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Descriptive study to assess the knowledge and practice regarding care of patients with cardiovascular disease among staff Nurses working in a selected hospital at Bangalore.

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Abstract

Atherosclerotic changes begin in the early ages and progress to great extent during adolescence. Physical inactivity, unhealthy habits, eating fast foods, unhealthy competition and stress make today's adolescents vulnerable to coronary artery disease. The necessary modification in lifestyle can be introduced early. Coronary artery disease is associated with the habit and lifestyle of people. Any attempt to establish a healthy lifestyle in the population can bring about a reduction in the morbidity and mortality rate due to coronary artery disease.

Objectives of the study: Knowledge and Attitudes of Coronary Heart Disease and lifestyle modifications among Middle and Older Aged People in selected Community at Bangalore.

Method: A descriptive study was conducted among 100 adult people who were selected by convenience sampling technique. The study was conducted in local areas, at Bangalore. Data was collected through baseline information, structured knowledge questionnaire. The data collected was analysed and interpreted based on descriptive and inferential statistics.

Result: Majority of the samples belonged in the age group of 21-25 years 27 (54%), majority of the were female 27(56%) most of Nurses completed GNM (48%), nearly half of the subjects from urban (40%), 32 (64%) of the Nurses were married , majority of 24 (48%) them had 3- 5 Years of experience in cardiac units, regard to special training special training of staff nurses knowledge and practice regarding care of cardiovascular disease 28 (56%) had undergone training. With regard to level of knowledge, among 50 staff nurses 24(48%) had poor knowledge, 17(34%) had good knowledge, 3(6%) had very good knowledge and 6(12%) had moderate knowledge about care of patients with cardiovascular disease. Regarding to practice There was a significant association for age, type of occupation, habits, BMI and personal history of CVD with knowledge of adult population **Conclusion:** Knowledge level of adult people regarding risk factors of cardiovascular disease is comparatively low. Various

multispectral approaches are required to improve their knowledge which would help to improve their quality of life.

KEYWORDS: Assessment, Knowledge and practice, care of patients with cardiovascular disease, staff nurses.

Introduction

The Cardiovascular diseases (CVD) are group of disorders of the heart and blood vessels and they include coronary heart disease, cerebroVascular diseases, deep vein thrombosis and pulmonary embolism and some other disorders of heart (WHO, 2014). According to Texas Heart Institute (THI) the risk-factors for cardiovascular-diseases are group into two major and minor contributing factors. Main risk factors are hypertension, cigarette smoking, high fat level, diabetes, obesity and physically inactive. The minor risk factors contain stress due to anxiety, sex- hormone intake, birth-control pills and alcohol drinking. (Pagani et al., 2015). Cardiovascular diseases are the number one cause of death globally more people die annually (WHO, 2014). The WHO statistics indicate that CVD related deaths are seventeen million yearly, and this amount is gradually increasing up to twenty three million by the end of 2030 (Kumar, 2017). In Pakistan, cardiovascular diseases are also the leading cause of morbidity and mortality. Prevalence data for the Cardiovascular disease is less, thirty to forty percent of all deaths in Pakistan are the result of cardiovascular diseases (Aziz, Faruqui, Patel, & Jaffery, 2012).

Cardiovascular disease is the world's leading killer, accounting for 16.7 million or 30% of total global death. India will carry 60% of the world's heart disease burden, nearly four times more than its share is one of the most challenging and demanding areas among all the surgeries. Nurses must incorporate scientific knowledge and technical advances into their practice to care for the post operative cardiac surgery patients. Cardiovascular Nurses play a key role in caring of patients with the cardiovascular disease

In the India as a developing country still shows inadequate focus on cardiac disease as one of the major national health problems. Knowledge and participation of the patients with chronic illness and their caregivers along with the health care professionals in the training services will minimize the mortality rate due to any type of cardiac emergencies and helps the caregivers to handle the emergent situation effectively without delay in time in managing cardiac emergencies. These concepts awakened the desire of the investigator to study the knowledge and practice regarding care of patients with cardiovascular disease among staff Nurses working in a selected hospital.

Statement of the problem

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Descriptive study to assess the knowledge and practice regarding care of patients with cardiovascular disease among staff Nurses working in a selected hospital at Bangalore.

Objectives of the study

➢ To assess the level of knowledge regarding care of patients with cardiovascular disease among staff Nurses working in a selected hospital.

➢ To assess the level of practice regarding care of patients with cardiovascular disease among staff Nurses working in a selected hospital

➢ To find out the association between the level of knowledge regarding care of patients with cardiovascular disease among staff Nurses with the selected demographic variables.

Hypothesis

➢ There is an association between the levels of knowledge regarding care of patients with cardiovascular disease among staff Nurses with the selected demographic variables.

Materials and Methods

It was a cross-sectional study conducted in a selected hospital area in an Indian state of Bangalore over a period of 3months. The calculated sample size of the study was 50 Nurses working in cardiac units in Siliconcity Hospitals at Bangalore.

Sampling Method

In our present, we have selected 50 staff nurses working in cardiac units in Siliconcity Hospitals at Bangalore by using simple random sampling method.
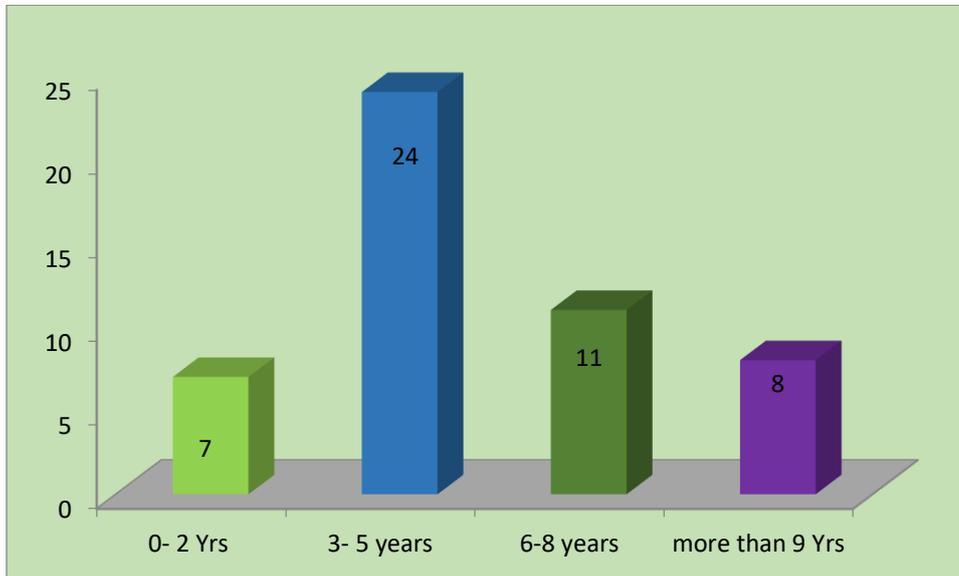
Study Tool and data collection

For the purpose of data collection, the study tool was constructed and based on extensive review of related literature and studies to assess the care of patients with cardiovascular disease among Staff nurses. The study tool is composed of three parts which were distributed through the followings: **Part-1:** Socio Demographic and clinical characteristics of the study. This part consists of age, gender, marital status, monthly income, occupation, level of educational, residential area, and year of experience in cardiac units. Part**-2:** Some items regarding special training of staff nurses knowledge and practice regarding care of cardiovascular disease, **Part-3:** Knowledge questinarries include 20 questions care of patients with cardiovascular disease and checklist regarding the practice regarding care of patients with cardiovascular disease.

Data collection and results

A descriptive study was conducted among 50 staff nurses working in cardiac units in Siliconcity Hospitals at Bangalore who were selected by simple random sampling technique. Data was collected through baseline information, structured knowledge questionnaire. The data collected was analysed and interpreted based on descriptive and inferential statistics.

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Results

Majority of the samples belonged in the age group of 21-25 years 27 (54%), majority of the were female 27(56%) most of Nurses completed GNM (48%), nearly half of the subjects from urban (40%), 32 (64%) of the Nurses were married , majority of 24 (48%) them had 3- 5 Years of experience in cardiac units, regard to special training special training of staff nurses knowledge and practice regarding care of cardiovascular disease 28 (56%) had undergone training.

Figure 1: Frequency and percentage distribution of samples regard year of experience in cardiac units

Table 1: Frequency and percentage distribution of samples regarding care of patients with cardiovascular disease among staff Nurses

(n=50)

S.No	Poor knowledge		Average knowledge		Good knowledge		very good knowledge	
	F	P	F	P	F	P	F	P
1	10	10%	50	50%	34	34%	6	6%

With regard to Frequency and percentage distribution of samples regarding care of patients with cardiovascular disease 24(48%) had poor knowledge, 17(34%) had good knowledge, 3(6%) had very good knowledge and 6(12%) had moderate knowledge about care of patients with cardiovascular disease.

Regarding practice 27(54%) had inadequate practice level and 23(46%) had adequate practice levels regarding care of patients with cardiovascular disease

Association between the knowledge level regarding care of patients with cardiovascular disease with selected demographic variables. It is inferred from table that

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there was a statistically significant association of knowledge with age, Qualification and years of experience in cardiac unit at 0.05levels. Other variables are non significance.

Limitations

It was a cross-sectional study with limited socio-demographic information. It involved only adult population of the selected community; hence, findings can't be generalisable. However, the large sample size is the strength of the study.

Conclusion

Descriptive cross sectional study was conducted to assess the level of knowledge regarding risk factors of cardiovascular disease among adult people in a selected community. Findings of the study showed that 50% had average knowledge, 34% had good knowledge, 6% had very good knowledge and 10% had poor knowledge about the risk factors of cardiovascular disease.

Different educational programs should be planned targeting middle aged adults for the prevention of CHD. Different screening programs for the prevalence of CHD related behavioral risk factors can be conducted and thus awareness programs can be promoted at the primary health care level with emphasis on changing behavior related risk factors among high risk subjects. A similar study can be conducted on large scale in different setting i.e. in community setting in both rural and urban areas. Similar studies can be carried out among young adults and adolescents group.

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