



Scienxt Journal of Women's Health Nursing
Vol-2 // Issue-1 // Jan-June // Year-2024 // Pg:1-16

*A healthy lifestyle not only changes your body, but it also
changes your mind, attitude and mood*

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Abstract:

Myocardial infarction results in an enormous burden of increased mortality and morbidity experience of a serious illness, particularly if it is a sudden and life-threatening event for spouse and wider family. These events threaten the patient's stability, security, adaptability, beliefs, and assumption towards his normal healthy life. This study is to assess the effectiveness of structured teaching programme on lifestyle modifications of patients with myocardial infarction attending cardiology op department in MLB, Hospital, and Jhansi.

Objective: The objectives of the study is to assess the knowledge regarding lifestyle modifications. To evaluate the effectiveness of structured teaching programme on lifestyle modifications of patients with myocardial infarction and to associate the post-test knowledge of lifestyle modifications of patients with myocardial infarction with selected demographical variables.

Materials and Methods: The Pre experimental one group pretest and posttest design was used. A total 60 samples were selected by using simple random sampling technique. The data were collected Semi Structural questionnaire, before and after structured teaching programme regarding lifestyle modifications like habits, diet, exercise, medications, follow-up care.

Results: The results of post-intervention showed significant improvement in ($P < 0.05$) knowledge score. The percentage differences between pre-test and post-test score was analyzed using proportion with 95% Confidence interval which showed the effectiveness of structured teaching.

Conclusion: The literature says that adequate level of knowledge in lifestyle modifications of myocardial infarction patients will helps to lead the quality of life and prevents the further cardiac complications and its related consequences in their life this study helps to improves their knowledge level on lifestyle modifications

of patients with myocardial infarction and thereby ensuring the safety of the patients, minimizing the risk of further complications of myocardial infarction.

Key words:

Myocardial Infarction, Lifestyle Modifications, STP