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Self-care among patients with coronary heart disease: The perspectives of patients, family, and indigenous leaders

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Self-care is essential in building a healthier life and reducing the risk of [cardiovascular disease](#). However, individuals with coronary heart disease (CHD) often struggle with self-confidence, leading to a neglect of self-care practices. This neglect has a potentially negative impact on their health and overall quality of life. This research aims to explore the perspectives of patients, family, and indigenous leaders about self-care among CHD patients. Descriptive qualitative research was conducted in West Sumatera Island, Indonesia from April to September 2022. A total of 49 respondents including 30 patients, ten family members, and nine indigenous leaders were selected for interviews using a purposive sampling approach. Semi-structured interviews were conducted during data collection and a content analysis method was used for the analysis. Five categories were constructed, namely 1) Inadequate knowledge of CHD and identification of early symptoms during heart disease, 2) Practice of self-care needs after CHD diagnosis, 3) Support system, 4) Perceived barriers, and 5) Hope in self-care practices. The results showed five crucial themes namely inadequate knowledge, practices of self-care, support, perceived barriers, and hope which can serve as the basis for designing a holistic and sustainable Minangkabau culture-based nursing intervention model for patients with CHD.

Biography

Prof. S. Setyowati is professor in Maternity Nursing and Leadership - Management Nursing with national and international work experience. She has obtained her Nursing Degree at the University Indonesia (UI). She did her postgraduate research has received national and international research grants for her work. Currently, she has served as senior lecturer of Maternity Nursing and Nursing Leadership-Management Departments, Chairman of The Ethical Committee of Nursing Research, Faculty of Nursing, Universitas Indonesia, and nursing committee of UI Hospital. She has broad teaching and research experience at different universities and faculties has earned research and innovation awards for her works. In addition, she is as international accreditation assessor as well as validator in Indonesia Accreditation Agency High Education in Health (IAAHEH). She has completed his PhD in Nursing from University Technology Sydney (UTS). She has published more than 34 papers in reputed journals as well as more than 60 articles in national journals.

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