



## WORLD HEART DAY

### THEME: USE HEART FOR EVERY HEART

Date: 29/09/2022

Time: 10am -1pm

Venue: First Floor Super specialty Hospital, NMCH

Department of Medical Surgical Nursing organized awareness programme on World Heart .**THEME: USE HEART FOR EVERY HEART.** Total 50 patients and their family members participated in the programme from cardiology ward. The programme started at 10:00 am with the prayer song and welcome song by 1<sup>st</sup> year M.sc Nursing students.

Prof, A. Latha, HOD of Medical Surgical Nursing Department welcome the participants and inaugurated the program along with Nursing Superintendent and Additional Nursing Superintendent. Welcome address given by Ms. Manasa MSc (N) II year student .

A pretest was conducted for all the participants. Mrs. K.Kantha, Associate Professor gave speech on heart functions, Problems, Dietary Approaches to Stop Hypertension. (DASH) and exercises for healthy heart function .

Ms. M. Manasa, M.Sc(N) II year student has explained regarding the diet "DOs" &"DON'T to be followed to reduce the incidence of heart disease and Ms.k.Haripriya highlighted the risk factors and causes of heart diseases. Mrs. N. Subhashini, Associate professor discussed regarding the signs and symptoms and assessment of heart diseases. Ms.Neelima M.Sc(N) I year student displayed video about the exercises to prevent heart diseases. M.Sc(N) students involved in checking weight, height and blood pressure to all participants.

A post-test was conducted to all the participants after the session. Pamphlets were distributed to all participants. Ms.N. Subhashini gave vote of thanks and the program adjourned with National Anthem.

## ANALYSIS:

Table 1: Frequency and Percentage Distribution of Level Of Knowledge On Heart Diseases Among All Participants. (n=50)

LEVEL OF KNOWLEDGE	PRETEST		POST TEST	
	Frequency (f)	Percentage (%)	Frequency (f)	Percentage (%)
Adequate knowledge	22	44%	30	60%
Moderately adequate knowledge	7	14%	18	36%
Inadequate knowledge	21	42%	2	4%
Total	<b>50</b>	<b>100</b>	<b>50</b>	<b>100</b>

The result showed that, among 50 participants, in pre-test, 22 (44%) had good knowledge 7 (14%) had medium knowledge 21 (42%) poor knowledge, Whereas in post-test, 30 (60%) had good knowledge 18 (36%) had medium knowledge 2 (4%) poor knowledge.

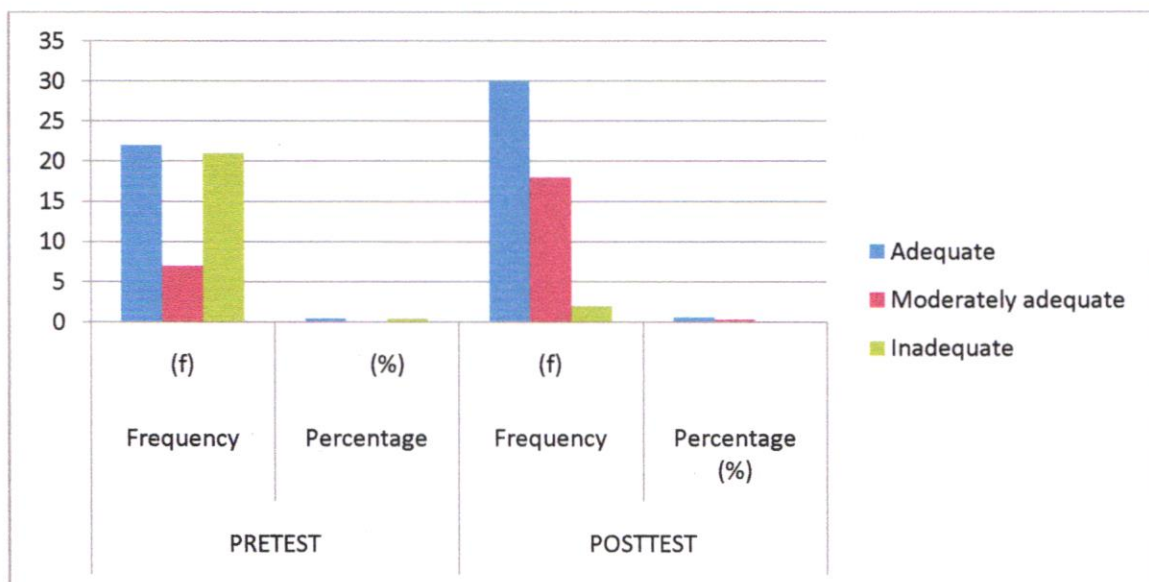


Fig. No 1: Percentage distribution of level of knowledge

## PROGRAM OUTCOME

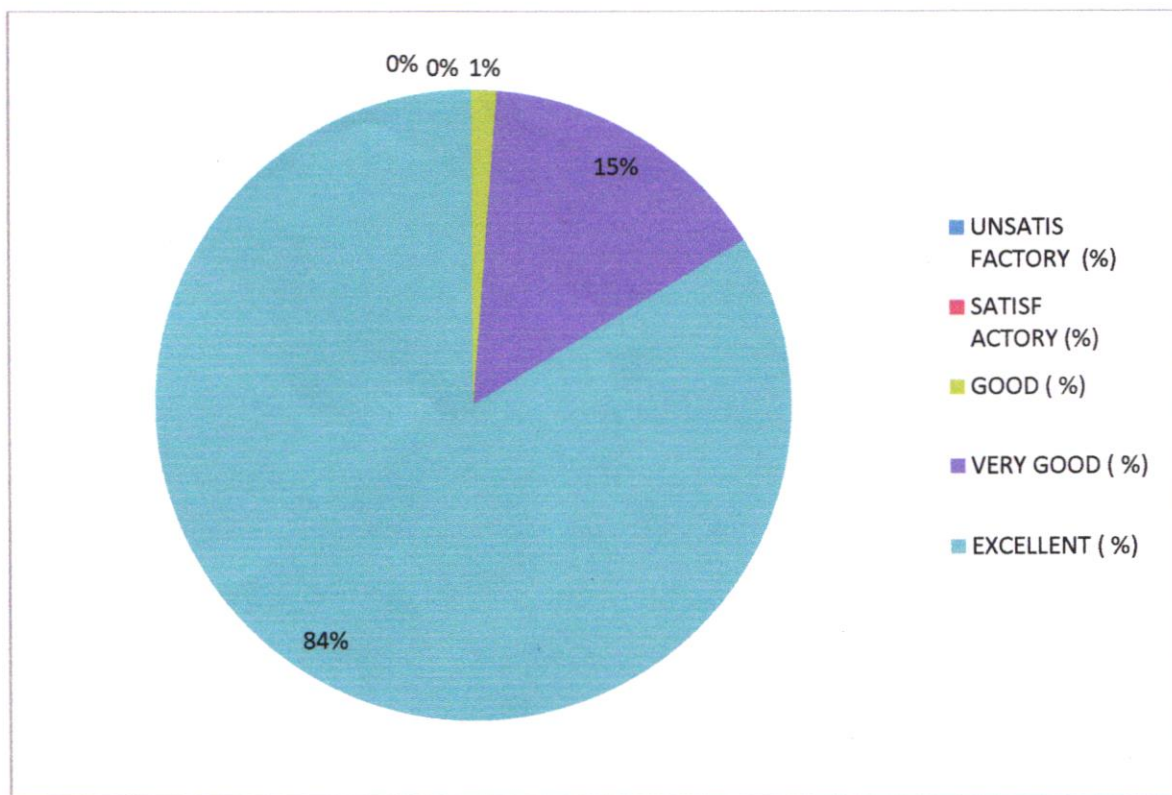
The program outcome is to encourage the participants to maintain healthy habits and also take various preventive measures to protect their heart by integrate and maintain healthy lifestyle.

Parameters checked	Male	Female	Total
Over Weight	2	5	7
High Blood pressure	6	5	11
Under treatment of hypertension	5	5	10
<b>Total patients</b>	<b>23</b>	<b>27</b>	<b>50</b>

Table: 2 frequency and percentage distribution of feedback grades on World heart day program. N=50

FEED BACK		
FEED BACK	Frequency (f)	Percentage (%)
Unsatisfactory	0	0
Satisfactory	0	0
Good	1	2
Very good	7	14
Excellent	42	84

The feed back shows 84%excellent ,14%as very good and as good 2% and indicates that the program feedback grade is extremely good .



**Figure :2 Feedback analysis.**

**FEED BACK SUGGESTIONS:**

➤ All participants appreciated the program and felt that the information shared in the program will help them in their day today activities. health awareness programs should be organized in a frequent interval. The knowledge should be parted amongst all.