

A Study to Assess the Effectiveness of an Information Booklet on Knowledge Regarding Life Style Modification for Maintaining Healthy Heart Among Cardiac Patients in Selected Hospital at Jaipur

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Abstract

Introduction: A healthy lifestyle is a combination of healthy eating and regular exercise. Healthy balanced diet combined with regular physical activity helps to keep the heart healthy, as well as helping the body keep fit, maintain optimum body weight, improve energy utilization, and prevent the early onset of long term cardiac complications.

Materials & Methods: The study used a quantitative approach with a one-group pre-test and post-test design to evaluate the effectiveness of an information booklet on lifestyle modifications among 60 cardiac patients in Jaipur. A self-administered knowledge questionnaire was used, and data were analyzed using descriptive and inferential statistics (paired t-test).

Results: The study found a significant improvement in cardiac patients' knowledge scores after administering an information booklet. The mean knowledge score increased from 45.41% in the pre-test to 88.3% in the post-test, showing a 42.9% improvement. The paired t-test results confirmed the effectiveness of the booklet ($p < 0.01$, t -value = 46.38).

Conclusions: The study concluded that the use of an information booklet significantly improved the knowledge of cardiac patients regarding lifestyle modifications. The overall increase in knowledge scores from pre-test to post-test was statistically significant, confirming the effectiveness of the intervention. Thus, structured educational tools like information booklets should be integrated into patient care programs to promote heart-healthy behaviors and prevent recurrent cardiac events.

Keyword: Effectiveness; Information Booklet; Knowledge; Life Style Modification; Healthy Heart; Among Cardiac Patients

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Introduction

Everyone should lead a conscious life style that prevents diseases as, individual life style is central to the development of chronic diseases. Living healthy life style means taking responsibility for own health and well-being, it is the best step forward in our destiny and the advancement of human kind. Among the diseases CAD has become an epidemic and chronic increasing number of deaths among the younger age group

affecting the productivity of economy. CAD is an insidious progressive disease that results in narrowing or complete occlusion of coronary artery causing disruption of blood supply to the myocardium. Permanent disruption of blood flow causes myocardial dysfunction, including sudden death. CVD is diseases that are associated with atherosclerosis. These diseases occur more frequently in people who smoke, who have high blood pressure, who have high blood cholesterol (especially high LDL), who are overweight, who do not exercise, and/or who have diabetes.

Aim of the study:

Aim of the study was to evaluate the effectiveness of the Information booklet regarding the life style modification for maintaining healthy heart among cardiac patients.

Hypothesis

H₁–The mean posttest knowledge score regarding the life style modification for maintaining healthy heart among cardiac patients will be significantly higher than the pre-test knowledge score.

Materials & Methods

This study was to evaluate the effectiveness of the Information booklet regarding the life style modification for maintaining healthy heart among cardiac patients. In this the investigator selected non experimental one group pre-test and post-test research design to assess the effectiveness of Information booklet. An evaluative approach has been adopted. The sample size was 60 and samples were selected by using probability random sampling technique. Setting of this study were Shivam Super Specialty Hospital , Pratap nagar , Jaipur. The tool used for data collection was self-administered questionnaire and which was used before and after the administration of Information booklet.

Monilek hospital

Results

Table 1 Comparison of mean, SD, and mean percentage for the knowledge variable in the pretest and post-test. (AREA WISE)

N=60

Aspect wise knowledge	Pre test			Post test			Enhancement		
	Mean	SD	Mean%	Mean	SD	Mean%	Mean	SD	Mean%
General knowledge related to heart disease	1.81	1.04	30.27	4.71	0.8	78.5	2.9	1.13	48.3
General information about Life style modification	2.98	0.79	49.72	5.35	0.48	89.2	2.37	0.93	39.5
Knowledge related to dietary modification & weight loss	2.56	0.85	51.33	4.18	1.12	83.6	1.62	1.04	32.4
Knowledge related to exercise & stress Management	2.13	1.5	42.66	4.76	0.53	95.2	2.63	1.5	52.6
Knowledge related to Habits	5.03	2.04	50.33	9.23	0.98	92.3	4.2	1.83	42
Overall	14.53	2.25	45.41	28.25	1.84	88.3	13.72	2.29	42.9

It reveals the status of the patients improved regarding general information about life style modification with the highest mean in post-test (5.35 plus or minus 0.48) mean=89.2% when compared with pre-test (2.98 plus or minus 0.79) mean=49.72%.

The overall improvement with mean score was 28.25 plus or minus 1.84 and mean percentage was M=88.3% in post-test for patients which was higher than the overall mean score 14.53 plus or minus 2.25 and mean percentage was M=45.41% in pre-test. Thus it indicates that there is an enhancement of knowledge among patients about life style modifications.

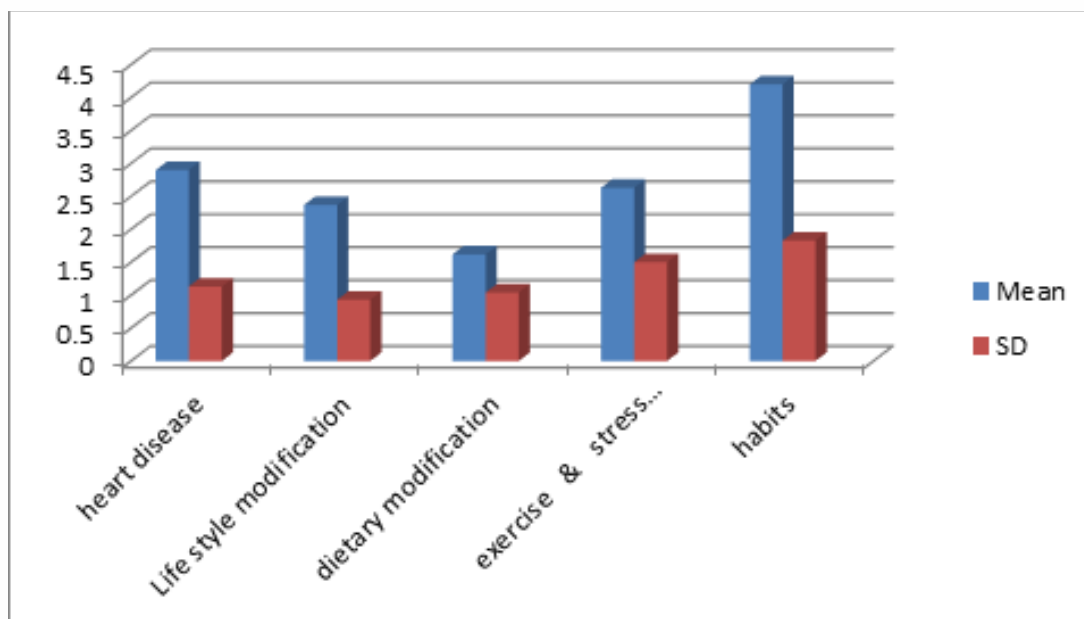
Comparison of mean, SD, and mean percentage for the knowledge variable in the pre and post test.

TABLE 2 Evaluation of the effectiveness of information booklet on Life Style Modification for maintaining healthy heart among cardiac patients

n=60

Aspect wise knowledge	Enhancement			Paired 't' test
	Mean	SD	Mean%	
General knowledge related to heart disease	2.9	1.13	48.3	19.87**
General information about Life style modification	2.37	0.93	39.5	19.54**
Knowledge related to dietary modification & weight loss	1.62	1.04	32.4	12**
Knowledge related to exercise & stress management	2.63	1.5	52.6	13.34**
Knowledge related to habits	4.2	1.83	42	17.68**
Overall	13.72	2.29	42.9	46.38**

**Significant at P<0.01 level



It reveals that the overall improvement in mean score was 13.72, SD=2.29, Mean percentage=42.9 with paired 't' value 46.38. The mean post-test knowledge score was significantly higher than the mean pre-test knowledge scores of patients. Effectiveness of information booklet was highly significant at the level of $P < .001$ level. Thus, the research hypothesis was accepted.

Discussion

The present study was conducted to evaluate the effectiveness of information booklet regarding Life Style Modification among patients those who are admitted in selected hospital, at Jaipur. In order to achieve the objectives of the study, one group pre-test and post- design with non-experimental design was adopted. The sample comprised of 60 patients. The data were collected from them before and after the administration of information booklet using a self-administered questionnaire. According to the knowledge score on lifestyle modification among cardiac patients to maintain healthy heart. It reveals that It reveals that the overall improvement in mean score was 13.72, SD=2.29, Mean percentage=42.9 with paired 't' value 46.38. The mean post-test knowledge score was significantly higher than the mean pre-test knowledge scores of patients. Effectiveness of information booklet was highly significant at the level of $P < .001$ level. Thus, the research hypothesis was accepted.

Conclusions

The aim of the "study to assess the effectiveness of information booklet on knowledge in on lifestyle modification among cardiac patients to maintain healthy heart in selected hospital, at Jaipur. The present study assesses the knowledge of patients regarding life style modification for cardiac patients. The study concluded saying that there was significant improvement in subject knowledge in the post-test after administration of information booklet.

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