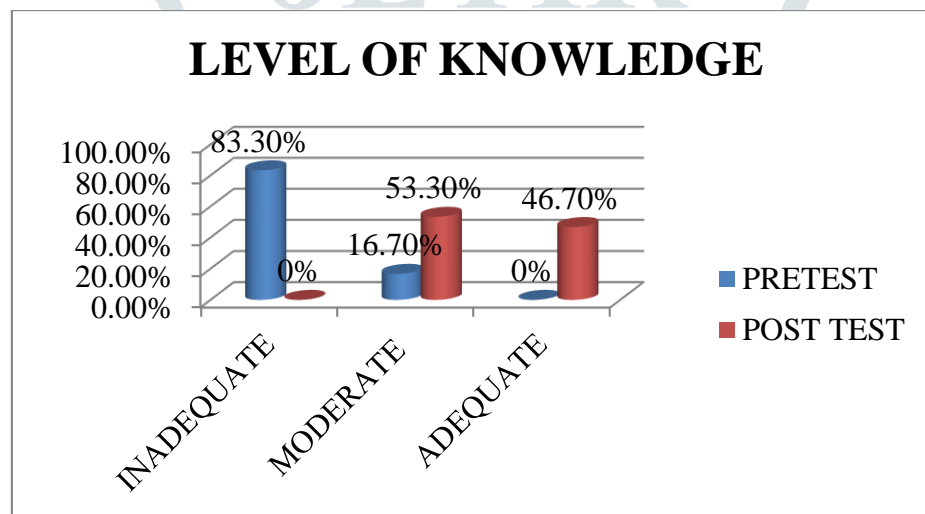
RESULTS

In pretest, Majority of patients 25(83.3%) had inadequate and 5(16.7%) had moderate level of knowledge and the mean and standard deviation of the level of knowledge on intermittent fasting in reducing triglycerides among coronary artery disease patients is 6.90 ± 3.100 . In post- test, Majority of patients 16(53.3%) had Moderate and 14 (46.7%) had adequate level of knowledge and the mean and standard deviation of the level of knowledge on intermittent fasting in reducing triglycerides among coronary artery disease patients is 18.90 ± 2.771 .

Frequency and percentage wise distribution of pretest and post -test of the level of knowledge on intermittent fasting in reducing triglycerides among patients with coronary artery disease.

(N=30)

LEVEL OF KNOWLEDGE	PRETEST		POST TEST	
	N	%	N	%
INADEQUATE	25	83.3	0	0
MODERATE	5	16.7	16	53.3
ADEQUATE	0	0	14	46.7
Mean				
Standard deviation	6.90 ± 3.100		18.90 ± 2.771	



Effectiveness of the level of knowledge of structured teaching programme on intermittent fasting in reducing triglycerides among coronary artery disease patients.

(N=30)

GROUP	TEST	MEAN	STANDARD DEVIATION	MEAN DIFFERENCE	't' VALUE Paired -t test	df	'p' VALUE
LEVEL OF KNOWLEDGE OF STRUCTURED	Pretest	6.90	3.100				0.000**

TEACHING PROGRAMME ON INTERMITTENT FASTING IN REDUCING TRIGLYCERIDES	Posttest	18.90	2.771	-12.000	-15.49	29	HS

**** $-p < 0.001$ highly significant, NS-Non Significant.**

The mean score of effectiveness of the level of knowledge of structured teaching programme on intermittent fasting in reducing triglycerides among coronary artery disease patients in the pre-test was 6.90 ± 3.100 and the mean score in the post-test was 18.90 ± 2.771 . The calculated *paired 't' test* value of $t = -15.49$ shows *statistically highly significant* difference of effectiveness of the level of knowledge of structured teaching programme on intermittent fasting in reducing triglycerides among coronary artery disease patients.

CONCLUSION:

A study to assess the effectiveness of structured teaching programme on intermittent fasting in reducing triglycerides level among patients with coronary artery disease at thirubhuvanai Puducherry. The findings of the study revealed that out of 30 coronary artery disease patients. In post test, the Majority of patients 16(53.3%) had Moderate and 14 (46.7%) had adequate level of knowledge and the mean and standard deviation of the level of knowledge on intermittent fasting in reducing triglycerides among coronary artery disease patients is 18.90 ± 2.771 . The demographic variable, Sex, Educational Status, Family History of Coronary Artery Disease and Previous Source of Information had shown statistically significant association between the post-test level of knowledge of structured teaching programme on intermittent fasting in reducing triglycerides among coronary artery disease patients with selected demographic variables. The other demographic variable had not shown statistically significant association between the post-test levels of knowledge of structured teaching programme on intermittent fasting in reducing triglycerides among coronary artery disease patients with selected demographic variables respectively.

NURSING IMPLICATIONS

The study had implications for nursing practice, nursing education, nursing administration and nursing research.

NURSING PRACTICE

Further studies can be conducted to promote awareness regarding Intermittent Fasting in reducing triglycerides level. Community mass health education programme can be conducted.

NURSING EDUCATION

The community health nursing curriculum needs to be strengthened in order to make the nursing students to know about Intermittent fasting in reducing triglycerides level among patients with coronary artery disease. Students should be provided with adequate opportunities for developing skills in handling such clients and how to identify the difficulties and help them to provide comfort and well being.

NURSING ADMINISTRATION

The nursing administration should take on active role in organizing and implementing programme and also conduction a structured teaching programme on intermittent fasting in reducing triglycerides level among patients with coronary artery disease. The nurse administrator plays a vital role for on going educational programme to promote the awareness for coronary artery disease patients regarding intermittent fasting in reducing triglycerides level.

NURSING RESEARCH

The effectiveness of the research study is verified by its utility by the nurses in the practice field. The findings of the study also help the professional nurses and students to develop by provide a base. This helps the nurse researchers regarding intermittent fasting in reducing triglycerides level among patients with coronary artery disease.

DELIMITATIONS

- Study was limited to the patient with coronary artery disease
- Study was limited to one week period of data collection
- Study was limited to sample size of 30

RECOMMENDATIONS

Based on the findings of the present study the following recommendation have been made,

- Awareness about intermittent fasting in reducing triglycerides level among patients with coronary artery disease must be generated so as to prevent its occurrence, lead to early diagnosis and management and prevent its progression and complications.
- Similar study can be conducted in other parts of the country with large sample.
- The study can be replicated with larger study participants for better generalization.
- The study can be implemented in various states of India.
- Experimental study can be conducted with structured teaching programme on knowledge, attitude and practice.
- The study was conducted in hospital setting.
- A prospective study can also be conducted.

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