

Original article:

“A study to assess the effectiveness of instructional module on prevention of coronary artery disease among the teaching Professionals.”

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ABSTRACT:

Back ground of the study:-

Coronary artery diseases are one of the major illnesses which affect equally on both male and female, we can prevent this with help of adapting proper healthy life styles.

Objectives:-Study investigated to assess the effectiveness of instructional module on prevention of coronary heart diseases among teaching professionals.

Material and methods:

Experimental study done on 50 teaching professionals on prevention of coronary artery diseases. Check list prepared for data collection which was validated from expert. Ethical permission taken before collection of data. Samples collection done as per inclusion criteria of the study in the study. Maximum samples are from the age group of 25-35Yrs 28(59%) Pretest 36(72%) of teaching professionals are known to prevention of coronary artery diseases. After intervention it was found 39(78%) known to prevention of coronary artery disease in the teaching professionals.

Results:-

As per study findings maximum teachers are in the age group of 36-45yrs of age, 37(74%) are female teachers, in education 24(48%) completed gradation, income of the family 26(52%) are having 50000-10, 000, Indoor exercises are one by 27(54%) of people, 47(94%) involving other different types of habits, 36(72%) of people are not able to do routine checkup. In the association Scio demographic variables are shown significant values only gender was not associated with Scio-demographic value.

Conclusion:-

Teaching professionals are unaware about healthy life styles to prevent coronary artery diseases. Health care professionals need to create awareness about preventive measures to control illness related with coronary artery diseases.

Key words: Teaching professionals, Coronary artery diseases, Instructional Module

Introduction:-

Coronary artery disease was a very serious disease condition and to prevent the heart attack and further complication people need to change their modify the life styles and diet .It was an important for every individual to modify the life styles in out day to day life. Health education was important factors to create awareness among the people to prevention of coronary artery diseases.¹

Coronary artery disease was a major health issues in our life to prevent heart attack. Due to this our mortality and morbidity increased so it was necessary to do rehabilitation of the patient .Most of the patient those admitting in hospital rehabilitation was must to them because they disturbed physically, psychologically socially and economically .When patient was admitting in a hospital health care professional's need to prepared comprehensive health teaching so they understand about proper rehabilitation so they will be less in stress .²

Most of the people are not able to follow a good and healthy behavior in a daily life. People should adapt healthy life styles like avoid of Tabaco chewing, salt restricted diet ,intake of fruits regular physical activity ,avoid alcohol drinking reduced overthinking etc. these all modifiable risk factors are present to prevent coronary artery diseases. As a nurse it was our responsibility to promote, preserve and restoration of good health for every patient is much important.³

As per estimation of world health organization 75% of coronary artery diseases are preventable if people are adopting a good and healthy life styles. There should be a proper guidelines which was based on research evidences like diet much includes fibers, salt restricted diet, exercises, reduction in stress in our day to day life, salt restricted diet intake medication proper in time about any disease condition, aware about side effect on health As per researchers it was said that those are doing exercises daily he was a way from coronary artery diseases.⁴

Material and methods:-

Experimental study done on 50 teaching professionals to assess the effectiveness of instructional module on preventive measures of coronary artery diseases. Samples selected as per inclusion criteria of the study, before data collection ethical permission taken and check list validated by the experts. Purpose of the study was explained by the researcher to the samples. Pretest taken with the help of check list and intervention done on the samples and after seven days post test done and findings noted as per objectives. IN the pretest mean 19.2and SD 5.871 and after post test Mean 25.8 and SD was 3.959.Intervention was effective.

Result:-

Sr.No	Characteristic	Category	Respondents	
			Frequency	Percentage
1	Age	25-35	29	58%
		36-45	17	34%
		46-55	04	8%
2	Gender	Male	13	26%
		Female	37	74%
3	Qualification	Graduate	21	42%
		Post Graduate	24	48%
		Others	05	10%
4	Income	5000-10000	26	52%
		100001-20000	10	20%
		>20000	14	28%
5	Exercises	Indoor	27	54%
		Jogging	08	16%
		Running	05	10%
		Brisk walking	05	10%
		Others	05	10%
6	Habits	Smoking	02	4%
		Pan Chewing	01	2%
		Others/No	47	94%
7	Routine Check up	No	36	72%
		Yes	14	28%

In above table no 2 findings noted that maximum teachers are in the age group of 36-45yrs of age,37(74%) are female teachers, in education 24(48%) completed gradation, income of the family 26(52%) are having 50000-10,000,Indoor exercises are one by 27(54%) of people ,47(94%) involving other different types of habits,36(72%) of people are not able to do routine checkup.

Table No-2 Comparison among Samples on prevention of coronary artery disease among the teaching Professionals

Pre-test		Post Test n=50	
Frequency	percentage	Frequency	Percentage
6	12%	5	10%
36	72%	39	78%
8	16%	6	12%
50	100%	50	100%

As per Table no-2. In the pretest 36(72%) of teaching professionals are known to prevention of coronary artery diseases. After intervention it was found 39(78%) known to prevention of coronary artery disease.

Table No-3- Comparison of pretest and post test Mean Median and standard deviation among teaching professionals.

Comparison	Mean	Median	Standard Deviation
Pre-test	19.2	20.500	5.871
Post Test	25.8	27.000	3.959
Differences	6.78	6.5	1.912

As per above table No-3 Pretest mean 19.2 and SD was 5.871 where as in the post test mean 25.8 and SD was 3.959. After intervention impact was good.

Table No-4 Association with pretest value with Socio demographic values among teaching professionals.

Sr.No	Characteristic	Pretest	Chi square Values	DF	pvalue	Interferences
1	Age	29	23.868	3	0.0001	Significant
		17				
		4				
2	Gender	13	3.184	2	0.2035	Not Significant
		37				
3	Qualification	21	11.905	3	0.0077	Significant
		24				
		05				
4	Income	26	33.926	3	0.0001	Significant
		10				
		14				
5	Exercises	27	38.81	3	0.0001	Significant
		08				
		05				
		05				
		05				
6	Habits	02	72.023	3	0.0001	Significant
		01				
		47				
7	Routine Check up	36	36.946	2	0.0001	Significant
		14				

As per above table No-4 All Scio demographic variables shown significant association except Gender which was not significant.

Discussion:-

In the present study

Experimental study done by Abraham N(2017) on 60 diabetic patient in the pretest mean and SD was 11.45 and 2.3697 where as in the post test mean 15 and SD was 2.0084 it means after intervention level of knowledge increased among diabetic patient.⁵

Pre-experimental study conducted by Dular MS. Ms. NituYadav et al (2020).study done on 60 adults. Findings noted in the pretest that 83.33% had moderate risk 16.66 had severe risk .In the posts 96.66% of adults are in moderate knowledge .86.66% had excellent knowledge ⁶

Dwivedi J, Chaturvedi D, Nagda S (2022).Experimental study done to assess the modifiable risk factors of CAD on 120 samples and findings noted that 75% of patient had inadequate knowledge and practice score in pretest but after post test 80%of patient shown adequate knowledge and practice score. There was positive correlation between knowledge and practice score among patient ($r=0.570$) ⁷

A study done by TimilaManandhar , SanthammaMoche(2019) To assess knowledge level on prevention of coronary artery disease among women.Study findings notedthat 30.3 % (SDof ± 1 in post test it was 87.8%(SD of ± 19.0) it means instructional module was very effective on prevention of coronary artery disease among women.⁸

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