EUROPEAN JOURNAL OF PHARMACEUTICAL AND MEDICAL RESEARCH

ASSESS THE KNOWLEDGE REGARDING HOME CARE MANAGEMENT AMONG ISCHEMIC HEART DISEASE CLIENTS WITH A VIEW TO DEVELOP A NURSING CARE GUIDE IN SELECTED HOSPITALS OUTPATIENT DEPARTMENT AT KOLLAM

Alfiya A. H.[1]* and Binutha V. P.[2]

[1]II Year MSc Nursing Bishop Benziger College of Nursing, Kollam, Kerala, India.
[2]Associate Professor Department of Medical surgical Nursing Bishop Benziger College of Nursing, Kollam, Kerala, India.

*Corresponding Author: Alfiya A. H.

II Year MSc Nursing Bishop Benziger College of Nursing, Kollam, Kerala, India

ABSTRACT

A quantitative study to assess the knowledge regarding home care management among ischemic heart disease clients with a view to develop a nursing care guide in selected hospitals OPD at Kollam. The objectives of the study were to assess the knowledge regarding home care management among ischemic heart disease clients, prepare a nursing care guide on home care management among ischemic heart disease clients and find the association between knowledge score among clients with ischemic heart disease and selected demographic variables. The study made use of a quantitative research approach with non-experimental descriptive research design. The study was conducted in cardiac OPD of Bishop Benziger Hospital Kollam and Upasana hospital Kollam. In this study purposive sampling technique was used to select 200 ischemic heart disease patients for the study. The tool used were Structured knowledge questionnaire with Demographic Proforma and Nursing care guide. The result showed that the43% of sample had poor knowledge regarding home care management, 50% of sample had average knowledge regarding home care management,6% of sample had good knowledge regarding home care management only 1% of sample had excellent knowledge regarding home care management. The study results revealed that there was association between knowledge score among clients with ischemic heart disease and selected demographic variables. A nursing care guide was prepared by the researcher including topics such as; relaxation techniques, exercises, diet and medication and was given to the participants.

KEYWORDS: Home Care Management, Ischemic Heart Disease Clients, Nursing Care Guide.

INTRODUCTION

Ischemic heart disease is a major cause of disability and premature death throughout the world and contributes substantially to the escalating costs of health care. The underlying pathology is atherosclerosis, which develops over many years and is usually advanced by the time symptoms occur, generally in middle age. Acute coronary and cerebrovascular events frequently occur suddenly and are often fatal before medical care can be given. Modification of risk factors has been shown to reduce mortality and morbidity in people with diagnosed or undiagnosed cardiovascular disease.[1]

Ischemic heart disease remains to be the leading cause of premature deaths across the globe. Research and epidemiological studies have concluded that 17.9 million people died from ischemic heart disease in 2020 of the entire death takes place due to ischemic heart disease, 80% of the deaths are from low-middle income countries. It has been projected that by the year 2030, more than 23.3 million people will die annually from ischemic heart disease.[2] Ischemic heart disease is now considered as an important public health problem due to epidemiological transition characterized by changing lifestyles and a problem related to interplay of factors with regards to their existence, casualty, and attributes. Clinical practice guidelines recommend that individuals with cardiovascular disease are routinely instructed to engage in self-care including diet restrictions, medication adherence, and symptom monitoring.[3]

Statement of the problem

A study to assess the knowledge regarding home care management among ischemic heart disease clients with a view to develop a nursing care guide in selected hospitals OPD at Kollam.

Objectives

- To assess the knowledge regarding home care management among ischemic heart disease clients.
- To prepare a nursing care guide on home care management among ischemic heart disease clients.

- To find the association between knowledge score among clients with ischemic heart disease and selected demographic variables.

Assumptions
- Ischemic heart disease clients may lack knowledge regarding home care management
- Age, sex, food habits, educational status, sources of knowledge, duration of ischemic heart disease, may influence the knowledge regarding home care management among patients with ischemic heart disease.

MATERIALS AND METHODS
The research design adopted for this study was non-experimental descriptive research design.The present study was conducted in cardiac OPD of Bishop Benziger Hospital Kollam and Upasana hospital Kollam, the sample consisted of 200 ischemic heart disease patients who met the inclusion criteria for the study. Purposive sampling technique was used in this study.

The data analysis were done under following headings:-
Section A: Demographic proforma was developed after extensive review of literature and receiving suggestions and opinions from experts. Demographic data included age, sex, food habits, educational status, sources of knowledge and duration of ischemic heart disease.
Section B: Structured knowledge questionnaire which consisted of 30 questions regarding home care management among clients with ischemic heart disease.
Section C: Nursing care guide The printed material of Nursing Care Guide regarding home care management such as relaxation techniques, exercises, diet, and medication was prepared by the investigator.

RESULT AND DISCUSSION
Section A: Description of sample characteristics description of demographic variables under study.
This section deals with the result of the sample characteristic under study. It included age, sex, food habits, educational status, sources of knowledge, duration of ischemic heart disease.

Demographic variables
The data showed that
- In the study 17.5% of sample belonged to the age group of 35-45years, 37.5% of sample belonged to the age group of 46-55 years, 25% of sample belonged to the age group of 56-65 years and 20% of sample belonged to the age group of 66-75 years.
- In the study shows that 62.5% sample were males, 37.5% sample were females.
- In the study shows that 37.5% of sample had primary school education, 25% of sample had high school education, 25% of sample had higher secondary and 10% of sample had graduate 2.5% of sample had postgraduate.

- In the study shows that 26% of sample got source of information from family members, 34% of them got from health professional workers, 40%of them got from others.
- In the study shows that 14% of sample were vegetarian, 86% of sample were non-vegetarian.
- In the study shows that 17.5% of sample developed ischemic heart disease recently (less than 1 year), 62.5% of sample had the disease for the last 3 years and 20% of sample had the disease for the last 5 years.

Section B: Description of knowledge score of home care management among clients with ischemic heart disease
The tool used for assessing knowledge score was Structured knowledge questionnaire the 43% of sample had poor knowledge, 50% of sample had average knowledge,6% of sample had good knowledge, only 1% of sample had excellent knowledge score regarding home care management among clients with ischemic heart disease.

To prepare a nursing care guide on home care management among ischemic heart disease clients.
After assessment of the knowledge regarding home care management among ischemic heart disease clients, the researcher provided a nursing care guide regarding home care management among ischemic heart disease clients for reinforcing the knowledge.

Section C: Association between knowledge score with selected demographic variables.
The association between the knowledge score among clients with ischemic heart disease and demographic variables like age, gender, educational status, source of information, Dietary habits, Duration of ischemic heart disease were computed by chi- square test. That the calculated chi-square value for the demographic variables such as gender (9.3), educational status (108), source of information (21.8), dietary habits (8.89) and duration of ischemic heart disease (13.3) which were greater than the table value hence it is found that there was a significant association between knowledge score and demographic variables like Gender, educational status, source of information, Dietary habits, Duration of ischemic heart disease. The calculated chi-square value of the demographic variable 'age' was less than the table value, there was no significant association between knowledge score of clients with ischemic heart disease and the demographic variable 'age'.

CONCLUSION
The present study was aimed to assess the knowledge regarding home care management among ischemic heart disease clients with a view to develop a nursing care guide in selected hospitals OPD at Kollam. Based on the findings of the study, the following conclusions were drawn.

The present study showed that the 43% of sample had poor knowledge, 50% of sample had average knowledge,6% of sample had good knowledge only 1% of sample had excellent knowledge score regarding home care management among clients with ischemic heart disease.

The study revealed that there was an association between knowledge score among clients with ischemic heart disease and selected demographic variables. The association between the knowledge score among clients with ischemic heart disease and demographic variables were tested using chi-square test and the calculated chi-square value for the demographic variables such as gender (9.3), educational status (108), source of information (21.8), dietary habits (8.89) and duration of ischemic heart disease (13.3) were greater than the table value hence it is found that there was significant association between knowledge score and demographic variables like Gender, educational status, source of information, Dietary habits, Duration of ischemic heart disease. The calculated chi-square value of the demographic variable 'age' was less than the table value, there was no significant association between knowledge score of clients with ischemic heart disease and the demographic variable 'age'.

REFERENCE
1. Hajar, R. Risk factors for coronary artery disease: historical perspectives. Heart views: the official journal of the Gulf Heart Association, 2017; 18(3): 109.
2. Kardani, K., Sadat, S. M., Kardani, M., & Bolhassani, A. The next generation of HCV vaccines: a focus on novel adjuvant development. Expert Review of Vaccines, (just-accepted), 2021.
3. Janice, L., & Brunner, K. H. Suddarth's textbook of medical-surgical nursing. Translated into Farsi by: Khachia A, 2014.
4. Luna, F., & Luyckx, V. A. Why have non-communicable diseases been left behind?. Asian Bioethics Review, 2020; 12(1): 5.
5. Lee, S. J., Moon, M. K., Choi, W. J., & Jang, T. W. Exercise and cardiovascular load in workers with high occupational physical activity. Archives of environmental & occupational health, 2020; 75(6): 339-345.
6. Nash, S. To Care when there is No Cure: Chronic Illness and Medicine, 2021.
7. Carnethon, M. R. X Physical activity and cardiovascular disease: how much is enough?. American journal of lifestyle medicine, 2021; 3(1): 44S-49S.
8. Pati, M. K., Swaroop, N., Kar, A., Aggarwal, P., Jayanna, K., & Van Damme, W. A narrative review of gaps in the provision of integrated care for noncommunicable diseases in India. Public Health Reviews, 2020; 41(1): 1-16.
9. Lavie, C. J., Ozemek, C., Carbone, S., Katzmarzyk, P. T., & Blair, S. N. Sedentary behavior, exercise, and cardiovascular health. Circulation research, 2019; 124(5): 799-815.
10. Ebrahim, S., Taylor, F., Ward, K., Beswick, A., Burke, M., & Smith, G. D. Multiple risk factor interventions for primary prevention of coronary heart disease. Cochrane database of systematic reviews, 2011; (1).
11. Clack, L., & Fraser, W. An Examination of the Impact of Workplace Wellness Programs on Health Outcomes in the US Versus European Countries. Journal of Organizational Psychology, 2019; 19(4).
12. Krishnan, M. N. Coronary heart disease and risk factors in India–On the brink of an epidemic?. Indian heart journal, 2012; 64(4): 364.