

## **Knowledge, attitude and practices of dietary management among Ischemic Heart Disease (IHD) patients**

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### **Introduction**

Ischemic heart disease (IHD) has become a major cause of deaths in the world. Unhealthy dietary pattern is an indirect risk factor for IHD. Assessing about the knowledge, attitude and existing practices about dietary management is important to evaluate and plan programmes to prevent these unnecessary deaths due to IHD.

### **Aim**

To evaluate the knowledge, attitude and practices in dietary management among IHD patients.

### **Materials & methods**

A cross sectional study was carried out using 150 patients with IHD. Data collection was done by using an interviewer administered questionnaire. A scoring system was used to assess knowledge, attitude and practices. Data analysis was done by using SPSS version 20 and Chi-square test.

### **Results**

Out of 150 patients 40% had good knowledge about the disease and 45.3% had good knowledge about dietary management. The median and the IQR of the knowledge about dietary management was 3.00 (1.00 ; 6.00) out of the total score of 8. Fifty one percent of the sample was willing to have dietary management but only 27% and 50% like to reduce salt and fat respectively. Both knowledge and attitude about dietary management have significant relationship with level of education (know. - $r=0.48$ ,  $p<0.001$ , Atti. - $r=0.44$ ,  $p<0.001$ ) and monthly income (Know. - $r=0.35$ ,  $p<0.001$ , Atti. - $r=0.27$ ,  $p<0.001$ ). Nearly 70% did not like to reduce salt intake while 50% did not like to reduce fat. Nearly 75% was agreed to increase vegetable and fruit intake. There was a significant relationship with fruit and vegetable usage and level of education ( $r=0.64$ ,  $p<0.001$ ), monthly income ( $r=0.31$ ,  $p<0.001$ ) and nationality ( $r=-0.25$ ,  $p=0.002$ ). Even after diagnosis of the disease a significant proportion (62% in salt, 43% in fat and 87% in fruits and vegetable) did not change the dietary pattern.

### **Conclusions**

The patients had average knowledge about the disease condition and its dietary management. However, their attitudes and the practices were poor. Special programs to emphasize the importance of the dietary management are needed.