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Knowledge regarding risk factors of cardiovascular disease among II Year B.Sc nursing students

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Abstract

Back Ground: The cardiovascular diseases are the number one killer of people and also the greatest course of death in all over the world. The major cardiovascular diseases are hypertension, atherosclerosis, Dysarthmias, myocardial infarction, congestive heart failure and pregnancy induced hypertension etc. The life style places major risk factors for cardiovascular disease.

Objectives

1. To assess the level of knowledge regarding risk factors of cardiovascular disease among nursing students.
2. To find out the association between the level of knowledge regarding risk factors of cardiovascular disease among nursing students with their selected socio demographic variables.

Materials and Methods: Descriptive research design was used to assess the knowledge regarding risk factors of cardio vascular diseases, the 100 samples were selected by using non probability convince sampling technique. Data was analyzed by using descriptive and inferential statistics. The results revealed that with regards to knowledge regarding risk factors of cardio vascular diseases, 38 (38%) of students had good knowledge, 54 (54%) of students had adequate knowledge and 8 (8%) of students had poor knowledge.

Keywords: Knowledge, risk factors, cardio vascular diseases, student nurses, nursing college

Introduction

The cardiovascular system consists of the heart, blood and blood vessels, including arteries, veins and capillaries. It's function as to pump and distributes the blood throughout the body. The systemic and pulmonary circulation is distributing the blood to the capillaries and return blood to the heart. The cardiovascular diseases are classified into modifiable and non modifiable risk factors. The modifiable factors are smoking, alcoholism and lack of physical exercise, obesity, stress, diet, high cholesterol, life style, etc. The non modifiable factors are age, sex, genetic factors, and diabetic mellitus, race etc. Other major causes for cardiovascular disease decreased sleep (Apnea), drug induced renal system disease, chronic steroid therapy, chronic kidney disease, pregnancy.

Murray J.V in 2015 the study to conduct the cardiovascular diseases in women in heart stroke 8.6% million annually, ischemic heart disease, 3.1 million stroke 3 millions, rheumatic heart disease 2.2 millions hypertension (2.4) heart disease 3 millions at inflammatory heart disease. From the statistical data collected WHO it has been conducted to cardiovascular disease itself 31% compared to others.

The health care facilities to manage that risk of patient by contemplating methods like percutaneous coronary revascularization and surgical ;methods have shown a very promising trend during the last decades the facilities of modern diagnostic methods and new prevent techniques to other symptomatic relief and improve their progress are available in most parts of the country.

Problem Statement:

A study to assess the knowledge regarding risk factors of cardiovascular disease among II Year B.SC nursing students in Narayana nursing institutions at Nellore.

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Objectives

- To assess the level of knowledge regarding risk factors of cardiovascular disease among II year B.Sc nursing students.
- To find out the association between the level of knowledge regarding risk factors of cardiovascular disease among II year B.Sc nursing students with their selected socio demographic variables.

Methods and Materials

Research Approach: The quantitative approach was adopted to determine the knowledge regarding risk factors of cardiovascular disease.

Research Design: The descriptive design was used for the present study.

Setting of the Study: The setting for the study is Narayana Nursing Institutions at Nellore.

Target Population: The target population for the present study includes II Year B.Sc Nursing students

Accessible Population: The population for the present study includes student who are studying in Narayana Nursing Institution Nellore.

Sampling Technique: Non probability convenience sampling technique was used to select the sample.

Sample Size: The sample size for the present study was 100 II Year B.Sc Nursing students

Criteria for Sample Selection

Inclusion criteria: II Year B.Sc Nursing students who are,

- Studying in Narayana Nursing Institution at Nellore.
- Who are willing to participate in the study.

Exclusion criteria: II Year B.Sc Nursing students who are,

- Not available at the times of data collection.
- Not willing to participate in the study.

Description of The Tool: The tool was developed with the help of related literature from various text books, journals, website discussion and guidance from experts. The tool used for the study consists of two parts.

Part-I: It consist of socio demographic data for nursing students include age ,year of course, course of study, sources of knowledge, CNE programs, number of CNE programs attended.

Part-II: It consists of structured questionnaire to assess the knowledge regarding risk factors of cardio vascular disease in women among nursing students.

Scoring Interpretation

The structured questionnaire was used to assess the knowledge of students. It consists of 30 questions, each correct response was scored as ‘1’ mark and each wrong answer was scored as ‘0’ mark.

Criteria	Score
Good knowledge	21-30
Adequate knowledge	11-20
Poor knowledge	1-10

Result and Conclusion:

Table 1: Frequency and percentage distribution based on level of knowledge regarding risk factors of cardiovascular diseases among II Year B.Sc nursing students (n=100)

Level of knowledge	frequency (f)	Percentage (%)
Good Knowledge	38	38
Adequate Knowledge	54	54
Poor Knowledge	8	8
Total	100	100

Table no-1: Shows that with regards to knowledge regarding risk factors of cardio vascular diseases, 38 (38%) of students had good knowledge, 54 (54%) of students had adequate knowledge and 8 (8%) of students had poor knowledge.

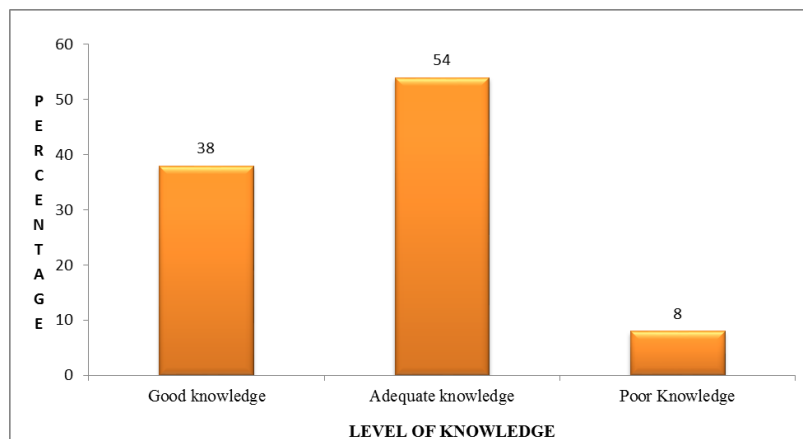


Fig 1: percentage distribution based on level of knowledge regarding risk factors of cardiovascular diseases

Table 2: Mean and standard deviation of level of knowledge regarding risk factors of cardiovascular diseases among II Year B.Sc nursing students (n=100)

Criteria	Mean	Standard deviation
Level of knowledge	19.28	4.39

Table No-2: Shows that with regards to Mean and standard deviation of knowledge regarding risk factors of cardiovascular diseases among II Year B.Sc nursing students mean score is 19.28 with standard deviation value of 4.39.

Implication of Study: The scientific knowledge among student nurses and know their level of knowledge regarding risk factors of cardiovascular diseases in women. The findings of the study have implications on nursing education, nursing administration and nursing research.

Nursing Practice: The study helps the student nurses to determine the level of knowledge regarding risk factors of cardiovascular diseases among II Year B.Sc nursing students

Nursing Education: Education programme should emphasize more on students to improve their level of knowledge regarding risk factors of cardiovascular diseases among II Year B.Sc nursing students.

Nursing Administration: Nursing administration should organize in-service education / workshop/ simulation /CNE.

Nursing Research: Extensive research can be carried out to assess the level of knowledge regarding risk factors of cardiovascular diseases among II Year B.Sc nursing students.

Recommendation: On the basis of findings of the study the following recommendations are being made.

- A similar study can be replicated on a large sample to generalize the findings.
- Similar study can be done on different settings.

Conclusion: The study concluded that Narayana Nursing Institution II –year B,Sc (Nursing) student are having adequate knowledge regarding risk factors of cardiovascular diseases. An educational program helps to be improve their knowledge regarding risk factors of cardiovascular diseases.

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