

# A Study to Assess the Effectiveness of Structured Teaching Program on Knowledge Regarding Cardiac Rehabilitation among Post Myocardial Infarction Patients at LPS Institute of Cardiology at Kanpur Nagar, Uttar Pradesh

Geeta Devi<sup>1</sup>, Girja Sharma<sup>2</sup>

<sup>1</sup>Post Graduate Student, Krishna Institute of Nursing Science and Research

<sup>2</sup>Professor cum Principal of Krishna Institute of Nursing Science and Research

**Abstract:** Myocardial infarction is ischemia and death of an area of myocardial tissue due to insufficient blood flow and oxygenation, usually from thrombus formation on a ruptured atherosclerotic plaque in the arteries.<sup>1</sup> A heart attack occurs when the flow of blood to the heart is severely reduced or blocked. The blockage is usually due to a buildup of fat, cholesterol, and other substances in the heart (coronary) arteries. The fatty, cholesterol-containing deposits are called plaques. The process of plaque buildup is called atherosclerosis. (Mattson, 7 may 2008). Post-MI patients often experience diminished functional capacity, characterized by reduced exercise tolerance and physical stamina. This decline is due to both the damage to the heart muscle and a subsequent sedentary lifestyle adopted by many patients due to fear of triggering another MI. The psychological impact of MI, including anxiety and depression. These factors underline the need for interventions that address both the physical and psychological aspects of recovery.<sup>3</sup> Cardiac rehabilitation is a medically supervised program designed to improve cardiovascular health, have experienced heart attack, heart failure, angioplasty, or heart surgery. Cardiovascular rehabilitation is a comprehensive, multifactorial intervention recommended in international guidelines for patients with coronary artery disease. It consists of three phases and is shown to reduce mortality, rehospitalizations, and health care use and to improve exercise capacity, quality of life, and psychological well-being. Core components in cardiovascular rehabilitation include patient assessment, physical activity counselling, exercise training, diet/nutritional counselling, risk factor control, patient education, psychosocial management, vocational advice, and lifestyle behavior change, including patients' adherence to medicine and self-management. (Suddarth's, 2018)

**Keywords:** Cardiac rehabilitation, myocardial infarction, ischemia, angioplasty, effectiveness, functional capacity, Atherosclerosis, Psychological recovery and coronary artery disease

## 1. Objectives of the Study

- 1) To assess the pre-test knowledge regarding cardiac rehabilitation among post-MI patients.
- 2) To assess the effectiveness of the structured teaching program on knowledge regarding cardiac rehabilitation among post-MI patients.
- 3) To find out the association between the pretest score of knowledge regarding cardiac rehabilitation among post-MI patients with their selected demographic variables.

## 2. Research Methodology

In this present study, a quantitative research approach is used. A pre-experimental one-group pre-test post-test design was considered to be appropriate to assess the effectiveness of the structured teaching program on knowledge regarding cardiac rehabilitation among post-MI patients in the L.P.S. Institute of Cardiology at Kanpur. The sample size is 50 post-MI patients selected by the purposive sampling technique.

## 3. Result

- The result of the study shows that the post-test score of mean (19.36) among post-MI patients was higher than the pre-test score of mean (11.16) after the structured teaching

program, and it was found to be statistically significant as evident from the obtained "t" value (13.22) at the 0.05 level of significance. The calculated t value (13.22) is greater than the table value (2.009).

- So, the hypothesis (H1) is accepted.
- Hence, it was proved that the structured teaching program was effective and improved the knowledge regarding cardiac rehabilitation among post-MI patients.

## 4. Conclusion

- Data shows that the post –test score of mean (19.36) among post MI patients was higher than the pre - test score of mean (11.16) after structured teaching program, and it was found to be statistically significant as evident from the obtained "t" value (13.22) at 0.05 level of significance. The Calculated t value (13.22) is greater than the table value (2.009).
- Hence it was proved that the structured teaching program was effective and improve the knowledge regarding cardiac rehabilitation among post MI patients.

## 5. Nursing Implication

The results of the present study have implications for nursing education, Nursing administration, nursing practice and

nursing research.

**a) Nursing Education:**

- Nurse educators have to specially train to teach cardiac rehabilitation program.
- Nurse educator should recommend the curriculum committee to insist the importance of cardiac rehabilitation program in improving the knowledge among post MI patients in the nursing curriculum.

**b) Nursing Practice:**

- Medical Surgical Nurses should play a vital role in recognize to improve the knowledge regarding cardiac rehabilitation among post MI patients.
- Medical surgical nurses can provide a structured teaching program to improve the knowledge and practice among post MI patients.

**c) Nursing Administration:**

- Nurse administrator should plan to conduct any alternative therapies to increase the knowledge regarding cardiac rehabilitation among post MI patients.

**d) Nursing Research:**

- Nurse researcher should challenge to perform scientific work and take part in research application and evaluation of structured teaching program on cardiac rehabilitation among post MI patients.

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