



# **A Descriptive Study To Assess The Level Of Knowledge And Perception On Life Style Modifications Among Coronary Artery Disease Patients Admitted At Selected Hospital.**

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## **INTRODUCTION**

The heart is an astoundingly faithful creation of nature. Its gentle thumping accompanies us for the duration of our lives, and it is so central to human existence that for much of recorded history, it has served as a symbol of not only life but also love, emotion, intelligence and reason. The **heart** is one of the most **vital organ** of our body. It's the organ in the middle of our circulation system, pumping blood around the body as it beats.

Coronary Artery Disease is the irreversible necrosis of heart muscle secondary to prolonged ischemia. This usually results from an imbalance in oxygen supply and demand, which is most often caused by plaque rupture with thrombus formation in a coronary vessel, resulting in an acute reduction of blood supply to a portion of the myocardium.

## **STATEMENT OF THE PROBLEM**

A descriptive study to assess the level of knowledge and perception on life style modifications among coronary artery disease patients admitted at selected hospital, in Madurai.

## **OBJECTIVES OF THE STUDY**

- To assess the level of knowledge and perception on life style modifications among coronary artery disease patients.
- To find out the correlation between knowledge and perception on life style modifications among coronary artery disease patients.
- To find out the association between the level of knowledge and perception on lifestyle modifications with their demographic and clinical variables.

## **OPERATIONAL DEFINITIONS**

### **Knowledge**

It refers to the correct responses of the post myocardial infarction patients on cardiac rehabilitation to the knowledge items about cardiac rehabilitation as measured by semi structured questionnaire.

### **Perception**

It refers to the ways of thinking and perceived beliefs on cardiac rehabilitation as expressed in the form of statements and assessed by 3 point Likert scale.

## Coronary Artery Disease patients

In this study post myocardial infarction patients refers to patients who were admitted in the cardiac hospital and diagnosed as myocardial infarction include the patients receiving with medical treatment & invasive procedures like percutaneous coronary intervention.

## ASSUMPTIONS

### It is assumed that:

- Imparting knowledge and having the right perception is essential for the adaption of healthy behaviour and leading healthy life.

## DELIMITATIONS

- The study is delimited to the age group of 30 -60 years
- The study is delimited to the knowledge and perception aspect only.

## METHODOLOGY

**RESEARCH DESIGN :** Non-experimental descriptive design

## DEMOGRAPHIC AND CLINICAL VARIABLES

Attributed or demographic variables are the characteristics of the subjects that are collected to describe the samples age, sex, education, marital status, occupation, type of work, monthly income, dietary pattern, type of family, family history of coronary artery disease . Clinical Variables are BMI, Habits, Exercise, personality, serum cholesterol level, percentage of arterial blocks.

## STUDY SETTING

This study was conducted in the Pandian Heart Institute, at Madurai, Tamilnadu. It is a 100 bedded hospital. It was situated at new jail road, Alagaradi, Madurai district. This hospital has all the health facilities such as emergency unit, cardio thoracic unit, intensive care unit, CTICU, CTSICU, Cath Lab, Cath Lab ICU. Nearly about 5-7 cardiac patients admitted cardiac in-patient department per day. The people within and around Madurai utilizes the services provided by the hospital.

## POPULATION

**Target Population :** All coronary artery disease patients who were admitted at various Hospitals in Madurai.

**Accessible Population:** Patients with coronary artery disease patients at Pandian Heart Institute in Madurai.

## SAMPLING

### Sample

Sample for this study comprised of coronary artery disease patients who where admitted in Pandian Heart Institute at Madurai who fulfil the inclusion criteria.

### Sample Size

In this present study, the sample coronary artery disease patients were selected from Christian Mission Hospital and Pandian Heart Institute in Madurai. The sample comprised of 60 coronary artery disease patients.

### Sampling Technique

In this study non-probability convenience sampling technique was adapted. The researcher selected subjects based on the personal judgement which depends on the problem statement and objectives that have to be achieved.

## CRITERIA FOR SELECTION OF SAMPLE

### Inclusion Criteria

Patients who were:

- adults Age group between 30-60 years
- willing to participate in the study
- present during the period of data collection
- able to read the Tamil or English

### Exclusion Criteria

Patients who were :

- having other cardiac disease along with coronary artery disease
- impending with surgical procedures like coronary artery bypass graft etc.
- critically ill.
- less than 30 years and more than 60 years with coronary artery disease

## DESCRIPTION OF THE TOOL

The tool was developed by the investigator with the guidance of the expert's opinion, various resources and review of the literature. The tool used for the present study is a questionnaire to assess the knowledge and checklist on the perception of cardiac rehabilitation.

**The Tool comprised of two sections:**

### PART - I

- Section A – Demographic Variables
- Section B – Clinical Profile

### PART – II - Self-Structured Questionnaire to assess the Knowledge

### PART –III - 3 – point Likert Scale to assess the Perception

#### PART – I

##### SECTION – A :

In this study, demographic variables include age, sex, education, marital status, occupation, type of work, monthly income, dietary pattern, type of family, family history of coronary artery disease.

##### SECTION – B :

In this study, clinical Profile include BMI, Habits, Exercise, personality, serum cholesterol level, percentage of arterial blocks.

#### PART - II :

It consists of 20 structured knowledge questionnaire with multiple choice items. Each question has 4 responses with one right answer on knowledge based on general information, exercise, dietary pattern.

#### PART – III :

It consists of 10 perception statements on lifestyle modifications on coronary artery disease patients.

## SCORING PROCEDURE

### PART – II

The knowledge questionnaire consists of 20 questions and a total aggregate score of 20. Each question has four options with clear instruction to choose the correct option. Each correct option carries a “1” score and the wrong carries a “0” score.

The scores were ranged as follows

SCORE	CLASSIFICATION
76 -100 %	Adequate Knowledge
51 -75 %	Moderate Knowledge
< 50 %	Inadequate Knowledge

### PART – III

It consists of 3 point likert scale with 10 statements consisting of 5 positive statements and 5 negative statements to assess the perception among adults on Cardiac Rehabilitation. The options included were agree, uncertain and disagree. The maximum score for measuring the perception is 30. A score of “2” for agree, “1” for uncertain and “0” for disagree.

The scores were interpreted as follows

SCORE	CLASSIFICATION
0-60 %	Low Perception
61-80 %	Moderate Perception
81-100 %	High Perception

### PLAN FOR DATA ANALYSIS :

The data was analyzed using descriptive and inferential statistics.

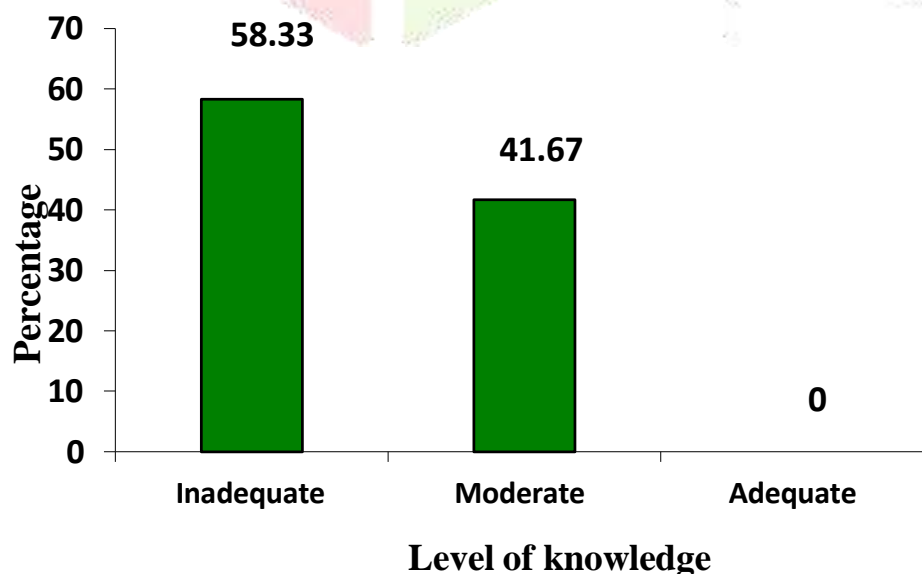
### RESULTS AND DISCUSSION

1.The first objective of the study was to assess the level of knowledge and perception among coronary artery disease patients

The above objective of the study was to identify the level of knowledge and perception.

#### REGARDING KNOWLEDGE

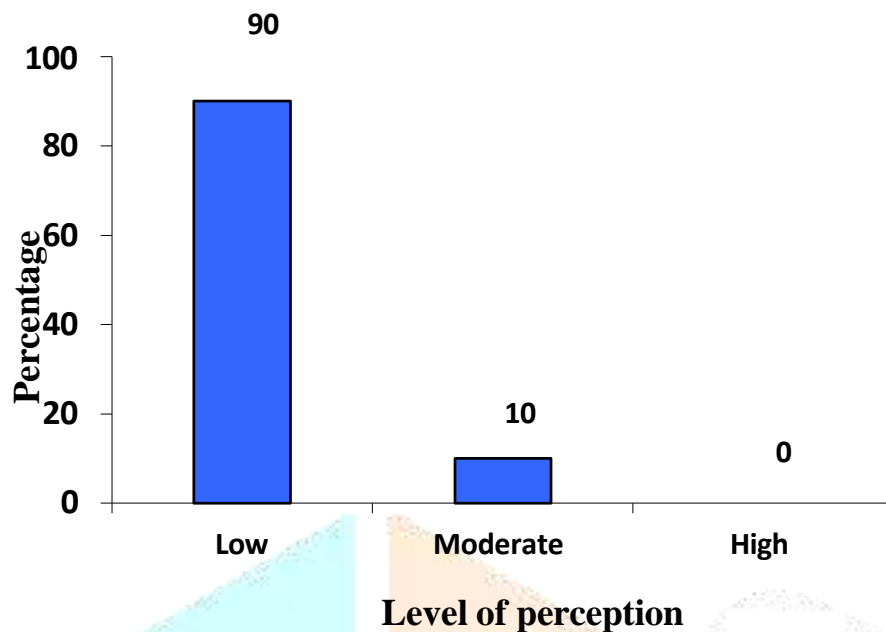
Regarding level of knowledge revealed most of the patients had inadequate knowledge, 28 (93.3%) respectively.





## REGARDING PERCEPTION

Regarding perception revealed the majority of the patients had low perception 27 (90%) and none of the patients had the high perception in means of perception with equal distribution in the pre-test



2. The third objective of this study was to find out the correlation between knowledge and perception.

The findings of this study reveal that, there was a moderate correlation between the knowledge and perception, the 'r' value was 0.094.

3. The third objective of this study was to associate the knowledge and perception level among coronary artery disease patients with their demographic and clinical variables.

The findings of the study revealed the association between pre-test level of knowledge and perception among coronary artery disease patients with demographic and clinical variables.

The study findings showed that there is a significant association between level of knowledge and demographic variables such as family history of coronary artery disease  $\chi^2 = 9.98$  ( $p < 0.05$ ).

### Implications in nursing education

- This study has provided an important tool for improving the knowledge and perception on lifestyle modifications
- The findings help the nursing students to understand the need to be educated and to create awareness regarding lifestyle modifications.

### Implications in nursing practice

- The nursing personnel understand the necessity of providing awareness about lifestyle modifications.
- Nurses can utilize the knowledge and perception on life style modifications in clinical practice.

### Implications in nursing administration

- The present study helps the nursing administrative authority to recognize the need for developing an appropriate education programme for college students.
- Optimizing the knowledge and perception on life style modifications among nurse will improve their professional knowledge as nursing world is always changing and challenging.

### Implications in nursing research

- The findings of the study help to expand the scientific body of professional knowledge for further research.
- Large scale studies can be conducted in consideration of other contributing variables.

## LIMITATIONS

- This study is limited in assessing the knowledge and perception.
- This study is limited to the coronary artery patients in the selected hospital, Madurai.
- In this study, the data was collected from a small number of samples (60).

## CONCLUSION

The main conclusion of this study shows that health education plays an important role in bringing changes in knowledge and perception among coronary artery disease patients.

## RECOMMENDATION

Based on the findings of this study, the following recommendation has been made for further studies,

- A similar study can be undertaken with larger number of samples
- A similar study can be conducted in other settings
- A similar study needs to be conducted in other private and government hospitals to draw generalization.

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