

Knowledge evaluation for coronary heart disease patients about risk factors in Misurata hospitals

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Many prospective studies have examined the associations between intakes of individual foods and risk of coronary heart disease (CHD), but few have evaluated the relation of overall dietary patterns to the risk. Descriptive hospital-based study was conducted to assess knowledge of CHD patients about risk factors in Misurata hospitals. The study was consisted of 100 patients with CHD, aged 30 years and more, who were selected randomly during 2020. The study data were collected using questionnaire, patient record and anthropometric measurements during the survey. Pearson correlation was used to examine any correlation between risk factors, blood fat profiles and lifestyle. The results revealed that (52%) of patients fall within age group 51-70 years, the CHD was widely prevalence among male (55%), most of the patients (41%) were illiterate, majority of patients (92%) were suffering from other chronic diseases such as diabetes, hypertension and obesity. The almost patients (63%) had significant ($P<0.05$) no idea about causes and risk factors of CHD. The highest percent of patients (54%) whose have overweight and practiced physical exercises occasionally. A significant variation ($P<0.05$) of patients (92%) whose have no idea about CHD diet regimen and not received any counselling, compared with fewer patients (8%) follow-up with dietitian. the result revealed that significant correlation ($P<0.05$) between age groups, chronic illnesses and blood fat profile. The majority patients had no practiced therapeutic lifestyle and their little physical activity towards control of CHD. The appropriate nutrition education and patients counseling must be applied among outpatients of CHD.