

ORIGINAL ARTICLE

Effectiveness of Family-oriented Education on Self-care behaviors of Patients with Acute Myocardial Infarction: A Randomized Clinical Trial

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ABSTRACT

Background: Proper self-care practices play a crucial role in the well being and longevity of patients with cardiovascular disease. To effectively engage in self-care, it is imperative for patients to receive adequate education and training on the self-care process. This study was conducted to determine the effect of family-oriented education (FOE) on the self-care behaviors of patients with acute myocardial infarction (AMI).

Methods: In this randomized clinical trial study, 70 patients hospitalized in two hospitals in Shiraz during November 2021-April 2022 participated after the first AMI. Patients were randomly assigned into control (N=35) and intervention groups (N=35) based on random allocation. In the intervention group, an educational program was conducted for patients and active family members during three sessions of 45 to 60 minutes. The control group received routine care. Demographic information form and Self-Care Agency scale was completed by the patients before the educational intervention, one month, and two months after the educational intervention. Data analysis was done through SPSS 22 using Chi-square test, independent t-test, Fisher's exact, and Friedman test. $P < 0.05$ was considered as the statistical significance level.

Results: There was no significant difference in self-care behaviors between the two groups before the intervention ($P=0.71$). The mean score of self-care behaviors in patients one month ($P < 0.001$) and two months ($P < 0.001$) after FOE in the intervention group showed a statistically significant difference with the control group. Also, the mean score of self-care behaviors two months after the education in the intervention group was significantly higher than before and one month after the intervention ($P < 0.001$).

Conclusion: Given the positive effect of FOE on self-care behaviors of patients with AMI, it is recommended that educational interventions related to the treatment plan of these patients with the participation of families should be conducted.

Trial Registration Number: IRCT20211116053078N1

Keywords: Family health, Myocardial infarction, Patient education, Self care

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aspects of self-care and self-management in patients increased.³⁴ Critically ill patients are more exposed to mental disorders such as stress, depression, anxiety, and post-traumatic stress disorder due to invasive and modern technologies.³⁵⁻³⁷ Family support can be very effective in reducing these problems.³⁴ Of course, this issue requires ethical and legal policies by health policymakers.^{38, 39}

Use of FOE as an educational intervention for empowerment of patients with AMI was the most important strength of the present study. Since, the completion of the second and third stages of the questionnaire was done by calling the patients, the method could affect the patients' responses. Moreover, the level of concentration, attention, and mental condition of the patients at the time of answering the questionnaires could affect their answers, which were not under the control of the researchers.

CONCLUSION

The present study showed the beneficial effect of FOE on the total self-care scores of patients with AMI. It is recommended that educational interventions related to the treatment plan of these patients with the participation of families as a simple and accessible method should be conducted.

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Conflict of Interest: None declared.

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