

# Effectiveness of Planned Teaching Programme regarding Prevention of Complications among the Cardiac Patients Admitted in Various Hospitals of Buldana City

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**Abstract:** Background: Cardiac diseases is one of the major complicated event in everybody's life now a days we observes that maximum people suffers from cardiac problems and also meet with complications and the basic reason for this is routine stress, and once the patient suffers with cardiac problems he/she has to take lots of precaution including the medications, diet, exercises to avoid various complications because old statistics says that maximum people land up with the complications because of not taking proper precautions but those who takes proper care will be free from it, the common complications observed among the patient are stroke, hemiparesis, diabetes, myocardial infarction etc to avoid that the patient has to basically maintains the dietary management, medications and also regular exercise. Objectives: 1. To assess the existing knowledge of cardiac patients regarding common complication of cardiac diseases. 2. To evaluate the effectiveness of planned teaching programme regarding prevention of complications among cardiac patients. 3. To associate the post test knowledge score with selected demographic variable. Hypothesis: - H1. There will be significant increase in post test knowledge score regarding prevention of complications among cardiac patients. H2:- Planned teaching programme will enhance the knowledge of cardiac patients regarding prevention of complications of cardiac diseases. Material and Method: - in this study descriptive evaluative approach was used to collect the data, the design used was quasi experimental one group pre test post test design were used for the study. The study was conducted at various hospitals of buldana by taking total 100 samples those who fulfils the inclusion and exclusion criteria. For this study non probability convenient sampling technique were used to collect the data, a structured questionnaire were prepared on prevention of complications of cardiac diseases to collect the data by having the multiple choice questions the scoring were given as per the scores i.e. score 0 (zero) were given for the wrong answer and score 1(one) was give for the correct answer. Result and discussion: After completion of the study it shows that in pre test there were 79% cardiac patients were having inadequate information about prevention of complication whereas remaining 13% and 8% were having adequate and excellent information about prevention of complication of cardiac diseases and then the planned teaching programme given to the cardiac patients regarding prevention of complications of cardiac disease to the patients admitted to the various hospitals of buldana city and after that result observed it depicts 0% were having inadequate knowledge about prevention of complication of cardiac diseases 13% were having adequate knowledge and remaining 87% were having excellent knowledge about prevention of complications of cardiac diseases, so it shows that there is significant increase in post test knowledge score after administration of planned teaching programme hence H1, and also H2 is accepted, and there were no significant association of post test knowledge score with selected demographic variable. Conclusion: it shows that the cardiac patients were having inadequate information about prevention of complications and then after that planned teaching programme were given then there knowledge is being increase by 87% hence it shows that intervention was so effective, and H1 and H2 hypothesis accepted, and it also shows that there were no significant association of post test knowledge score of nursing student with selected demographic variable. So finally in concludes that the planned teaching programme was really too much effective to enhance the knowledge of cardiac patients regarding prevention of compecations.

**Keywords:** cardiac patients, prevention, complications

## 1. Introduction

As the proverb says "prevention is better than cure" this suggests that each and every precaution is vital in everybody's life the things has to be prevented prior once it becomes a problem, so with this study the researcher focus is on prevention of complications.

Each and every individual is important and on account of that the health of each and every individual is also important and now a days most of the individual are more concern about their health and takes lots of precautions for it but due to globalization and changes in the work pattern each one is having lots of stress and tension at their work places so they may suffers with the various cardiac problems like hypertension and other and once somebody suffers with cardiac problem then onwards he has to take lots of care of their health specially diet, medications and exercises because if out of theses any one of the things mismanaged then the

cardiac patients has to compulsorily met with complications so to avoid that he has to maintain all these things and also has to take proper care.

Once they become cardiac patient he has to take regular follow up, during the follow up nurses are once who actually gives much time to the patient throughout the stay because round a clock she/he is taking care but it observes that maximum patient focuses more on medications rather than the diet and regular exercises so the cardiac patient also to be trained or be informative about the cardiac diet and also the regular exercise to be maintained during their routine so the researcher feel they must be well aware and trained to make them knowledgeable to prevent various complications of cardiac diseases, because once the individual had cardiac complication it will be permanent and will not be able to revert back to normal., so here researcher has to give proper information to prevent complications.

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## 2. Research Problem Statement

“Effectiveness of planned teaching programme regarding prevention of complications among the cardiac patients admitted in various hospitals of buldana city.”

### Objectives: -

- 1) To assess the existing knowledge cardiac patients regarding complications of cardiac diseases
- 2) To evaluate the effectiveness of planned teaching programme regarding prevention of complications of cardiac diseases.
- 3) To associate the post test knowledge score with selected demographic variable.

**Hypothesis: -** H1. There will be significant increase in post test knowledge score of cardiac patients regarding prevention of complications of cardiac diseases

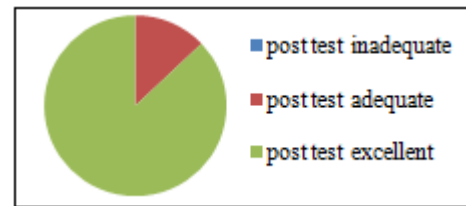
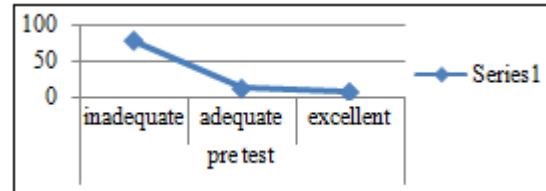
H2:- Planned teaching programme will enhance the knowledge of cardiac patients regarding prevention of complications of cardiac diseases.

## 3. Methodology

This is important topic which explains about the material and method used for the study for the sake of data collection and analysis. In this study descriptive evaluative approach was used to collect the data, the design used was quasi experimental one group pre test post test design were used for the study. The study was conducted in various hospitals of buldana by taking total 100 samples those who fulfils the inclusion and exclusion criteria. For this study non probability convenient sampling technique were used to collect the data, a structured questionnaire were prepared on prevention of complications of cardiac diseases to collect the data by having the multiple choice questions the scoring were given as per the scores i.e. score 0 (zero) were given for the wrong answer and score 1(one) was give for the correct answer.

## 4. Result

After completion of the study it shows that in pre test there were 79% cardiac patients were having inadequate information about prevention of complication whereas remaining 13% and 8% were having adequate and excellent information about prevention of complication of cardiac diseases and then the planned teaching programme given to the cardiac patients regarding prevention of complications of cardiac disease to the patients admitted to the various hospitals of buldana city and after that result observed it depicts 0% were having inadequate knowledge about prevention of complication of cardiac diseases 13% were having adequate knowledge and remaining 87% were having excellent knowledge about prevention of complications of cardiac diseases, so it shows that there is significant increase in post test knowledge score after administration of planned teaching programme hence H1, and also H2 is accepted, and there were no significant association of post test knowledge score with selected demographic variable.



## 5. Conclusion

It shows that the cardiac patients were having inadequate information about prevention of complications and then after that planned teaching programme were given then there knowledge is being increase by 87% hence it shows that intervention was so effective, and H1 and H2 hypothesis accepted, and it also shows that there were no significant association of post test knowledge score of nursing student with selected demographic variable. So finally in concludes that the planned teaching programme was really too much effective to enhance the knowledge of cardiac patients regarding prevention of compocations.

## 6. Recommendations

On the basis of various findings f the study the following recommendations can be made :-

- 1) A similar study can be conducted by taking large no. of samples to generalize the findings.
- 2) A similar study can be conducted for the relatives of cardiac patients
- 3) A similar study can be conducted for the nurses on large samples.

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