

Effectiveness of Pre-education Intervention on Patients Undergoing Coronary Angiogram

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Coronary heart disease is one of the significant causes of unanticipated deaths that happened in the past years. Hence Coronary Angiography (CAG) has been introduced in the sense of discovery or anatomical evaluation of the Coronary Artery Disease (CAD), which has a high incidence among the categories of heart diseases. Patients with Cardio Vascular diseases have to deal with CAG, but frequently health care professionals fail to provide health education regarding this procedure. This would lead to reduced satisfaction and tolerance to the procedure as well as raising complications. The ultimate intention of this study is to evaluate the effectiveness of pre-education programme on coronary angiography among CAD patients. Purposively selected 135 patients who had been admitted to the cardiology unit of Sri Jayewardenepura General Hospital (SJGH) were recruited for the study. Quasi Experimental design/ Pre and Post-test design was used for the study. Data collection was conducted in two steps, i.e. prior to the CAG and after the CAG. A pre-tested self-administered questionnaire was distributed and collected over a period of 2 months. Data analysis was done using SPSS version 23. Concerning the knowledge about the AG procedure, pre-preparation, post-operative care, follow-up care and complications, a significant improvement could be identified. Pre-test regarding the CAG procedure was 23 % while the post-test reported it as 59.2 %. Meanwhile factors of CAG procedure pre-preparation was known by 40.8% in the pre-test, while 73.77 % was reported in the post-test. Furthermore, 10.3 % had knowledge regarding the postoperative care, follow-up care and complications in the pre-test, and then it has improved to 36.04 %. Hence it is clearly observed that there is a considerable increment in the effectiveness with regard to the pre-educational programme. This might improve patient satisfaction as well as reduce complications. It is worthwhile establishing a small educational session and distributing leaflets that might improve patient knowledge, as well as self-dependence.

Keywords: Coronary Angiography, Coronary Artery Disease, Pre-Education, Knowledge.