

The Effectiveness of Self Instructional Module on Knowledge of Lifestyle Modification Among Post Myocardial Infarction Patient



Medical Surgical Nursing

KEYWORDS :

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ABSTRACT

Heart disease is the leading cause of death in most of the developed and developing countries. Coronary heart disease was the underlying causes of nearly 26% of death of the patients. Objectives: 1.to assess the pre test level of knowledge on life style modification among post myocardial infarction patients.2.determine the effectiveness of self instructional module on knowledge on life style modification among post myocardial infarction patient.3. Associate the selected demographic variables with post test knowledge on life style modification among post myocardial infarction patients. Methods/approach: pre experimental research with one group pre test and post test design. Results: There was a significant increase in the level of knowledge regarding life style modifications of Myocardial Infarction patient before and after receiving the self instructional module at $P < 0.001$ level

Introduction

Myocardial infarction results in enormous burden of increased mortality and morbidity. The experience of a serious illness, particularly if it is a sudden and life threatening event, only for spouse and wider family. These events threaten the patient's stability, security, adaptability, beliefs and assumption.

The Global Status on Non-Communicable Diseases Report (2011) has reported that there were more than 2.5 million deaths from coronary vascular disease in India in 2008, two-thirds due to coronary vascular disease and one-third to stroke. These estimates are significantly greater than those reported by the Registrar General of India, and shows that coronary vascular disease mortality is increasing rapidly in the country.

The clients with myocardial infarction had lack of knowledge regarding exercise, diet, medication, warning sign, follow-up care. Lot of clients who had myocardial infarction is from middle class and low socio economic status.

Statement of the problem

Effectiveness of self instructional module on knowledge of life-style modification among post myocardial infarction patient

Objectives of the study

1. To assess the pre test level of knowledge on life style modification among post myocardial infarction patients.
2. To determine the effectiveness of self instructional module on knowledge on life style modification among post myocardial infarction patient.
3. To associate the selected demographic variables with post test knowledge on life style modification among post myocardial infarction patients.

Hypothesis:

There is a significant difference in the level of knowledge on life style modification among post myocardial infarction patient after receiving the self instructional module.

RESEARCH METHODOLOGY

Research approach

Quantitative research approach

Research design

Pre experimental one group pre test post test design

Setting

Government Vellore Medical College and Hospital

Sample

The sample consisted of post myocardial infarction patient, who

recovered from acute stage at cardiology ward in Government Vellore Medical College and Hospital.

Sample size

Sample size is 60

Sampling technique

Purposive sampling technique

Criteria for sample selection

Inclusion Criteria

- 1) patient who were diagnosed to have myocardial infarction and recovered from acute stage
- 2) Patient who were more than 30 years.
- 3) Patients who could read Tamil.
- 4) Patients who were willing to participate in the study
- 5) Both male and female patients who had myocardial infarction

Exclusion Criteria

- 1) Patient who were critically ill and disoriented
- 2) Patient who were cognitive impairment.
- 3) Pilot study samples

Data collection tool

Part – I

The demographic variables which included, age, sex, educational status, marital status, occupation, area of residence, duration of illness and treatment, habit of smoking and alcohol consumption.

Part – II

Multiple choice questionnaire was used to assess the knowledge regarding lifestyle modification in the aspects of drug, diet, exercise stress management and regular follow up. This consists of 20 multiple choice questions with four options. Out of four one is the correct answer. A score of 1 for correct answer, and score of 0 for wrong response.

Analysis and interpretation

Table-1 Effectiveness of Self Instruction Module on Knowledge of Life Style Modification among post Myocardial Infarction patient

Knowledge Aspects	Pre test		Post test		Improvement Knowledge (n=60)		Paired t test and P value
	Mean	S.D	Mean	S.D.	Mean	S.D	
Myocardial Infarction	50.55	18.90	86.11	17.67	44.44	21.42	t = 16.075, P = 0.000 ***
Exercise	41.67	17.50	69.52	16.94	27.86	17.73	t = 12.172, P = 0.000 ***

Knowledge Aspects	Pre test		Post test		Improvement Knowledge (n=60)		Paired t test and P value
	Mean	S.D	Mean	S.D.	Mean	S.D	
Diet	41.11	24.83	73.89	18.50	32.78	27.09	t = 9.371, P = 0.000 ***
Stress	45.56	20.32	75.56	20.23	30.00	23.53	t = 9.876, P = 0.000 ***
Medication and follow up	39.17	20.25	76.67	16.51	37.50	23.69	t = 12.259, P = 0.000 ***
Overall Knowledge	43.00	12.83	75.00	10.08	32.00	11.02	t = 22.501, P = 0.000 ***

Note: $p < 0.001$ Level of significance

Major findings of the study.

- In the pre test, 50% of the samples had moderate knowledge regarding myocardial infarction. And knowledge regarding rest of the aspects includes, exercise, diet, stress, medication

and follow up were inadequate. Overall 70% of people had inadequate knowledge regarding life style modifications of Myocardial Infarction.

- In the post test, majority of the people had adequate knowledge regarding myocardial infarction (60%) and medication and follow up (85.0%). And rest of the samples had moderate knowledge regarding other aspects. Over all 60% of the samples had adequate knowledge in the post.
- There was a significant increase in the level of knowledge regarding life style modifications of Myocardial Infarction patient before and after receiving the self instructional module at $P < 0.001$ level. It shows that self instructional module regarding life style modifications of Myocardial Infarction was effective. Hence the hypothesis was accepted.

Conclusion

This study indicates that self instructional module had been highly effective in improving the level of knowledge regarding life style modification among post myocardial infarction patients.

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