



A STUDY TO ASSESS THE EFFECTIVENESS OF AN INFORMATION BOOKLET ON CARDIAC REHABILITATION AMONG CORONARY ARTERY DISEASE PATIENTS IN SMVMCH AT KALITHEERTHALKUPPAM, PUDUCHERRY

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ABSTRACT:

It is a disease of the affluent society. The aim of the study to assess the effectiveness of information booklet on cardiac rehabilitation on CAD in SMVMCH& RC, Puducherry. The research approach selected for the study is quantitative evaluative approach with pre-experimental one group pretest post-test design was used. Through the convenience Sampling Technique, 40 patients were selected. Demographic variables were collected by using a structured interview schedule pre-test and their post-test score was compared to evaluate to effectiveness of an information booklet on cardiac rehabilitation. The mean score of effectiveness in the pre-test was 7.18 ± 1.933 and the mean score in the post- test was 19.15 ± 2.007 respectively. The calculated **paired't' test value of $t = -23.27$** shows statistically highly significant hence the research hypothesis H1 was accepted. So the information booklet on cardiac rehabilitation is effective among patient with coronary artery disease.

KEYWORDS: Effectiveness, information booklet, Cardiac rehabilitation, coronary artery disease

INTRODUCTION:

Cardiovascular disease is the leading cause of death in the India and United States for men and women of all racial and ethnic groups. Coronary artery disease is the most prevalent type of cardiovascular disease in adults. CAD has one or more risk factors like cholesterol, hypertension, diabetes, obesity, family history, age, gender, physical inactivity for this reason nurses must recognize various manifestations of coronary artery conditions and evidence based methods for assessing, preventing and treating disorders. The global burden of disease study suggested age standardized coronary vascular disease death rate of 272 per 100000populations in India which is higher than global average. So this condition need necessary treatments to save life of the patients like reducing risk factors by exercise, managing hypertension and diabetes mellitus, cessation of tobacco and alcohol. The secondary prevention includes comprehensive cardiac rehabilitation program which is the enhancement and maintenance of cardiovascular health through individualized programs to organize physical, psychological, social, vocational and emotional status of the client. Therefore, teaching about rehabilitation is the only effective intervention to get the clients back to their normal lives. [1]

STATEMENT OF THE PROBLEM:

A Study to assess the effectiveness of an information booklet on cardiac rehabilitation among coronary artery disease Patients admitted in SMVMCH at Puducherry.

OBJECTIVES:

1. To assess the level of pre-test knowledge on cardiac rehabilitation among coronary artery disease patients in SMVMCH at Puducherry.
2. To assess the level of post-test knowledge on cardiac rehabilitation among coronary artery disease patients in SMVMCH at Puducherry.
3. To evaluate the effectiveness of information booklet on cardiac rehabilitation among coronary artery disease patients in SMVMCH at Puducherry.
4. To find out the association between the pre-test and post-test knowledge score with their selected demographic variables

OPERATIONAL DEFINITIONS:**Assess:**

It refers to assess the level of knowledge regarding cardiac rehabilitation among coronary artery disease patients in SMVMCH at Puducherry.

Effectiveness:

In this study effectiveness refers to determining the extent to which an information booklet has achieved the desired effect as expressed by gain in knowledge scores.

Information booklet:

In this study the information booklet refers to the written material about cardiac rehabilitation which enhances the level of knowledge of patients about cardiac rehabilitation

Knowledge:

In this study knowledge refers to correct responses by structured questionnaire on cardiac rehabilitation.

Cardiac rehabilitation:

In this study cardiac rehabilitation is the sum of activities required to influence favourably the underlying cause of the disease, and above all to ensure that the client is in the best possible, physical, psychological and social position to return to and maintain his normal place in the society. [2]

Coronary artery disease:

In this study Coronary artery disease or atherosclerotic heart disease is the end result of the accumulation of athermanous plaques within the walls of the coronary arteries. [2]

RESEARCH HYPOTHESES:

H₁: There will be a significant difference between pre-test and post-test knowledge on cardiac rehabilitation among Coronary Artery Disease patients.

H₂: There will be a significant association between the pre-test and post-test knowledge scores on patients with selected demographic variables [9]

ASSUMPTIONS

1. The knowledge of patients regarding cardiac rehabilitation may be not adequate enough to manage Coronary Artery Disease.
2. The knowledge will vary according to selected demographic variables like age, gender, Educational status, occupation, duration of illness, and socio economic status of the patients.
3. Information booklet will enhance the knowledge on cardiac rehabilitation.

DELIMITATIONS:

This study will be limited to the Coronary Artery Disease patients,

1. Available in outpatient and inpatient departments of SMVMCH at Puducherry
2. Present during the time of data collection.
3. This study delimited for two weeks

MATERIALS AND METHOD**RESEARCH APPROACH:**

A Quantitative Research approach was considered as appropriate for the present study.

RESEARCH DESIGN:

The design selected for the present study is pre experimental research design

RESEARCH VARIABLES:**1. INDEPENDENT VARIABLE:**

Information Booklet on Cardiac Rehabilitation

2. DEPENDENT VARIABLE:

Coronary artery disease patients

SETTING OF THE STUDY:

The study was conducted at SMVMCH at Puducherry.

POPULATION:

The study population consists of patients with coronary artery disease in SMVMCH at Puducherry.

SAMPLE:

The samples of this present study were the coronary artery disease patients admitted who are all visiting OPD in SMVMCH at Puducherry.

SAMPLE SIZE:

In this study, samples consist of 40 coronary artery disease patients admitted in SMVMCH at Puducherry.

SAMPLING TECHNIQUE:

Convenience sampling technique was used to select the sample for this present study.

SAMPLING CRITERIA:**INCLUSION CRITERIA:**

1. The coronary artery disease patients who are co-operative for the data collection.
2. The coronary artery disease patients who are willing to participate.
3. The coronary artery disease patients who are all admitted in ward and visiting OPD in SMVMCH.

EXCLUSION CRITERIA:

1. Persons who are all critically ill.
2. Those patients who are not willing to co-operate for Data Collection.
3. Patients who are diagnosed other than coronary artery disease.
4. Patients admitted with complications of coronary artery disease and immediate postoperative patients. [9]

TOOLS FOR RESEARCH:

The tool used for this present study is structured interview type with multiple choice questions, and the tool consists of 2 sections namely,

Section A: Demographic variables, it consists of age, gender, religion, educational status, Occupation, income marital status, Diet pattern, previous attack, family type, family history of heart disease

Section B: The pre-test was assessed by administering structured interview method of 25 multiple choice questions given to the patients. After the pre-test information booklet was given to the patients hand in Tamil and English literature finally post-test was assessed by using same questionnaire after thorough reading of an information booklet

DATA COLLECTION PROCESS:

Through convenience Sampling Technique, 40 Coronary artery disease patients were selected pre-experimental research design was used in this study. Data was collected by using structured interview method with 25 multiple choice questions pre test and post-test was conducted to assess the effectiveness of an information booklet.

RESULTS AND DISCUSSION:-

Pre-test and post- test level of knowledge regarding cardiac rehabilitation among coronary artery disease patients. **In pre-test**, Majority of the coronary artery disease patients 29 (72.5%) had fair level of knowledge and 11 (27.5%) had poor level of knowledge. The mean and standard deviation of the level of knowledge regarding cardiac rehabilitation among coronary artery disease patients is (7.18 ± 1.933) . **In post-test**, Majority of 31 (77.5%) had good level of knowledge and 9 (22.5%) had excellent level of knowledge. The mean and standard deviation of the level of knowledge regarding cardiac rehabilitation among coronary artery disease patients in post-test is (19.15 ± 2.007) .

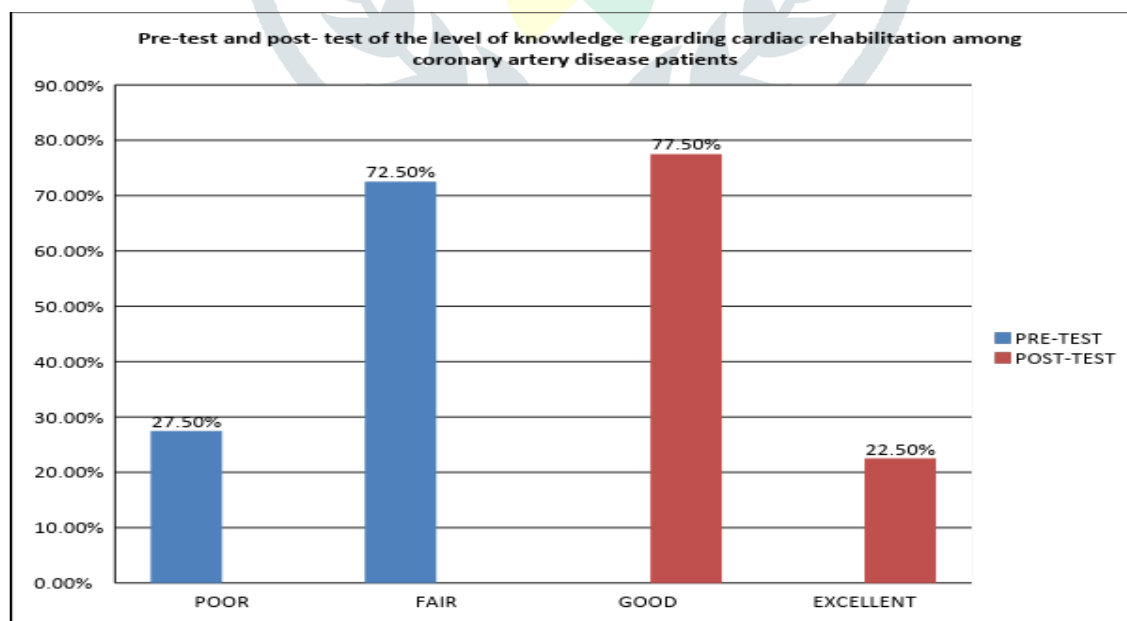


Fig: 4 Frequency and percentage wise distribution of Pre-test and post- test of the level of knowledge regarding cardiac rehabilitation among coronary artery disease patients

Comparison of the Pre-test and post- test level of knowledge regarding cardiac rehabilitation among coronary artery disease patients respectively shows that , the mean score of effectiveness in the pre-test was 7.18 ± 1.933 and the mean score of post- test was 19.15 ± 2.007 hence the research hypothesis H1 was accepted.

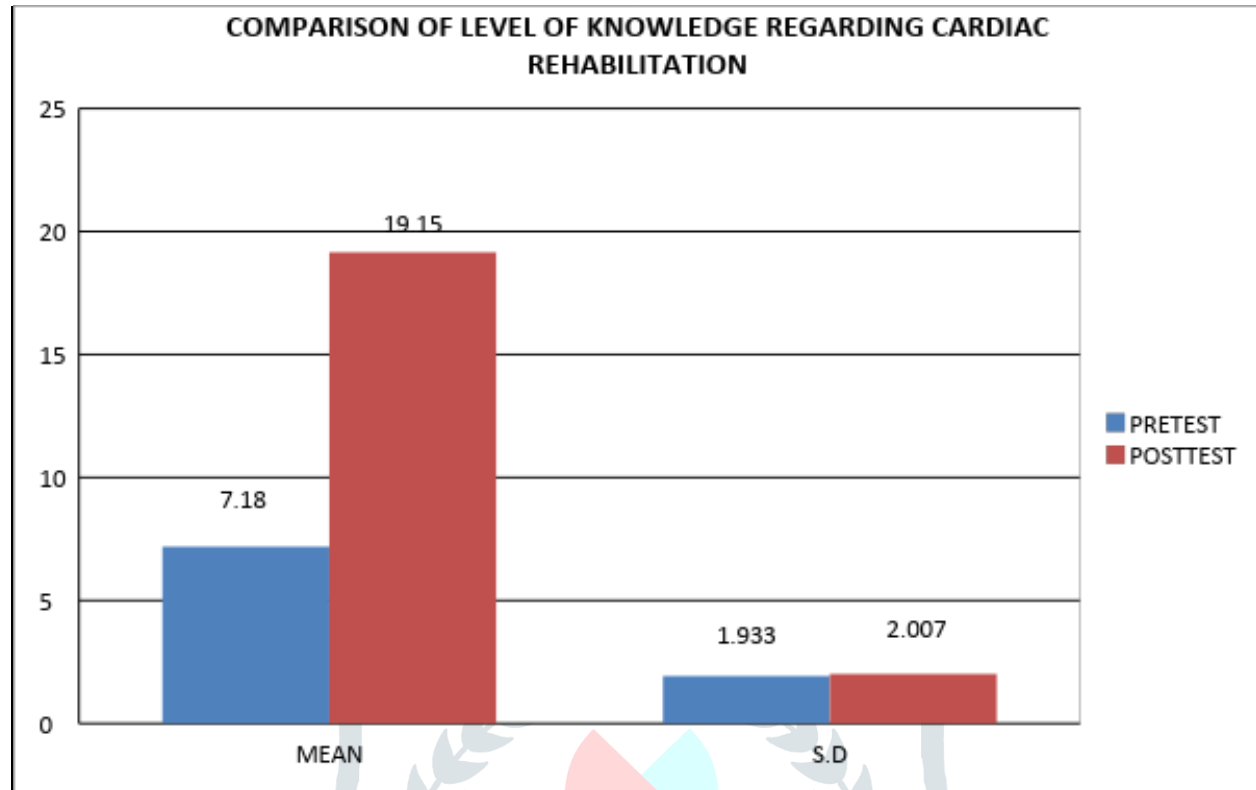


Fig: 5 Comparison of the Pre-test and post- test of the level of knowledge regarding cardiac rehabilitation among coronary artery disease patients.

DISCUSSION:

The first objective is to assess the level of pre-test knowledge regarding cardiac rehabilitation among the coronary artery disease patients in SMVMCH at Puducherry

In pre-test, Majority of the coronary artery disease patients 29 (72.5%) had fair level of knowledge and 11 (27.5%) had poor level of knowledge. The mean and standard deviation of the level of knowledge regarding cardiac rehabilitation among coronary artery disease patients is ($7.18+1.933$).

The second objective is to assess the level of post-test knowledge regarding cardiac rehabilitation among the coronary artery disease patients in SMVMCH at Puducherry

In post-test, Majority of the women's 31 (77.5%) had good level of knowledge and 9 (22.5%) had excellent level of knowledge. The mean and standard deviation of the level of knowledge regarding cardiac rehabilitation among coronary artery disease patients in post-test is ($19.15+2.007$).

The third objectives is to evaluate the effectiveness of information booklet on cardiac rehabilitation among the coronary artery disease patients in SMVMCH at Puducherry

That, the mean score of effectiveness in the pre-test was 7.18 ± 1.933 and the mean score in the post- test was 19.15 ± 2.007 respectively. The calculated paired't' test value of $t = -23.27$ shows statistically highly significant hence the stated hypothesis H1 was accepted.

The fourth objectives is to find out the association between the pre-test knowledge score with their selected demographic variables

There is no significant association find between their age, religion, gender, educational status, marital status, dietary pattern, bad habits. Hence the stated hypothesis H2 was rejected.

CONCLUSION:-

This study implies that patients with coronary artery disease had the effectiveness of information booklet on cardiac rehabilitation and through the self- instructional module the researcher evaluated patient have gain adequate knowledge and aware about that. The instructional module was effective for the patients with coronary artery disease. As by concluding stated research hypothesis was accepted

NURSING RECOMMEDATIONS

1. The study to assess the Effectiveness of cardiac rehabilitation in patients with myocardial infarction
2. A study to assess the Effectiveness of comprehensive cardiac rehabilitation program on quality of life in patients with coronary artery disease

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