



“Effect Of Educational Intervention On Disease Related Characteristics And Quality Of Life Of Patients Diagnosed With Congestive Heart Faliure In Selected Hospitals Of Surat Gujarat”

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ABSTRACT

The people are suffering a lot due to cardiac disease. it is based due the lifestyle of the people including their food habits, especially fast-food consumptions. They also move without any knowledge about their life so it leads a large rate of the morbidity rate for the cardiac patients finally it leads to the death of the patients. India's economic development, industrialization and urbanization have been accompanied by transitions that contribute to the increase in the overall increase of the congestive cardiac failure. **Objectives** to assess the disease related characteristics and quality of life of the patient diagnosed with congestive heart failure before and after the educational intervention. To compare pre and posttest mean score of disease related characteristics and quality of life of patients diagnosed with congestive heart failure. To correlate the posttest, mean scores of disease related characteristics with quality of life of patients diagnosed with congestive heart failure. To find out association of posttest mean scores of disease related characteristics and quality of life of patient diagnosed with congestive heart failure with their selected demographic variable. **Results** The majority were male (n = 43). 44 respondents were above 65 years and remaining were below 65 years of age. 75 respondents were identified to having overweight. Majority of subjects 70 (84.3 %) belongs to NYHA classI had ejection fraction >40% 65 (78.3%) and had hypertension 80 (96.3%) and 70 (84.3%) had edema due to the bad quality of life of congestive heart failure patients. . Comparison of DRQOL between pretest and post test 1 pretest and post test 2 and post test 1 and post test 2 was statistically significant ($Z=p<0.001$). Comparison of pre and post-test score of WHO quality of life of congestive heart failure patients was statistically significant ($z=p<0.001$). There is significant association of post-test mean scores of disease related characteristics and quality of life of patient diagnosed with congestive heart failure with their selected demographic variable. Correlation between HRQOL decreased and general qol on 60 th day, showed moderate negative correlation ($r=-0.556$).

INTRODUCTION

Congestive heart failure (CHF) is a complex clinical syndrome characterized by inefficient myocardial performance, resulting in compromised blood supply to the body. CHF results from any disorder that impairs ventricular filling or ejection of blood to the systemic circulation.

According to the World Health Organization (WHO), CVDs are the major cause of mortality worldwide, resulting in 17.9 million global deaths annually.⁵ They are also considered to be among the most costly medical conditions and prevention strategies are needed to limit the high prevalence of CVDs and mitigate their costs.

First, the population of India is ageing due to recent successes against communicable diseases such that the number of people >60 years old will increase from 62 million in 1996 to 113 million in 2016⁸ HF is predominantly a disease of the elderly, as the lifetime risk for HF increases with age, so the burden of HF is likely to increase with the ageing population. In Gujarat state cardiovascular diseases which is a collective of various kinds of heart ailments, stroke, and diseases of blood vessels. In Gujarat had 4,000-4,499 individuals per lakh population suffering from those congestive heart failure diseases that accounted for most deaths

OBJECTIVES OF THE STUDY

- To assess the disease related characteristics and quality of life of the patient diagnosed with congestive heart failure before and after the educational intervention.
- To compare pre and posttest mean score of disease related characteristics and quality of life of patients diagnosed with congestive heart failure
- To correlate the posttest, mean scores of disease related characteristics with quality of life of patients diagnosed with congestive heart failure
- To find out association of posttest mean scores of disease related characteristics and quality of life of patient diagnosed with congestive heart failure with their selected demographic variable.

METHODOLOGY

Research approach: Quantitative approach was selected for the study. **setting of the study:** In selected hospital in Surat had 83 patients diagnosed with congestive heart failure. **Study was conducted** from February to May in OPD of the respective hospital. **Population :** The patients diagnosed with congestive heart failure living in Surat district. **Sample and sampling technique :** The study sample consists of 83 the patients diagnosed with CHF attending OPD of respective hospital who full filled the inclusion criteria. Convenient sampling technique was adapted for the study.

INSTRUMENTS USED FOR THE STUDY

Instrument in a research study is the device used to collect data. Based on the review of literature, the following tools were used for the study.

- Demographic data
- Rating scale

DEMOGRAPHIC DATA

Demographic data includes information regarding age, sex, Body mass index Class, duration, ejection fraction, comorbidity index.

RATING SCALE

It consists of 2 standardized tools .One for HRQOL consisting of 21 questions and second WHO general quality of life with 26 questions.

ANALYSIS AND INTERPRETATION

SECTION1: DISTRIBUTION OF SAMPLES ACCORDING TO THEIR SELECTED SOCIODEMOGRAPHIC VARIABLES.

Frequency and percentage distribution of subjects according to age, sex, BMI , NYHA classification, ejection fraction ,HTN.

variable	frequency	percentage
Age in yrs.		
a)35-45	0	0
b)46-55	0	0
c)56-65	39	47
d)Above65	44	53
Gender Male Female		
Transgender	43	51.8
	40	48.2
	0	0
BMI:		
a. Underweight	0	0
b,normalweight.	0	0
c overweight	75	90.4
d. obesity	8	9.6
NYHA classification: a.class I		
bclass ii	70	84.3
c.class iii	5	6
	8	9.6

ECHO findings (LVEF) a.<40%

b,40-50%	65	78.3
	10	12
c.55-70%	8	9.6
d.>70%	0	0

Blood pressure:

a.<120/80 b.140/90-159/90	0	0
c.>160/90	80	96.4
	3	3.6

SECTION2: DISTRIBUTION OF SAMPLE AS PER THEIR GRADING OF DISEASE RELATED QUALITY OF LIFE

MLHFQ	pretest	Post test 1	Post test 2
MILD (1-35)	0	0	0
Moderate (36-70)	0	7 (8.4%)	77 (93.9%)
Severe (71-105)	83 (100%)	76 (91.6%)	5 (6.1%)

SECTION3: DISTRIBUTION OF SAMPKES ACCORDING TO THEIR GENERAL QUALITY OF LIFE

WHO QOL	Pre test	Post test 1	Post test 2
Poor (1-43)	0	0	0
Average (44-86)	83 (100%)	83 (100%)	0
Excellent (87-130)	0	0	82 (100%)

SECTION 4: COMPARISON OF PRETEST AND POST TEST MEANS CORE OF DISEASE RELATED QUALITY OF LIFE OF WHO QUALITY OF LIFE OF CONGESTIVE HEART FAILURE PATIENTS.

MLHFQ	N	Mean	SD	Median	Z value (Wilcoxon signed rank test)	p-value
pretest	83	90.52	4.04	90	7.95	<0.001
Post test 1	83	78.07	4.71	78		
MLHFQ		Mean	SD	Median	Z value (Wilcoxon signed rank test)	p-value
Pre test	83	90.52	4.04	90	7.89	<0.001
Post test 2	82	65.78	4.85	66		

WHO QOL	N	Mean	SD	Median	Z value (Wilcoxon signed rank test)	p-value
pretest	83	55.65	1.98	55	8.05	<0.001
30 th day	83	73.70	2.96	73		
WHO QOL	N	Mean	SD	Median	Z value (Wilcoxon signed rank test)	p-value
pretest	82	55.65	1.99	55	8.02	<0.001
60 th day	82	94.04	1.88	94		

SECTION 5: CORRELATION BETWEEN HRQOL AND QOL

	Correlation between HRQOL 30 and QOL 30	Correlation between HRQOL 60 and QOL 60
n	83	82
Pearson correlation (r value)	-0.886*	-0.556**
	P value	<0.001

Significant high negative correlation** significant moderate negative correlation.

SECTION 6: ASSOCIATION OF POST TEST MEAN SCORE OF DISEASE RELATED QUALITY OF LIFE WITH SELECTED SOCIODEMOGRAPHIC VARIABLES.

	age	n	Mean	SD	t value	df	table value	p-value
MHLFQ30	56-65	39	74.95	3.97	7.25	81	2.0	<0.001
	above 65	44	80.84	3.42				
QOL30	56-65	39	75.69	2.13	7.46	81	2.0	<0.001
	above 65	44	71.93	2.42				
MHLFQ60	56-65	38	63.08	3.86	5.45	80	2.0	<0.001
	above 65	44	68.11	4.42				
QOL60	56-65	38	95.11	2.26	5.60	80	2.0	<0.001
	above 65	44	93.11	0.62				
	Sex	n	Mean	SD	t value	df	table value	p-value
MHLFQ30	Male	43	80.91	3.435	7.25	81	2	<0.001
	Female	40	75.03	3.952				
QOL30	Male	43	71.86	2.406	7.66	81	2	<0.001
	Female	40	75.68	2.105				
MHLFQ60	Male	43	68.16	4.461	5.42	80	2	<0.001
	Female	39	63.15	3.836				
QOL60	Male	43	93.07	0.552	5.78	80	2	<0.001

	BMI	n	Mean	SD	t value	df	table value	p-value
MHLFQ30	overweight	75	79.09	3.62	8.06	81	2	<0.001
	obesity	8	68.50	2.45				
QOL30	overweight	75	73.09	2.35	7.31	81	2	<0.001
	obesity	8	79.38	1.77				
MHLFQ60	Overweight	75	66.63	4.01	6.27	80	2	<0.001
	Obesity	7	56.71	3.90				
QOL60	Overweight	75	93.61	1.22	9.86	80	2	<0.001
	obesity	7	98.57	1.81				

	NYHA	n	Mean	SD	F value	df	table value	p-value
MHLFQ30	Class i	70	79.59	3.21	56.40	2,80	3.15	<0.001
	Class ii	5	72.20	1.10				
	Class iii	8	68.50	2.45				
QOL30	Class i	70	73.07	2.43	26.47	2,80	3.15	<0.001
	Class ii	5	73.40	0.89				
	Class iii	8	79.38	1.77				
MHLFQ60	Class i	70	67.00	3.88	27.04	2,79	3.15	<0.001
	Class ii	5	61.40	0.89				
	Class iii	7	56.71	3.90				
QOL60	Class i	70	93.80	1.03	82.46	2,79	3.15	<0.001
	Class ii	5	91.00	0.00				
	Class iii	7	98.57	1.81				
	ECHO	n	Mean	SD	F value	df	table value	p-value
MHLFQ30	<40%	65	79.85	3.17	59.26	2,80	3.15	<0.001
	40-50%	10	74.20	2.35				
	55-70%	8	68.50	2.45				
	<40%	65	72.92	2.46				
QOL30	40-50%	10	74.20	1.03	28.643	2,80	3.15	<0.001
	55-70%	8	79.38	1.77				

	<40%	65	67.35	3.80				
MHLFQ60					34.30	2,79	3.15	<0.001
	40-50%	10	61.90	0.88				
	55-70%	7	56.71	3.90				
	<40%	65	93.72	1.02				
QOL60					52.16	2,79	3.15	<0.001
	40-50%	10	92.90	2.02				
	55-70%	7	98.57	1.81				

CONCLUSION

The main goal of the study was to identify the effect of educational intervention in quality of life of the congestive heart failure patient. The researcher had reviewed the studies related to the quality of life of the congestive heart failure patient. The investigator collected data from 83 samples from congestive heart failure patients of respective hospital Surat, by using a standardized questionnaire

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