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# NURSING RESEARCH AND EVIDENCE BASED PRACTICE

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## Assess the risk of coronary artery disease among adults with diabetes mellitus at selected hospital, Thiruvallur District, Tamilnadu, India

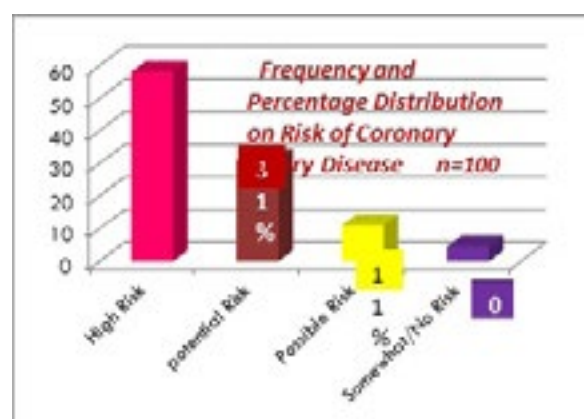
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**Statement of the problem:** A study to assess the risk of coronary artery disease among adults with diabetes mellitus at selected hospital, Thiruvallur.

**Introduction:** Diabetes mellitus is a chronic disease, which occurs when pancreas does not produce enough insulin, or when the body cannot effectively use the insulin, it produces. Diabetes mellitus is caused by the body's ineffective use of insulin. Coronary artery disease is a condition which fatty substances build in the arteries and reduce the blood supply to the heart and usually associated with chronic diseases such as diabetes mellitus. Objectives of the study are to assess the risk of coronary artery disease among adults with diabetes mellitus and to associate the related demographic variables with the risk of coronary artery disease. Conceptual framework was constructed based on WHO modified Health Belief Model. Methodology: The quantitative non-experimental descriptive design was used at selected hospital Thiruvallur in NCD OPD among adults diagnosed with diabetes mellitus. In this study, purposive sampling technique was used to select 100 samples and assessment was made with the help of modified American Heart Association CAD questionnaires. The study results

assessed the risk of coronary artery disease out of 100 samples found 58% had very high risk, 31% had potential risk and 11% had possible risk. There was no significant association between any of the socio-demographic variables except education and mother tongue at  $p < 0.05$  level with risk of coronary artery disease.



### Biography

Sharadha Ramesh working as Director Symbiosis College of Nursing, Symbiosis International University, Pune, is a PhD, Faculty of Nursing with total experience of 32 years. She has completed 35 independent research works. Her awards include Sigma Theta Tau – Eta Pi award, USA best research paper award during the International Nurses Conference by Omayal Achi College of Nursing/ Saskatchewan University, Canada. For Academic Excellence and Outstanding contribution to Research received award from the International Centre for Collaborative Research and Alumni Association Omayal Achi College of Nursing Chennai. Received the best research paper award in Worldwide Nursing Conference held at Singapore in July 2017. She has presented a total of 146 Papers as Podium Presentations. She has organized more than 250 community service camps, multispecialty health camps, blood donation camps, services during disasters such as tsunami, flood relief camps and post cyclone camps at Chennai

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