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A study to assess the knowledge regarding low cholesterol diet among student nurses in NMCH, Nellore

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Cholesterol is a vital substance in human metabolism that occurs naturally in all animal foods. Because it's only synthesized in animal tissue, there is no cholesterol in plant foods. The main food sources of cholesterol are egg yolk and organ meats, such as liver and kidney as well as other meats. Healthy diet guidelines stress the health benefits of a diet low in fat, saturated fat and cholesterol. All guidelines recommend that the fat content of the diet not exceed 30% of the total calories less than 10% of the calories should be provided from saturated fat, the dietary cholesterol.

In normal range of cholesterol level is 150- 250mg/dl and very low density lipoprotein is 2-3 mg/dl, low density lipoprotein is <190 mg/dl. The cholesterol complication such as depression, anxiety, preterm birth and low birth weight, Parkinson's disease, stroke, damage of liver and muscle.

Cholesterol has several important functions. It is a component of bile salts that aid digestion. It is essential component of all cell membranes and it is found in brain and nerve tissue and in the blood. Cholesterol is necessary for the production of several hormones including cortisone, adrenaline, estrogen and testosterone.

An elevated level of cholesterol in the blood is a major risk factor for coronary artery disease covering blood cholesterol level reduces the risk of heart attacks due to coronary disease. Cholesterol level of >200mg/dl are desirable. Low cholesterol diet are the soya, beans, cashews, almonds, chocolate, garlic, salmon etc.

The average adult body contains rather more than 100gm of cholesterol, which is present either as the free sterol or as cholesterol ester. It is found in all the membranes of all tissues and organ, in the fat stored from in adipose tissues and in the blood as lipoprotein cholesterol.

Objectives

- To assess the knowledge regarding low cholesterol diet among student nurses in Narayana medical college hospital, Nellore
- To find out the association between the levels of knowledge regarding low cholesterol diet among student nurses with selected demographic variable.

Review of Literature

Alan Flint *et al.* (2014) conducted study on dietary habits assessed with validated food aim of the study was designed to British medical journal education frequency questionnaire every four years from 1976-2006 for the nurses health study and from 1986-2006 for the health professionals follow up study. The food frequency questionnaire assess average food intake over the previous year. The result showing that consumption of each food is based on a commonly used protein size with nine possible response categories of intake frequency, ranging from never to 6 or more time per day. We analyze obtained the dietary fiber content of foods from the hazard food consumption data base. The study concludes from 30 samples in the 10 nurses having adequate knowledge regarding low cholesterol diet.

Dang *et al.* (2013) conducted study on improve the growth performance and cholesterol metabolism of soya bean based diets using dietary cholesterol supplementation. Aim of the study is the total cholesterol (TC) HDL and LDL cholesterol level in plasma generally

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increased when the supplemental cholesterol was increased by up to 102% in living countries. The sampling technique is to level reached the LDL – Cholesterol level. The sample size is high density cholesterol level showed contained to increases. In analysis that dietary cholesterol supplementation generally increased. Showing result of total lipid cholesterol level in liver the total lipid and TAG level in muscle free total cholesterol. They concluded that cholesterol ester and total bile acid level in intestine and calcium level.

Methods

Non experimental, descriptive research design was adopted to conduct study among student nurses at NMCH, Nellore. Non- probability convenience sampling technique was adopted for the study. The tool was validated by experts and modifications were made according to experts suggestion.

The pilot study was conducted and found highly reliable with 'r' value 0.92. Data was collected the main study. Data was analyzed and interpreted by using descriptive and inferential statistics in terms of frequencies, percentages, mean, standard deviation 't' test and chi square value.

Major Findings Of The Study Were: Regarding the level of knowledge among 30 student nurses, 6(20%) have adequate level of knowledge, 12 (40%) have moderately adequate level of knowledge and 12 (40%) have inadequate level of knowledge. The mean of knowledge scores is 19.8 and standard deviation is 5.79 for student nurses.

Conclusion: The findings of the study revealed that the majority of student nurses have inadequate knowledge. Nurse administrator also can develop specific guidelines on knowledge regarding low cholesterol diet among student nurses.

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