



Effectiveness of Nurse Led Intervention on knowledge regarding post-menopausal lifestyle to prevent cardiovascular diseases among menopausal women

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Abstract

High risk of cardiovascular diseases in postmenopausal women is due to the abrupt interruption of estrogen which has direct protective effects on lipids, glucose metabolism and on vessel function. Timely prevention of cardiovascular diseases in postmenopausal women can reduce the burden to their family in terms of medical expenses, long term treatment, and job related problems etc. A quantitative pre-experimental experimental study was conducted to evaluate the effectiveness of Nurse Led Intervention on knowledge regarding post-menopausal lifestyle to prevent cardiovascular diseases, 40 menopausal women were selected as sample by using non probability purposive sampling technique. Data was collected through structured knowledge questionnaire before and after administration of Nurse led Intervention in form of structured teaching programme. Results showed that mean post-interventional knowledge score (21.2) is apparently higher than the mean pre-interventional knowledge score (13). The mean difference between pre-interventional knowledge score and post-interventional knowledge score is 4.2. The computed 't' value 8.7 (2.25, $P < 0.05$ df: 39) shows that there is a significant difference between pre-interventional knowledge score and post-interventional knowledge score.

Keywords: nurse led intervention, knowledge, post-menopausal lifestyle, cardiovascular diseases, menopausal women

Introduction

Menopausal status is accompanied by unfavorable levels of cardiovascular risk factors, changes in body fat, distribution from ganoid to android pattern, abnormal plasma lipids, increased sympathetic tone, epithelial dysfunction, vascular inflammation, an increased blood pressure. A major determinant of cardiovascular health and prognosis is the status of autonomic nervousness, although ignored by many clinicians. Abnormal autonomic control of heart rate is associated with an increased risk of cardiovascular mortality and morbidity. The periodic fluctuations of heart rate are indicative of the relative contributions of sympathetic and parasympathetic components of autonomic nervous system to the heart and reduction of heart rate variability has been reported in several cardiac and non cardiac diseases.

Need of the Study

The incidence and prevalence of coronary heart disease and atherosclerosis diseases in non coronary beds are higher in post menopausal than in pre -menopausal women whether this higher cardiovascular risk is a function of ageing, a consequence of menopause and its associated loss of endogenous estrogen, or both has been debated in the literature for many years. High risk of cardiovascular diseases in postmenopausal women is due to the abrupt interruption of estrogen which has direct protective effects on lipids, glucose metabolism and on vessel function. Hypertension in postmenopausal women also is the most frequent related factor for coronary artery diseases. Timely prevention of cardiovascular diseases in postmenopausal women can reduce the burden to their family in terms of medical expenses, long term treatment, and job related problems etc. health education via multiple communication

channels, using them overtime can control cardiovascular disease. Therefore, the investigator felt the need to facilitate knowledge of postmenopausal women regarding cardiovascular risk factors and their active participation in heart health behavior.

Research Statement

A Pre-experimental study to assess the effectiveness of Nurse Led Intervention on knowledge regarding post-menopausal lifestyle to prevent cardiovascular diseases among menopausal women at selected hospital, Indore.

Objectives

1. To assess pre-interventional knowledge regarding post-menopausal lifestyle to prevent cardiovascular diseases among menopausal women
2. To assess the effectiveness of Nurse Led Intervention on knowledge regarding post-menopausal lifestyle to prevent cardiovascular diseases among menopausal women

Hypotheses

At the significance level of 0.05

H_{0A}: There is no significance difference between the mean pre-interventional and the mean post-interventional knowledge regarding post-menopausal lifestyle to prevent cardiovascular diseases among menopausal women at selected hospital, Indore.

H_{1A}: The mean post-interventional knowledge will be higher than the mean pre-interventional knowledge regarding post-menopausal lifestyle to prevent cardiovascular diseases among menopausal women at selected hospital, Indore.

Methodology

A quantitative evaluative research approach was carried out to conduct pre-experimental one group pretest posttest design. 40 menopausal women were selected as sample by using non probability purposive sampling technique those were attending OPD services at selected hospital Indore. Data was collected through structured knowledge questionnaire before and after administration of Nurse led Intervention in form of structured teaching programme and analyzed by descriptive and inferential statistics.

Findings

Section-A: Description of demographic characteristics of menopausal women

- Majority of menopausal women 32 (80%) belonged to 46-50 years of age group whereas 8 (20 %) belonged to 51-55 years and above age group.
- Most of 34 (85%) menopausal women were married and only 6 (15%) of them were widow or widower. And 13 (32.5%) menopausal women were completed higher secondary education, 12 (30%) was studied only at the secondary level of education. 11 (27.5%) was graduated or studied more than. And only 4 (10%) menopausal women were educated at the primary level.
- Most of menopausal women 14 (35%) selected within monthly income 34001 rupees or more, 11 (27.5%) had income between 14001 to 24000 rupees per month, 9 (22.5%) had income within the range of 4001 to 14000 rupees per month and 6 (15%) monthly income was 24001 to 34001 rupees.
- Three fourth of menopausal women 30 (75%) belonged to urban area and one third 10 (25%) was from rural area.

Findings related to pre-interventional level of knowledge

Majority of menopausal women 24 (60%) had moderately adequate level of knowledge between 11-20 knowledge score, whereas 16 (40%) scored between 0-10 which was in the inadequate level of knowledge score; none of them had adequate level of knowledge ranging from 21-30.

Findings related to post-interventional level of knowledge

Most of the menopausal women 24 (60%) gained knowledge at moderately adequate level; 19 (47.5%) patients' knowledge increased at adequate level and no one remained at inadequate level of knowledge after administration of Nurse Led Intervention.

Findings related to comparison of pre and post interventional level of knowledge

Mean post-interventional knowledge score (21.2) is apparently higher than the mean pre-interventional knowledge score (13). The mean difference between pre-interventional knowledge score and post-interventional knowledge score is 4.2. The computed 't' value 8.7 (2.25, $P < 0.05$ df;39) shows that there is a significant difference between pre-interventional knowledge score and post-interventional knowledge score.

Conclusion

The mean post-interventional knowledge is higher than the mean pre-interventional knowledge regarding post-menopausal lifestyle to prevent cardiovascular diseases among menopausal women at selected hospital, Indore.

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