ASSESS THE EFFECT OF PLANNED TEACHING ON KNOWLEDGE REGARDING SELECTED ASPECTS OF CAD (CORONARY ARTERY DISEASE) AMONG POSTMENOPAUSAL WOMEN FROM SELECTED URBAN COMMUNITY IN METROPOLITIAN CITY.

Author, s Name- Ms. Jayshree Dhere, M.sc Nursing OBGY, SSSPM'S, College of nursing, Barshi.(413401)

Dr. Aparna Sankhe, Principal, College of Nursing, J.J. Hospital,Mumbai.

ABSTRACT

Background- The number of women affected by coronary artery disease is growing with changing life styles. There are many risk factors that can contribute in increasing risks of heart disease in postmenopausal women the risk factors are Diabetes, obesity, high blood pressure, high cholesterol, stressful life styles and lack of exercises etc. make the postmenopausal women susceptible for developing heart disease.

Objectives- To assess the effect of planned teaching on knowledge regarding selected aspects of CAD among postmenopausal women from selected urban community.

Method- The pre experimental one group pretest-posttest research design was used in this study. The data was collected through semi-structured questionnaire. The purposive sampling technique was used in this study.

Result- Out of 100 samples the result of pre-test knowledge scores 48% of postmenopausal women were having good knowledge, 46% having average knowledge and 6% having poor knowledge and no one having excellent

knowledge. The posttest knowledge score 74% of postmenopausal women having good knowledge, 2% having average knowledge, and 24% are having excellent knowledge.

Conclusion- The present study is highlighting that the importance of providing education on the changing life styles of women.

Key words- Coronary artery disease, postmenopause, effectiveness, planned teaching, knowledge.

Introduction-

The word ''Menopause'' has Greek origins. ''Meno'' means month and ''Pause'' means to end. The permanent cessation of menstruation is not due to pathological or any other physiological cause and it signifies the end of reproductive phase of a woman's life where the ovaries gradually cease to function passing through the phase known as menopausal transition or perimenopause[1].

In India, about 12.6 million women are above 45 years of age, thus contributing to about 10.4% the total population[5].

Age of menopause ranges between 45-55 years average being 50 years. The risk of cardiovascular disease high in postmenopausal women due to deficiency of estrogen. Estrogen prevents cardiovascular disease several ways; It increases HDL and decrease LDL and total cholesterol. It prevents atherosclerosis by its antioxidant property[4].

WHO defines that the post-menopausal women as those women who have stopped menstrual bleeding one year ago or stopped having periods because of medical surgical intervention or both. It estimated that by the end of 2015 there would be 130 million elderly women in India, necessitating substantial amount of care[5].

An epidemiological study indicates that estrogen replacement therapy in postmenopausal women can reduce the risk of coronary artery disease[8].

More than 42 million women are currently living with some form of cardiovascular disease. More than 8 million women have a history of heart attack or agina[22.]

Objectives of the study-

1) To assess the existing knowledge regarding selected aspects of CAD.

2) To assess effect of planned teaching on knowledge regarding selected aspects of CAD.

3) To find out the association of knowledge on selected aspects of CAD with their demographic variables.

Hypothesis of the study-

H_0- There is no significant difference between pre-test and post-test knowledge score regarding selected aspects of CAD.

H_1- There is significant difference between pre-test and post-test knowledge score regarding selected aspects of CAD.

H_{01}- There is no association between knowledge regarding selected aspects of CAD with their demographic variables.

H_2-There is association between knowledge regarding selected aspects of CAD with their demographic variables.

Ethical aspect-

The study has been approved through the institutional ethical committee and informed written consent was taken from each participant. Privacy was maintained during study.

Conceptual framework-

The conceptual framework based on Ludwig Von Bertalanffy's General System model (1969) was used in this study.

Research method and design-

The research approach is descriptive evaluative approach used in this study. The research design pre experimental one group pretest-posttest design was used in this study. Sample size 100 postmenopausal women. Sampling technique is purposive sampling technique was used.

Tool preparation and conduction of study-

Semi structured questionnaire was used for collection of data with interview. First day of study pre-test and planned teaching was given to samples after seven days post-test was conducted on same sample.

Pilot study-

The test was conducted on ten samples. Sample was selected using purposive sampling technique. Data was collected through the semi structured questionnaire technique.

Plan for statistical analysis:

The collected data were coded and verified prior to computerized data entry and then all data computerized in mastersheet. Descriptive and inferential statistical techniques such as frequency distribution, central tendency measures (mean, median and mode), standard deviation, chi-square and co-relation co-efficient will be used for data analysis and presented in the forms of tables, graph and diagram.

Result-

Table 1: Distribution of the postmenopausal women in selected urban community in metropolitan city in terms of frequency and percentage   N=100

Sr.no.	Variable	Group	Frequency	Percentage
1	Age	41 – 45	25	25.0
		46 – 50	36	36.0
		51 – 55	23	23.0
		56 and above	16	16.0
2	Religion	Hindu	69	69.0
		Muslim	24	24.0
		Christian	7	7.0
		Others	0	0.0
3	Education	Illiterate	33	33.0
		Primary	39	39.0
		Secondary	25	25.0
		Higher Secondary	3	3.0
4	Occupation	Sedentary work	20	20.0
		Moderate work	77	77.0
		Heavy Work	3	3.0
5	Income(Rs)	Below Rs 10000	57	57.0
		11000 – 20000	37	37.0
		21000 – 30000	6	6.0
		Rs31000 and above	0	0.0
6	Marital Status	Married	91	91.0
		Unmarried	0	0.0
		Widow	9	9.0
		Divorce	0	0.0
7	Diet	Vegetarian	24	24.0
		Non-Vegetarian	76	76.0
8	Physical Activities	Exercise	12	12.0
		Walk	88	88.0
9	How long (yrs)	1	13	13.0
		2	25	25.0
		3	20	20.0
		More than 3 yrs	42	42.0
10	Know about CAD	Yes	40	40.0
		No	60	60.0

11	Sources of Information	Mass Media	10	10.0
		Health Person	18	18.0
		Relative	10	10.0
		Others	62	62.0

Table 1- Findings in relation to the demographic variable:

Data related to age of postmenopausal women depicted maximum sample 36% in the age group of 46-50 years. Religion majority 69% postmenopausal women belong to Hindu religion. Education focuses that majority 39% of subjects had primary education. Occupation 77% postmenopausal women doing moderate work. Monthly income Maximum 57 % postmenopausal women their monthly family income below Rs10000. Marital status of postmenopausal women 91 or 91% was married. Diet pattern of maximum postmenopausal women 76% having been non-vegetarian. Majority of subjects doing physical activity 88% of walking. Most of the postmenopausal women were menopause more than 3 years ago maximum 42%. The majority of 60% postmenopausal women do not know about CAD (coronary artery disease). Source of information regarding CAD maximum 62% of postmenopausal women got information from other sources.

Section-II

Assessment of the knowledge regarding menopause and selected aspects of CAD (coronary artery disease) among postmenopausal women in selected urban community in pretest and posttest.
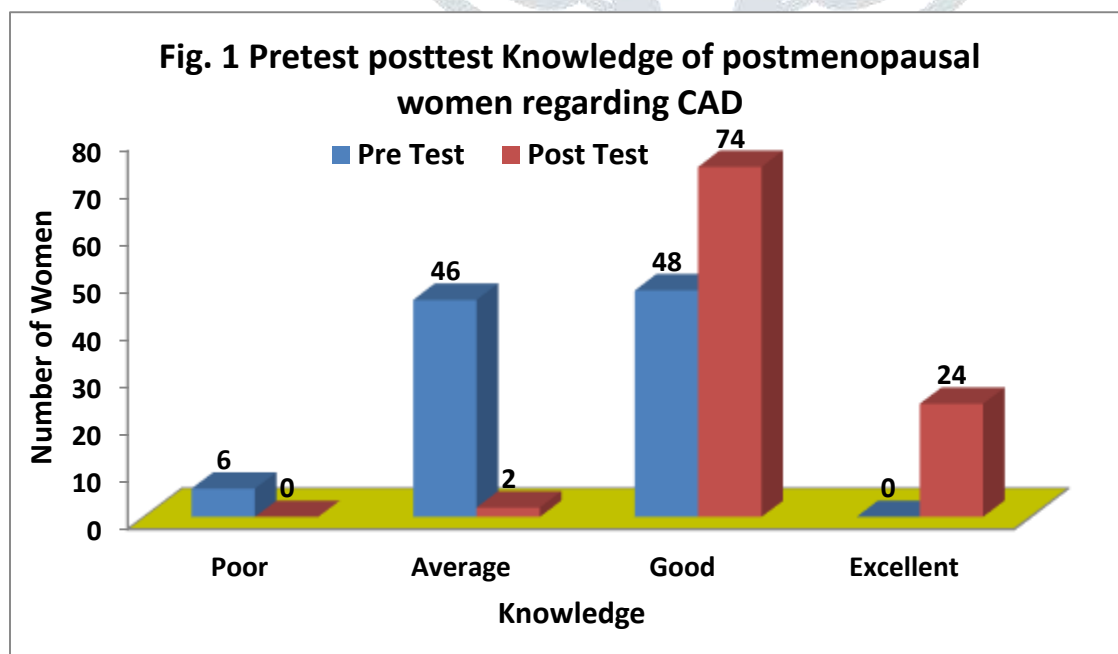

Fig. 1 Pretest posttest Knowledge of postmenopausal women regarding CAD

Fig. 2. In pretest knowledge scores, 48% of postmenopausal women were having good knowledge, 46 % were having average knowledge and 6% in the poor and 0% were having excellent knowledge category. In posttest knowledge scores, 74% of postmenopausal women were having good knowledge, 2 % were having average knowledge and 0% in the poor and 24% were having excellent knowledge category. There was shift of subjects from poor, average, good range to the average, good and excellent range after administration of planned teaching, which shoes the effectiveness of planned teaching.

Section-III

The effectiveness of planned teaching on knowledge regarding selected aspects of CAD (coronary artery disease) among postmenopausal women by comparing pretest and posttest knowledge scores of subjects analysed in terms of paired T test to find out level of significance and proving hypothesis.

The calculated t value was found to 25.715 for knowledge areas. As the calculated value is greater than table 't' value 2 at 0.05 level of significance with the degree of freedom so null hypothesis (H_0) was rejected and the alternate hypothesis (H_1) was accepted for all areas. These results support the significance of planned teaching in the improvement of knowledge score of the postmenopausal women regarding selected aspects of CAD (coronary artery disease).

Section- IV

Analysis and interpretation of data in order to find out the association of pretest score with selected demographic variables such as age, religion, education, occupation, income, diet, physical activity, how long you got menopause, marital status, do you know about CAD, source of information about CAD.

Analysis and interpretation of data in order to find out the association of pretest score with selected demographic variable there is no significant differences between the means of pretest mean score with demographic variables. Which suggest that there is no association between religion, education, occupation, marital status, physical activity, diet, how long you got menopause and source of information regarding CAD, association present in age in years, monthly income and do you know about CAD.

Discussion

- The result of this study supported by the Sharma RK. Conducted a study on Effectiveness of planned teaching programme, on risk factors of coronary artery disease (CAD) to create knowledge and preventive health behaviour among administrative employees in 2013.

- The result of this study supported by the Tawalbeh L. effect of cardiac education on coronary artery disease knowledge and knowledge retention, Pre-test-posttest experimental randomized controlled design was used

Implications of the study-

- The findings of the study have implication in nursing practice, nursing education, nursing administration and nursing research. The plan to conduct educational programs regarding selected aspects of CAD among postmenopausal women. The focus more on the causes, sign and symptoms, prevention which includes diet, life style modifications, exercise etc. and treatment for the coronary artery disease among postmenopausal women.

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AUTOR'S INFORMATION

1) NAME- DHERE JAYSHREE BABASAHEB

   Designation- Clinical Instructor In College Of Nursing, Barshi.

   Email.id- jayshridhere28@gmail.com

   Mobile no. 8080957538

2) DR. APARNA B. SANKHE

   Designation- Principal, College of nursing, J.J. hospital, Mumbai.

   Email.id- aparnabsankhe92@gmail.com

   Mobile no. 9930568030