

"A search to evaluate the efficacy of an information booklet on the knowledge and practice relating to lifestyle modifications among patients with coronary artery disease at selected hospitals of Surat, Gujarat"

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Abstract

The blood flow to the heart is impacted by ischemic heart disease, sometimes referred to as coronary artery disease. As a result of the buildup of plaque formation, the walls of blood arteries become constricted or clogged. The heart's musculature needs oxygen and nourishment to operate properly, which is decreased as a result. This might eventually lead to the abrupt deprivation of blood flow to a section of the heart, which would kill that section's heart attack via damaging cardiac tissue. Any cardiac abnormality instantly impacts the flow of oxygen to the brain, kidneys, and other essential organs since the heart are the pump that delivers oxygenated blood to the other vital organs. The tissue inside these organs is impacted as a result to die, which ultimately causes failure or death. The top factor of death in several nations throughout the world is ischemic heart disease. The aim and objective of the study is the usefulness of a booklet providing advice on lifestyle changes for people with coronary artery disease. This study's conceptual model is based on "Imogene King's goal achievement theory". This study aimed to gauge people's understanding of lifestyle changes for cardiac patients. The quantitative research technique was used in this investigation. Pre- and post-testing in one group and preliminary research design were used. Techniques of non-probability random sampling were employed to choose the samples. The sample size was 60 in total. We employed both descriptive and inferential statistics in the data examination. After administering the information packet, the study's findings revealed a considerable increase in knowledge and practice during the post-test. The information booklet was a useful tool that raised patients' knowledge and practices to the desired level.

Keywords: Information packet, lifestyle changes, and coronary artery disease come to mind.

INTRODUCTION

The blood flow to the heart is impacted by ischemic heart disease, sometimes referred to as coronary artery disease. As a result of the buildup of plaque formation, the walls of blood arteries become constricted or clogged. The heart's musculature needs oxygen and nourishment to operate properly, which is decreased as a result. This might eventually lead to the abrupt deprivation of blood flow to a section of the heart, which would kill that section's heart attack via damaging cardiac tissue. Any cardiac abnormality instantly impacts the flow of oxygen to the brain, kidneys, and other essential organs since the heart are the pump that delivers oxygenated blood to the other vital organs. The tissue inside these organs is impacted as a result to die, which ultimately causes failure or death. The top factor of death in several nations throughout the world is ischemic heart disease. The aim and objective of the study is the usefulness of a booklet providing advice on lifestyle changes for people with coronary artery disease. This study's conceptual model is based on "Imogene King's goal achievement theory". This study aimed to gauge people's understanding of lifestyle changes for cardiac patients. The quantitative research technique was used in this investigation. Pre- and post-testing in one group and preliminary research design were used. Techniques of non-probability random sampling were employed to choose the samples. The sample size was 60 in total. We employed both descriptive and inferential statistics in the data examination. After administering the information packet, the study's findings revealed a considerable increase in knowledge and practice during the post-test. The information booklet was a useful tool that raised patients' knowledge and practices to the desired level.

OBJECTIVES

1. To create and validate an informational booklet on patients with coronary artery disease's knowledge and behaviour on lifestyle changes.
2. To evaluate, both before and after distributing an information booklet, the patients with coronary artery disease's knowledge of lifestyle adjustment.
3. To compare how individuals with coronary artery disease received an information booklet before and after practised lifestyle changes.
4. To compare the knowledge and practice scores for lifestyle adjustments between both a pre-and post-test among patients with heart artery disease.
5. To determine if individuals with coronary artery disease have a link between their knowledge and practice of lifestyle changes.
6. To determine if selected socio-demographic factors and scores of post-test knowledge and practice of patients with cardiovascular disease regarding lifestyle modification are associated.

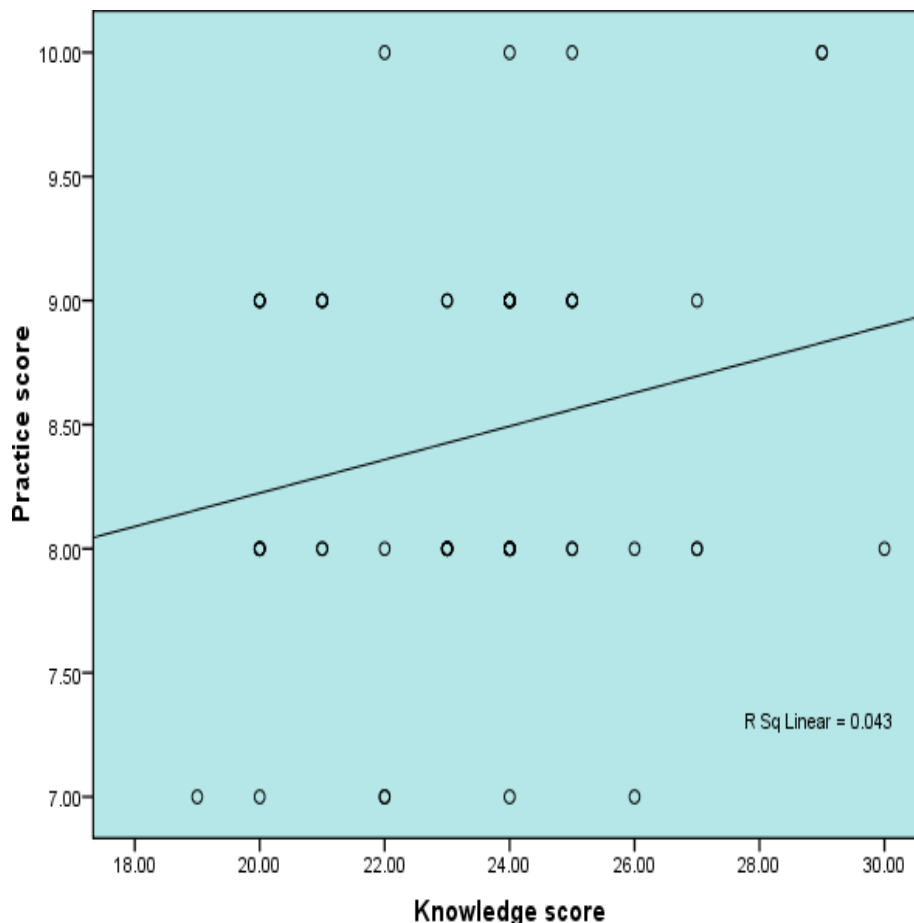
CONCEPTUAL FRAMEWORK:

This study's conceptual model is based on "Imogene King's goal achievement theory" (1997). This study aimed to gauge people's understanding of lifestyle changes for cardiac patients. This idea holds that when individuals encounter each other in a similar circumstance, they see one another, form opinions about one another, behave in concert, and respond to one another. Following the engagement, there will be a transaction, which depends on the accomplishment of a goal.

METHODOLOGY

The quantitative research technique was used in this investigation. The pre-experimental design with a one-group pre-test, post-test, and analysis was used. Techniques of non-probability random sampling were employed to choose the samples. The sample size was 60 in total. The investigation was conducted in Surat's Mahavir Hospital. To conduct the study, ethical considerations were obtained from the college. The instrument, which included a structured knowledge questionnaire, a checklist for practice, and a few sociodemographic characteristics, was used to gather data. We employed both descriptive and inferential statistics in the data analysis.

RESULTS:



The above study's results showed that the pre-test knowledge analysis before distributing the information booklet indicated an overall mean percentage of 60.06%. However, a post-test following the distribution of an information booklet showed that the total mean percentage was 77.83%. At the $p < 0.001$ level, the estimated t value of $t = 15.846$ was statistically significant. According to the study's results, the pre-test analysis for practice questions before distributing information booklets showed that the total mean percentage was 75.30%. However, a post-test conducted following the distribution of an information booklet showed that the total mean percentage was 84.50%. At the $p < 0.001$ level, the estimated t value of $t = 8.561$ was statistically significant. The pre-test analysis for practice questions before distributing information booklets revealed that the overall mean percentage was 75.30%, according to the study's findings. However, a post-test done after an information booklet was distributed revealed that the overall mean percentage was 84.50%. The estimated t value of $t = 8.561$ was determined to be statistically significant.

The goal of the study was to determine how well a booklet that provided information on lifestyle changes was received and used by patients with coronary artery disease at particular hospitals in Surat, Gujarat. After administering the information packet, the study's findings revealed a considerable increase in knowledge and practice during the post-test. The information booklet was a useful tool that raised patients' knowledge and practices to the desired level.

RECOMMENDATIONS FOR FURTHER STUDY

In order to create new information and validate conservative approaches, nursing research is a rapidly increasing field. A few recommendations have been made for future investigations based on the findings of the current research. To verify and generalize the results, comparable studies might be repeated with bigger samples in diverse contexts. To determine the differences in knowledge and knowledge on the practice of lifestyle modifications based on institutional characteristics such as

private and public institutions, comparative research may be done. To determine the variables influencing the development of CAD in rural and urban populations, comparison research might be conducted. To assess the impact of the information booklet between the experimental group and the control group without intervention, comparison research may be carried out. A comparison study can be conducted to evaluate how well patients are cared for in hospital settings and outpatient settings (such as cardiac rehabilitation) (inpatient). A similar study might be done on patients' attitudes and behaviours related to lifestyle improvement. A comparable investigation may be carried out using other non-pharmacological techniques. Medical therapies may be combined with research. Alternative tactics, such as interactive lessons, well-organized lesson plans, etc., can be tested.

CONCLUSION

The study's goal is to assess how an informational booklet affects patients with coronary artery disease's understanding and use of lifestyle decisions changes at a few Surat hospitals. The study evaluated patients' understanding and application of lifestyle changes for cardiac patients. According to the study's findings, there was a noticeable increase in knowledge and practice during the post-test following the distribution of the information booklet. The findings showed that, at a P0.05 level, the information booklet was extremely helpful in raising knowledge and practice levels on lifestyle modification for cardiac patients. The study's findings lead the researcher to the critical contribution that information booklets may make to improving cardiac patients' awareness and practice of lifestyle modification. The information booklet was a useful tool that raised the patients' knowledge and practices to the desired level. Patients should seek medical counsel and follow-up treatment if they have numerous modifiable risk factors for CAD, the researcher emphasized.

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