"A STUDY TO IDENTIFY THE KNOWLEDGE OF MYOCARDIAL INFARCTION (MI) & RISK FACTORS AMONG TEACHERS FROM HIGH SCHOOLS, AT SELECTED SCHOOLS, KOLHAPUR, IN A VIEW TO DEVELOP AN INFORMATIONAL BOOKLET"

Nursing

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ABSTRACT

Cardiovascular diseases (CVD) are a class of diseases that involve the heart or blood vessels. CVD includes coronary artery diseases such as angina & myocardial infarction. This may be caused by high blood pressure, smoking, diabetes mellitus, and obesity. etc. It is estimated that up to 90% of CVD may be preventable. Myocardial infarction is the most common form of cardiovascular diseases with an estimated prevalence of 6.9% in men & 6% among women. Cardiovascular disease is considered as important public health problem not only in developed countries but also in developing countries like India. Cardiovascular disease has emerged as a major health burden worldwide. Over 64 million people have some type of cardiovascular diseases. Global burden of disease study reported that in 1990 there were 5.2 million deaths from cardiovascular diseases.

METHODOLOGY: The aim of this study was to assess the level of knowledge of high school teachers on Myocardial infarction & risk factors, to assess demographic variable and also to find out the association between knowledge score and selected demographic variable. The present study was conducted at Chhatrapati ShahuVidyalay, Hanumantrao Chate High School, New Model English Medium School & M.S. Patel English Medium School, and Kolhapur. The research design was descriptive. Non probability systemic sampling technique was used to select 96 samples. The selected samples were assessed by structured knowledge questionnaire.

RESULTS: In socio demographic data the result indicates that Majority of high school teachers 07% belonged to 21-30 years of age, 38% belonged to 31-40 years of age and 51% were above 41 years of age. The majority of the high school teachers 78% were belonged to female category & 18% were belong to male category. Majority of the high school teachers 84% were married, 07% were unmarried & 5% were divorce. Majority of the high school teachers 52% were belong to nuclear family & 44% were belong to joint family. Majority of high school teachers 73% were from urban population & 23% were from rural population. Majority of the high school teachers 31% had information through family & relatives, 39% had information through mass media, 8% had information through hospital & 18% had information through book & pamphlets.
The majority 76% had average knowledge, 11% had poor and 9% had good knowledge about myocardial infarction & risk factors.

CONCLUSION: The overall experience of conducting this study was satisfying and enriching. The study was a new learning experience for the investigators. The result highlights the need of improvement of knowledge on myocardial infarction & risk factors.

KEYWORDS

Myocardial infarction, knowledge, high school teachers.

INTRODUCTION:

The heart is the engine of human life. Beating almost 100,000 times a day more than 36 million times each year, endlessly beating examines the heart as a muscle. Pushing approximately five quarts of blood in an endless course to deliver to every cell of the human body. Cardiovascular diseases continues to be a major cause of morbidity and mortality in western societies approximately two out of three incidents of myocardial infarction (MI) occur without warning and of note, one third of first MI's are fatal; 20% of patients die out of hospitals and 13% die within the first 24-48 hours of hospitalization. When people move from a rural to an urban environment, they become sedentary and or may adopt western life styles. Decreased physical activity and increased consumption of calories and saturated fat results in abdominal obesity, insulin resistance and atherogenic dyslipidemia. These acquired metabolic abnormalities appear to have a synergistic effect on the development of cardiovascular disease in genetically predisposed individuals. Cardiovascular disorders are a generic term for disorders of heart and blood vessels. Over 64 million people some type of cardiovascular diseases. Although heart disease is primarily thought of as a disease affecting older adults, it is third killer of adult ages between 25-44years and the second leading cause of death in adult ages between 45-64 years.

METHODOLOGY:

After an extensive review of literature, referring the books and journals as well as discussion with the guide and experts, the tool was developed and sent for validation to experts. According to expert and guide suggestions changes were made in the tool and finalized for main study. It consisted of six items for obtaining information about the selected background factors of samples such as Age, Gender, Marital status, Type of family, Habitat & Source of information. It consisted of 43 items of multiple-choice questions on knowledge regarding myocardial infarction & risk factors The questionnaire for knowledge assessment was Good knowledge score 29 – 43, Average knowledge score 15 – 28 and Poor knowledge score 00 – 14[10]Research investigators introduced themselves to participants and explained the purpose of study & assured the confidentiality of responses. Subjects

were selected by using Non-Probability, systemic Sampling technique. Data was collected from 96 teachers from selected high schools of, Kolhapur by using Socio Demographic variables and Structured Knowledge Questionnaire on myocardial infraction and risk factors was administered.

RESULTS:

In socio demographic data the result indicates that Majority of high school teachers 07% belonged to 21-30 years of age, 38% belonged to 31-40 years of age and 51% were above 41 years of age. The majority of the high school teachers 78% were belonged to female category & 18% were belong to male category. Majority of the high school teachers 84% were married, 07% were unmarried & 5% were divorce. Majority of the high school teachers52% were belong to nuclear family & 44% were belong to joint family. Majority of high school teachers 73% were from urban population & 23% were from rural population. Majority of the high school teachers 31% had information through family & relatives, 39% had information through mass media, 8% had information through hospital & 18% had information through book & pamphlets.
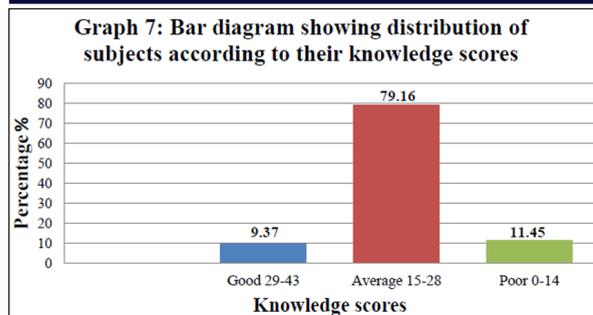
The majority 76% had average knowledge, 11% had poor and 9% had good knowledge about myocardial infarction & risk factors.

Table II: Frequency and percentage distribution of knowledge scores of high school teachers regarding myocardial infarction & risk factor (n = 96)

Knowledge Score	Frequency (f)	Percentage (%)
Good (29-43)	9	0.9.37
Average (15-28)	76	79.16
Poor (00-14)	11	11.45

Table II: Indicates that,
Majority of subject 76(79.16%) had average knowledge, 09(09.37%) had good knowledge and 11(11.45%) had poor knowledge regarding myocardial infarction &risk factors.

Graph 7: Bar diagram showing distribution of subjects according to their knowledge scores

DISCUSSION:

Findings of knowledge score regarding myocardial infarction & risk factors among subjects

In the present study, 96 high school teachers were selected by non-probability systemic method, result shows that majority of subjects i.e., 76% had average knowledge, 11% had poor and 9% had good knowledge about myocardial infarction & risk factors. The findings of study revealed that most of the high school teachers did not have the adequate knowledge about myocardial infarction & risk factors.

CONCLUSION:

The high school teachers need more support and guidance to know regarding myocardial infarction & risk factors. It is recommended that each high school teacher should be assessed for knowledge regarding myocardial infarction & risk factors needed information Knowledge about anatomy of heart, definition of myocardial infarction & risk factors of myocardial infarction, informational booklet helping to improve knowledge regarding myocardial infarction & risk factors. The study showed that, among 96 samples, 11 participants (11.45%) were had poor knowledge, 76 participants (79.16%) were had average knowledge and 9 participants (9.37%) had good knowledge regarding myocardial infarction & risk factors. Hence, it concluded that more efforts have to make to improve the knowledge of high school teachers on myocardial infarction & risk factors.

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