Assessment of knowledge practices and attitudes of practices and attitudes of patients with heart failures

Abstract

Heart failure is a major cause of morbidity and mortality in developed and developing countries and the leading cause of hospitalization in elderly patients.

A special assessment questionnaire was prepared by extensive literature review, opinion of experts and conducting a preliminary study. The questionnaire consists of four parts:

Part 1: related to socio-demographic data of the patients.
Part 2: related to assessment of patient’s knowledge.
Part 4: related to assessment of patient’s attitudes toward HF.

Validity of the tools was obtained by content validity through opinion of a panel of experts, while the reliability of the tool was done through a pilot study by using test and re-test technique.

The sample of the study included (200) patients with CHF who were admitted to the medical ward in Ibn Sina Teaching Hospital chosen purposively.

The results of the study showed that the majority of patients with HF were obese and about 3rd of them with obesity grade 3. Highly significant differences were found in the total knowledge and practices with regard to theoretical mean. Patients with HF had good knowledge and practices concerning the disease.

No Significant difference was found in the attitudes of patients regarding HF disease. No significant differences were found between the total knowledge, practices and attitudes of patients with HF regarding some socio-demographic characteristics of the patients. Slightly significant difference was found in the all areas of patients’ knowledge about HF regarding the variables of the study.

According to these results the study recommended publishing pamphlets and instructions and distributed them to the patients in order to apply the illness instructions about nutrition controlling, fluid restriction, positive exercises and control body weight, and nurses and health providers should take their role in educating the patients with HF and their families to understand and apply special care and take protective measures to minimize the risk of the disease.