



## **Awareness of Self-Care Programs in Patients with Coronary Vessels Diseases Hospitalized in the Cardiac Ward of Vase'ee Hospital in Sabzevar, Iran (2007)**

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**Background and Purpose:** Cardiovascular diseases are among the most common diseases of the century, and the victims are increasing each year. Awareness of self-care programs in patients with coronary vessels diseases can play a significant role in preventing the recurrence of heart attacks, mortality and repeated hospitalization in such patients. This study was conducted to determine the awareness of self-care programs in coronary vessels patients.

**Methods and Materials:** In this descriptive cross-sectional study, 107 patients with coronary vessels diseases who were hospitalized in Vase'ee Hospital in Sabzevar, Iran participated to fill out a researcher-made questionnaire containing demographic items and 24 questions on self-care programs; the reliability of the questionnaire was confirmed using Cronbach alpha. For data analysis, chi-square, Fisher's exact test and Pearson correlation coefficient were used.

**Results:** On the basis of findings, 68.2% of the participants had weak knowledge, and only 2.8% had good knowledge of self-care programs and the rest had average knowledge on the self-care programs. Among 72 participants with weak knowledge of self-care, 54 were not already trained. No significant relationship was found between awareness of self-care programs and history of coronary diseases. Also, there was no significant relationship between awareness of self-care programs and variables such as gender and residential area but a significant relationship existed between age and reduction of awareness of the self-care programs.

**Conclusion:** The level of self-care awareness in patients with coronary heart disease is low; even patients with multiple hospitalizations know very little about the self-care programs.

**Key Words:** Self-Care Programs; Coronary Vessels Diseases.

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