An exploratory study to assess the knowledge regarding risk factors of heart attack and its prevention among patients in selected hospitals of Ludhiana , Punjab

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Abstract

"An exploratory study to assess the knowledge regarding risk factors of heart attack and its prevention among patients in selected hospitals of Ludhiana , Punjab". The objectives were to assess the knowledge regarding regarding risk factors of heart attack and its prevention among patients, to find out the relationship between knowledge and selected demographic variables such as age in years, gender, marital status, type of family, educational status of the patients, occupational status of the patient, dietary pattern, area ofresidence, family monthly income and source of information and to develop and distribute an informational booklet on risk factors of Heart attack and its prevention among patients in selected hospital of Moga, Punjab. Review of literature will be categorized under the following heading Literature related to prevalence regarding risk factors of Heart attack, Literature related to risk factors of Heart attack and Literature related to knowledge and prevention regarding risk factors of Heart attack. The study was conducted in Dayanand Medical College Hospital Hero Heart Ludhiana , Punjab. The target population for the study was patients who were attending outpatient department in the hospital . Patients were selected by systematic random sampling method of probability sampling technique. Sample size was 100 Patient. According to level of knowledge maximum patients 93% had average knowledge score followed by 2% had good knowledge and 5% patients had below average knowledge regarding risk factors of heart attack and its prevention among patients. key word hospital , patient knowledge , risk factor of heart attack

Introduction

A heart attack is a serious medical emergency in which the supply of blood to the heart is suddenly blocked, usually by a blood clot. The lack of blood to the heart can seriously damage the heart muscles. If left untreated, the muscles will begin to die. The Symptoms of a heart attack include chest pain: the chest can feel like it is being pressed or squeezed by a heavy object. The risk factors include smoking, hypertension, obesity, lack of Exercise. It is leading cause of mortality in India.

Need of the study

World Health Organization (2019)9There are 32.4 million heart attack worldwideevery year. Patients with heart attack are the highest risk group for further coronaryand cerebral events. Survivors of heart attack are at increased risk of recurrent attacksand have an annual death rate of 5% - six times that in people of the same age who donot have coronary heart disease. There is considerable scientific evidence that specific Interventions will reduce the risk of further vascular events in patients with heartAttack. If these interventions are appropriately implemented, nearly one third of thefatal and non-fatal heart attack could be prevented. The World health organizationmonitored trends in coronary heart disease across 38 populations in 21 countries over10 years. Data from this study indicate that secondary prevention and changes incardiovascular care are strongly linked with heart attack.

Statement of Problem

An exploratory study to assess the knowledge regarding risk factors of heart attackand its prevention among patients in selected hospitals of Ludhiana , Punjab.

Purpose of the study

The purpose of this study is to assess and improve the knowledge regarding riskfactors of heart attack and its prevention among patients in selected hospitals ofLudhiana , Punjab.

Objectives of the study

1. To assess the knowledge regarding risk factors of heart attack and its preventionAmong patients.

2. To find out the relationship between knowledge and selected demographicvariables such as age in years, gender, marital status, type of family, educationalstatus of the patients, occupational status of the patient, dietary pattern, area ofresidence, family monthly income and source of information.

3. To develop and distribute an informational booklet on risk factors of Heart attack and its prevention among patients in selected hospital of Ludhiana , Punjab.

Operational definitions

1. Assess: It refers to measurement of knowledge regarding risk factors of heart attack

and its prevention.

2. Knowledge: It refers to factual information of patients regarding risk factors ofheart attack and its prevention.

3. Risk factors: It refers to conditions that increase the chance of heart attack it includes smoking, hypertension, obesity, lack of exercise, junk food, sedentary lifestyle and high cholesterol level.

4. Heart attack: It refers to a medical emergency characterized by damage of heart muscles due to the loss of blood supply.

5. Prevention: Its refers to the action taken to decrease the chance of getting a heart attack.

6. Patient: It refers to the persons receiving medical treatment for the healthproblems.

7. Hospital: It refers to health care institution providing treatment to the patients.

Assumptions

1.The patient may have some knowledge regarding risk factors of heart attack and its prevention.

Delimitation

1. The study will be limited to the patients except with heart attack.

2. The study will be limited to selected hospitals of Ludhiana

METHODOLOGY

Research methodology refers to the methods the researcher use in performing research operation (Kothari. C.R 2018)35

Figure no. 2: SCHEMATIC DIAGRAM OF RESEARCH METHODOLOGY Research Design A non experimental (An exploratory design) was utilized to achieve theObjective s of the study.

Sample size and Sampling Technique

The researcher selected a sample of 100 patient by using simple random sampling method of probability sampling technique.

Description of tool

Part I: Sample characteristics

Part II: A semi structured questionnaire

Part III. Likert scale to assess the attitude regarding cord blood banking among antenatal mothers

Research Setting

The study was conducted in DMC , Hero heart Ludhiana , Punjab.

Target Population

The target population of the study was patient in DMC Hospital Ludiana ,Punjab.

Data Collection Procedure

Structured Questionnaire

Structured Interview

Data Analysis

Descriptive statistics

Inferential statistics

DISCUSSION, SUMMARY, CONCLUSION, IMPLICATIONS AND RECOMMENDATIONS

Research designSharma S.K. (2017)34

The term "research design" refers to the plan or organization of a scientific investigation. Designing a researcher study involves the development of a plan and strategy that will guide the collection and analysis of data. The central purpose of research design was to maximize the amount of control that an investigator has over the research situation and variables. For the present study, non experimental (An exploratory design) was utilized to achieve the objective of the study.

Research setting

The researcher setting is the physical location in which data collection takes place in a study. The selection of an appropriate setting is most important because the setting can influence the way the people behave, feel and how they response. The present study was conducted in DMC hospital Ludhiana

Target population

According to Kothari C.R (2018)35"A population is the entire aggregation of cases that meets a designated set of criteria for a researcher". The target population for the present study were patients who were attending outpatient department at DMC hospital Ludhiana , Punjab.

Sample size and Sampling technique

A sample is selected proportion of defined population. "Sample size for the present study was 100 patients who was attending outpatient department at DMC hospital Ludhiana Punjab. Sample in the present study was selected by using simple random sampling method of probability sampling technique.

Inclusion criteria:

The patients who were willing to participate in the study.

The patients who were available during data collection

.Exclusion criteria:

The patients who were not willing to participate in the study.

The patients who were not available during the time of data collection

Demographic variables

In this study the demographic variables such as age (in years), gender, marital status, type of family, educational status of the patients, occupational status of the patient, dietary pattern, area of residence, family monthly income and source of information.

Research variable

In this study research variable was knowledge regarding risk factors of heart attack and its prevention among the patients Selection and Development of the tool A semi structured questionnaire was prepared to assess the knowledge regarding risk factors of heart attack and its prevention among the patients in the selected hospitals of Ludhiana , Punjab. Therefore tool was prepared to assess the knowledge of patients Regarding risk factors of heart attack and its prevention. Preliminary drafting of toolwas prepared after extensive review of literature and thereafter consulting with Experts..

Criterion measures

Criterion measures used in this study as follows:

Part I: was related to sample characteristics which were not included in scoring

system.

Part II: A semi structured questionnaire to assess the knowledge regarding risk factors of heart attack and its prevention among the patients containing 30 questions.

Pilot study Sharma S.K. (2017)36 Pilot study is the miniature of some part of actual study in which the instruments were administered to the subjects drawn from the same population. It is small scale version or trial up, done in preparation for a major studyThe pilot study was conducted in the month of Febuarary, 2020 to ensure there liability of the tool and feasibility of study. Permission was taken from the principal of Dayanand Medical College Ludhiana and concern authority of Fortis hospital Ludhiana . The sample consists of 10% of sample of total sample of the study in. Fortis hospital Ludhiana

Reliability of the tool

Reliability refers to the accuracy and consistency of the measuring tool. Reliability ofthe tool was computed by split half method and was calculated by Karl Pearson"sCoefficient correlation and thereafter by applying spearman's Brown Prophecyformula. The reliability of tool was r=0.8 and statistical validity $\sqrt{r} = \sqrt{0.77} = 0.84$ that show the tool was highly reliable.

Summary

This chapter dealt with the Research design, Research setting, Target population, Sample size and Sampling technique, Inclusion criteria, Exclusion criteria Demographic variables, Research variable, Selection and development of the tool ,Description of tool, Criteria measurement, Content validity of tool, Try out of thetool, Pilot study, Reliability of the tool, Data collection procedure, Ethical consideration, Plan for data analysis.

SECTION -I

SAMPLE CHARACTERISTICS

Table - 1

Percentage distribution of the sample characteristics

		N=100
Sr. No.	Characteristics n	%
1. Age (in years)		
a) 21-30	5	5
b) 31-40	46	46
c) 41-50	42	42
d) 51-60	7	7
2. Gender		
a) Male	54	54
b) Female	46	46
3. Marital Status of the patient		
a) Married	81	81
b) Unmarried	12	12
c) Widow	7	7
d) Divorce	-	-
4. Type of family		
a) Nuclear family	78	78
b) Joint family	14	14
c) Extended family	8	8
5. Education status of the patient		
a) Illiterate	26	26
b) Primary	23	23
c) Secondary	27	27
d) Higher Secondary	16	16
e) Graduation and above	8	8
6. Occupation of the patient		
a) Laborer	15	15
b) Private job	33	33
c) Government job	26	26
d) Self employed	18	18
e) Home maker	8	8

7. Dietary pattern

a) Vegetarian   33   33

b) Non vegetarian   44   44

c) Eggetarian   18   18

8. Area of Residence

a) Urban   52   52

b) Rural   48   48

c) Slums   -   -

9. Family monthly income(in rupees)

a) <5000   9   9

b) 5001- 10,000   37   37

c) 10,001- 15,000   33   33

d) >15,001   21   21

10. Source of information

a) Family members   21   21

b) Peer group   21   21

c) Mass media   32   32

d) Health care professional   26   26

Section-II Objective 1: . To assess the knowledge regarding risk factors of heart attack and its prevention among patients. Table-2 Frequency and Percentage distribution of knowledge score regarding risk factors of heart attack and its prevention among patients.

Level of knowledge	score	n	%
Good	25-30	3	3
Average	18-22	93	93
Below Average	<18	5	5

Maximum knowledge score= 30

Minimum knowledge score =0

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