

OP 09

Influence of Pre-Operative Health Education Sessions on Improving the Knowledge of Therapeutic Interventions among Patients Awaiting Coronary Angiography at the Sri Jayewardenepura General Hospital, Sri Lanka

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Background: Cardiovascular diseases (CVDs) are a leading cause of global deaths, and Coronary Artery Disease (CAD) is the most common type. An effective, invasive, diagnostic coronary angiography is a widely used tool and recommended for many of CAD patients. Anxiety associated cardiac complications such as elevated blood pressure, tachycardia and arrhythmias can be reduced by pre-operative education on therapeutic intervention and will bring better health outcome. Also, health education will improve the quality of life by escalating adherence to medical and surgical management.

Objective: To assess the influence of pre-operative health education sessions for improving knowledge on therapeutic interventions among patients who are preparing for coronary angiography

Methods: A total number of 150 patients who were awaiting coronary angiography at Cardiology Unit in Sri Jayewardenepura General Hospital were included in the study. A pre-tested interviewer administered questionnaire was administered (pre-test) to the patients. Later an educational session was conducted for 30 minutes by the researcher focusing on improving the knowledge on therapeutic intervention. After the education session the same questionnaire was administered (post-test). Both questionnaire and education session were developed by the researcher using scientific literature.

Results: Among the participants, 98% were married and 64.7% were males. The majority was in 51-60 years old age range. The level of knowledge before and after the educational sessions were varied regarding the main procedure of angiography (pre- 39.3%, post- 100%), importance of blood investigations (pre- 39.3%, post-100%), surgical site (pre- 20.7%, post-94.7%) and importance of post hydration (pre- 38.7% post- 92%). A significant difference was seen between pre and post knowledge of the patients participated in the study ($p < 0.001$).

Conclusion: Health education sessions are effective in improving the level of knowledge on coronary angiography among patients who are waiting for coronary angiography. Pre-operative health education sessions need to be encouraged to improve the better health outcome of the patient by minimizing the level of anxiety.

Keywords: *Coronary angiography, Health education, Knowledge*