

Knowledge And Attitude Toward Cardiac Rehabilitation Among Patients With Coronary Artery Disease

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Abstract

Introduction and Rationale

In recent years, the biggest advance in cardiology is not angioplasty or bypass. It is the knowledge about prevention of heart disease. A multi-national survey showed that 49% of the people believe that 32.2 years is the age to take some action about heart health. (Maya.C, 2012). Indian survey revealed that 70% of corporate employees are prone to Cardiovascular disease (CVD) and 52% night shift workers are risk of suffering heart attack. (Sajy.V.K 2012). Every year, CVD are responsible for 16.7 million deaths around the world and increase to 23.4 million worldwide in 2030

(World Health Statistics, 2008).

Coronary heart disease is assuming serious dimension in developing countries. It is expected to be the single most important cause of death in India by the year 2015. Investigator also observed that the most of these patients are sent home without appropriate cardiac rehabilitation.

Hence the investigator aimed to assess the knowledge and attitude of the patients with coronary artery disease towards cardiac rehabilitation.

Objective:

To assess the existing knowledge and attitude towards cardiac rehabilitation and also correlate both among patients with coronary artery disease.

Materials and Methods

Design: The present research is a descriptive study in order to observe, document, and describe a phenomenon. **Population:** All the patients admitted with first episode of coronary artery disease. **Setting:** Coronary Care Unit of Aswini Hospital Ltd, Thrissur. **Sample Size:** 60 patients. **Sampling Technique:** Non-probability purposive sampling. **Outcome measures:** Tool consists of Cardiac Rehabilitation – Knowledge Inventory and Attitude Scale..

Results

The data thus obtained was analyzed using percentage, descriptive statistics, Spearman's rank correlation test, Kruskal Wallis test (Chi-square) and Mann-Whitney U. Among all the respondents, 81.6% were aged over 50 years, 48.30% were above 60 years. Two third were males (66.66%) and one third were females (33.34%). Out of 60 respondents, half of them 50% (n=30) have average knowledge and 46.67 % (n=28) have poor knowledge regarding cardiac rehabilitation. Only 03.33% (n=2) possess good knowledge regarding cardiac rehabilitation. Most of the respondents, 78.33% (n=47) have a positive attitude and 21.67% (n=13) have neutral attitude towards cardiac



rehabilitation. There was a positive correlation ($r= 0.45$) between knowledge and attitude. Age, educational qualification and economic status (Kruskal-Wallis: 8.289, 10.782 & 6.242) were found to be associated with knowledge and only religion (Kruskal-wallis: 6.242) was associated with attitude.

Conclusion

The Study brings out the felt need of the patients for want of knowledge on cardiac rehabilitation and shows positive attitude toward cardiac rehabilitation. Findings of the study will pave a way for designing patient centered cardiac rehabilitation programme.

Keywords: knowledge, attitude, cardiac rehabilitation, coronary artery disease.

Screening of Cardiovascular Risk factors in patients undergoing Coronary Artery Bypass grafting (CABG)

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Abstract

Introduction and Rationale

Coronary Artery Bypass grafting (CABG) is a surgical procedure to improve coronary circulation and reduce the risk of death in coronary heart disease (CHD) patients. The cardiovascular risk factors (both non modifiable and modifiable) influence the outcome of the surgery in short term and long term which include wound infection to death. In recent years cardiovascular risk factors increase among Bangladeshi population which raised CABG cases as well as mortality and morbidity of CHD cases.

Objective:

The objective of this study was to detect the presence of cardiovascular risk factors prior to surgery including non modifiable risk factors (age, sex, family history) and modifiable risk factors (History of smoking, Hypertension, Diabetes Mellitus, Hyperlipidaemia, overweight and obesity with BMI).

Materials and Methods

Retrospective data were collected from November 2006 to May 2009 from the Medical records of the United Hospital

limited Dhaka. After checking 1048 cases of completed medical records were found regarding cardiovascular risk factors who undergone CABG at that time period. The data were analyzed by spss 17.0.

Results

The mean age of the respondents was 55 years. Among 1048 CABG cases 965(92.1%) were male with 328(34%) cases had positive family history of Cardiovascular disease whereas 83 (7.9%) were female with 37 (44%) had positive family history. Among modifiable factors, 56.5% had smoking history, 66.7% had Hypertension, 52% had DM and 65.2% had Dyslipidemia. The average BMI was 24.5 Kg / M².

Conclusion

The numbers of risk factors were present among patients undergone CABG which was not properly controlled before surgery. Prevention program as well as awareness program should be emphasized for cardiovascular risk factors.

Keywords: Coronary Artery Bypass grafting (CABG), Coronary heart disease, Non modifiable and Modifiable cardiovascular risk factors

Overweight and Obesity in Middle aged women ; Factors and Health Consequences

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Abstract

Introduction and Rationale

Prevalence of Obesity is increasing in all age groups .Approximately 200million men and 300million women are currently obese worldwide .Obesity causes serious medical complications and impairs the Quality of Life . Moreover women experience menopausal transition during middle age and hormonal change occurs during this period .

Objective:

The objective of the study was to identify the factors contributing to obesity in middle age women and to assess the health conditions associated with obesity.

Materials and Methods

A Descriptive survey was carried out in one ward of VayalarPanchayat ,Cherthala by random selection. A total of 170 women in the age group 37-51 were assessed. Cluster sampling was done for selection of subjects. Body mass Index (BMI) was recorded by measuring the height and weight of women. Structured questionnaire and and Rating scale was used.

Results

46.7% were of normal weight ,20.5% had overweight and 32.9% were obese .Occupation (type of work),Low Socioeconomic status and family history of obesity /overweight were the significant factors contributing to obesity. The household activities ,dietary pattern ,habits and mode of cooking did not have much effect on weight of women. The health conditions Hypertension, Diabetes and heart disease were common during this period

Conclusion

Obesity is becoming more prevalent in middle aged women and has a variety of effects on women health issues. All women should be made aware of the negative effects of obesity and importance of controlling weight .

Keywords:Overweight ,Obesity ,Middle Age ,Body Mass Index

Effectiveness of Jacobson's progressive muscle relaxation technique on stress among elderly hypertensive inmates in selected old age homes of Dakshina Kannada district.

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Abstract

Introduction and Rationale

Hypertension is an important public health problem. Studies found a correlation between stress and hypertension. Relaxation technique is an important method for the stress management. The study is aimed at reducing stress by using JPMRT in elderly hypertensives.

Objectives

assess the pretest level of stress among experimental and control group.
compare the effectiveness of Jacobson's progressive muscle relaxation technique on stress between experimental group and control group.
compare the effectiveness of Jacobson's progressive muscle relaxation technique on stress between experimental group and control group.
find out the association between pretest stress score and selected demographic variables among both the groups.

Materials and Methods

An evaluative method with quasi-experimental non-equivalent control group design was used. The conceptual framework was from "General System Model" (Bertalanffy). Non-probability purposive sampling was used for the selection of samples. Sample size was 40. Data collected from the sample were analyzed by both descriptive and inferential statistics.

Results

Mean percentage of pre-test stress score was 82.74% and mean percentage of post-test was 38.57% among the experimental group. The same of the control group was 82.86% and 79.05% respectively. Effectiveness of JPMRT on stress was highly significant between the mean pre-test and post-test stress score ($t_{(cal)} = 42.93$, $t_{(38)} = 2.09$, $p < 0.05$). The study showed that there was no significant association between pre-test stress scores and selected demographic variables ($\chi^2_{(1)} = 3.84$; $p < 0.05$).

Conclusion

To conclude, JPMRT was effective in reducing the stress among elderly hypertensives.

Keywords: Jacobson's progressive muscle relaxation technique; elderly hypertensive inmates; stress
