



ASSESSMENT OF LEVEL OF KNOWLEDGE ON DIET AMONG PATIENTS WITH CARDIAC DISEASE AT TERTIARY CARE HOSPITAL

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ABSTRACT

Introduction: Cardiovascular disease (CVD) is one of the most preventable causes of death in the world, due to the fact that the majority of its risk factors are preventable or controllable, such as hypertension, dyslipidemia, diabetes, obesity, smoking, lack of physical activity, stress, unhealthy dietary practices and diabetes.

Aim: To assess the level of knowledge on diet in patients with cardiac disorders in tertiary care hospital

Methods: Designed questionnaire was used to collect data. It comprised of demographic characteristics of sample such as age, sex, education, occupation and duration of illness. It contains 20 knowledge related questions regarding diet for cardiac disorders

Results: Level of knowledge, out of 20 samples 9 (45%) of the cardiac patients had inadequate level of knowledge and 8 (40%) of them had moderately adequate level of knowledge and 3 (15%) of them had adequate level of knowledge.

Conclusion: Diet counseling should receive higher priority, both in medical training and in patient care, and cardiac patients should be referred to dietitians on a more routine basis.

KEYWORDS : Diet, cardiac diseases, knowledge, counselling

INTRODUCTION

Coronary heart disease (CHD) is the leading cause of death in India and the leading cause of death worldwide, previously coronary artery disease affects the high income countries, coronary artery disease now leading to more death and disability in low and middle income countries such as India. With rates that are increasing disproportionately compared to high-income countries. Coronary heart disease affects people at younger ages in low and middle income countries. Effective screening evaluation and management strategies for coronary heart disease are well established in high income countries, but these strategies have not been fully implemented in India. Primary prevention include life style modification is recommended for all people to prevent coronary artery disease. Secondary prevention are pharmacotherapy for patients with established coronary artery disease helps to reduce the risk of coronary artery disease complications and has been estimated to account for 40% of population, wide reductions in over all coronary artery disease mortality in women in western literature.

AIM

To assess the level of knowledge on diet in patients with cardiac disorders in tertiary care hospital

MATERIALS AND METHODS

This prospective observational study was conducted in Cardiac patient having age group between 45 years to 80 years, patient who diagnosed as hypertension, myocardial infarction, atherosclerosis, and ischemic heart disease. The samples consist of patients who have cardiac problems and who fulfilled the inclusive criteria. Designed questionnaire was used to collect data. It comprised of demographic characteristics of sample such as age, sex, education, occupation and duration of illness. It contains 20 knowledge related questions regarding diet for cardiac disorders

RESULTS

Age and Gender distribution of 20 patients, 6 (30%) of them were between the age group of 45-54 years, 9 (45%) of them were between the age group of 55-64 years, 5 (25%) of them were between the age group of 65-80 years, 13 (65%) of them were males and 7 (35%) of them were females. Education of the patients, 3 (15%) of them were illiterate, 7 (35%) of them were primary, 6 (30%) of them were Graduate and 4 (20%) of them were Post Graduate. Work nature of the patients 3 (15%) of them were coolie, 10 (50%) of them

were Private Job and 5 (25%) of them were Government Job, and 2 (10) of them were Medical Work. Duration of illness out of 20 samples 6 (30%) of them had 1-2 years of illness, and, 8 (40%) of them had 3-4 years of illness and 3 (15%) of them had 5-6 years of illness. Level of knowledge, out of 20 samples 9 (45%) of the cardiac patients had inadequate level of knowledge and 8 (40%) of them had moderately adequate level of knowledge and 3 (15%) of them had adequate level of knowledge. The findings shows that there is no significant association between the level of knowledge of cardiac patients with their selected demographic variables at P<0.05 level.

Table 1 Distribution of Demographic variables of study patients

Demographic Variables		Frequency	Percentage
Age	45-54 years	6	30%
	55-64 years	9	45%
	65-80 years	5	25%
Gender	Male	13	65%
	Female	7	35%
Education	Illiterate	3	15%
	Primary	7	35%
	Graduate	6	30%
Occupation	Post Graduate	4	20%
	Coolie	3	15%
	Private Job	10	50%
	Government Job	5	25%
Duration of Illness	Medical Job	2	10%
	1-2 years	6	30%
	3-4 years	8	40%
	5-6 years	3	15%

Table 2 Distribution of Level of Knowledge

S.No.	Level of Knowledge	Frequency (f)	Percentage
1	Inadequate knowledge	9	45%
2	Moderately adequate knowledge	8	40%
3	Adequate knowledge	3	15%

Table 3 Cross tabulation of Level of Knowledge with demographic variables

Demographic Variable		Inadequate knowledge		Moderately adequate knowledge		Adequate knowledge		P value
		F	%	F	%	F	%	
Age	45-54years	2	10	1	5	3	15	Non Significant
	55-64years	1	5	6	30	2	10	
	65-80years	4	20	1	5	-	-	
Gender	Male	3	15	7	35	3	15	Non Significant
	Female	3	15	2	10	2	10	
Education	Illiterate	2	10	1	5	-	-	Non Significant
	Primary	4	20	2	10	1	1	
	Graduate	-	-	4	20	2	2	
	Post Graduate	1	1	2	10	1	1	
Occupation	Coolie	2	10	1	5	-	-	Non Significant
	Private	4	20	2	10	4	20	
	Government	3	15	2	10	-	-	
	Medical work	1	-	1	5	1	5	
Duration of Illness	1-2years	2	10	3	15	1	5	Non Significant
	3-4years	4	20	5	50	-	5	
	5-6years	3	15	-	-	-	-	
	More than 6year	1	5	-	-	-	-	

DISCUSSION

With regard to the level of knowledge on diet for clients with cardiac disorders out of 20 samples, 9 (45%) having inadequate knowledge, 8 (40%) of cardiac patients moderately adequate knowledge, 3(15%) having adequate level of knowledge. These findings were supported by the study, Nabanita Barman & Pushpita Chakravortty (2011) cardiac patients, 56% had inadequate level of knowledge, while 22% cardiac patients had moderate level of knowledge, and the remaining 22% cardiac patients had adequate knowledge. The finding shows that there was no significant association between the level of knowledge on diet for patients with cardiac disorders. This findings were supported by the study, Judith A.Beto (1999)" level of knowledge on cardiac risk factors and cardiac diet with their selected demographic variables like age, sex, education, dietary pattern and socioeconomic status. The result was the majority of adults 59% had inadequate knowledge, 28% of adults had moderate level of knowledge, and 13% of them had adequate knowledge and there was no significant association between level of knowledge on cardiac risk factors and cardiac diet among adults with their selected demographic variables.

CONCLUSION

Lifestyle can be an important risk factor for the development of cardiovascular diseases the leading cause of death in industrialized nations. Eradicating barriers that challenge physicians in counseling their patients about nutritional change include lack of time, financial disincentives, competing agendas, a perception that nutritional counseling lacks effectiveness, lack of knowledge about nutrition, lack of training and expertise in lifestyle modification techniques, and uncertainty about changing guidelines were improve patients health.

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