

A PRE EXPERIMENTAL STUDY TO ASSESS THE EFFECTIVENESS OF INFORMATION BOOKLET REGARDING LIFE STYLE MODIFICATION ON KNOWLEDGE AND ATTITUDE IN PREVENTION OF PERIPHERAL VASCULAR DISEASE AMONG THE MIDDLE AGE PERSON VISITED OPD IN SELECTED HOSPITALS OF KOTA CITY

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ABSTRACT

Introduction: Peripheral vascular disease (PVD) is a blood circulation disorder that causes the blood vessels outside of your heart and brain to narrow, block, or spasm. This can happen in your arteries or veins. PVD typically causes pain and fatigue, often in your legs, and especially during exercise. In peripheral vascular disease, blood vessels become narrowed and blood flow decreases. The term peripheral vascular disease is commonly used to refer to peripheral artery disease or peripheral arterial disease (PAD), meaning narrowing or occlusion by atherosclerotic plaques of arteries outside of the heart and brain.

Objective: The purpose of the study is to assess the effectiveness of information booklet on lifestyle modification for the prevention of peripheral vascular disease.

Research Approach: An evaluatory approach was used for the study and a total of 60 middle age person visiting OPD in selected in hospitals were selected by purposive sampling technique.

Result: It was found out that after the administration of information booklet, most of the samples were in the good category 45(91.7%) and 5 (8.3%) had average score. The post test knowledge score of the samples regarding the attitude score of middle age person sample, it is clear from the graph that out of the 60 samples, 40(66.7%) had good attitude towards the life modification changes, 15(25%) had excellent attitude and only 5(8.3%) had average attitude.

Keywords: Peripheral vascular disease, information booklet, knowledge, attitude.

INTRODUCTION

Peripheral vascular disease, also called PVD, refers to any disease or disorder of the circulatory system outside of the brain and heart. The term can include any disorder that affects any blood vessels. It is, though, often used as a synonym for peripheral artery disease. PVD is the most common disease of the arteries. The build-up of fatty material inside the vessels, a condition called atherosclerosis or hardening of the arteries, is what causes it. The build up is a gradual process. Over time, the artery becomes blocked, narrowed, or weakened. When a blockage occurs in the arteries of the heart, it's called coronary heart disease or coronary artery disease. Effective PVD treatment aims to slow or stop disease progression, manage pain and other symptoms, and reduce the risk of serious complications. PVD treatment plans usually involve lifestyle changes. Some people may also require medication, and severe cases may require surgical treatment. Lifestyle changes include: engaging in regular exercise, including walking, eating a balanced diet, losing weight if necessary, quitting smoking and managing blood sugar, cholesterol, and blood pressure levels.

BACKGROUND OF STUDY

A small percentage of people over the age of 50 are believed to suffer from peripheral artery disease. The symptoms of peripheral artery disease depend upon the location and extent of the blocked arteries. The most common

symptom of peripheral artery disease is intermittent claudication, manifested by pain (usually in the calf) that occurs while walking and dissipates at rest.

The term peripheral vascular disease is commonly used to refer to peripheral artery disease or peripheral arterial disease (PAD), meaning narrowing or occlusion by atherosclerotic plaques of arteries outside of the heart and brain. Peripheral artery disease is a form of arterial insufficiency, meaning that blood circulation through the arteries (blood vessels that carry blood away from the heart) is decreased. Risk factors for peripheral arterial disease include high blood cholesterol, diabetes, smoking, hypertension, inactivity, and overweight/obesity.

NEED OF THE STUDY

Global populations are undergoing a major epidemiological transition in which the burden of atherosclerotic cardiovascular diseases is shifting rapidly from high-income to low-income and middle-income countries (LMICs). Peripheral artery disease (PAD) is no exception, so that greater focus is now required on the prevention and management of this disease in less-advantaged countries. In this Review, we examine the epidemiology of PAD and, where feasible, take a global perspective.

In India, the prevalence of foot ulcers in diabetic patients in the general population is 3%, which is much lower than reported in the western world. With increasing prevalence of unhealthy lifestyles and aging of the Indian population, it is no surprise that diabetes mellitus is reaching epidemic proportions, and this comes along with its colossal socioeconomic and medical burden. Diabetic foot lesions represent a common morbid end point of this metabolic derangement associated with significantly poor functional outcomes and limb loss. Ischemia (peripheral vascular disease [PVD]) and peripheral neuropathy contribute to the etio-pathogenesis of the diabetic foot lesions when superimposed by injury or infection.

OBJECTIVE

- To assess the pre test knowledge regarding lifestyle modification for the prevention of peripheral vascular disease.
- To assess the pre test attitude regarding lifestyle modification for the prevention of peripheral vascular disease.
- To evaluate the effectiveness of information booklet regarding lifestyle modification in the prevention of peripheral vascular disease .
- To assess the post test knowledge regarding lifestyle modification for the prevention of peripheral vascular disease.
- To assess the post test attitude regarding lifestyle modification for the prevention of peripheral vascular disease.
- To find out the association between knowledge and socio demographic variables.
- To find out the association between attitude and socio demographic variables.

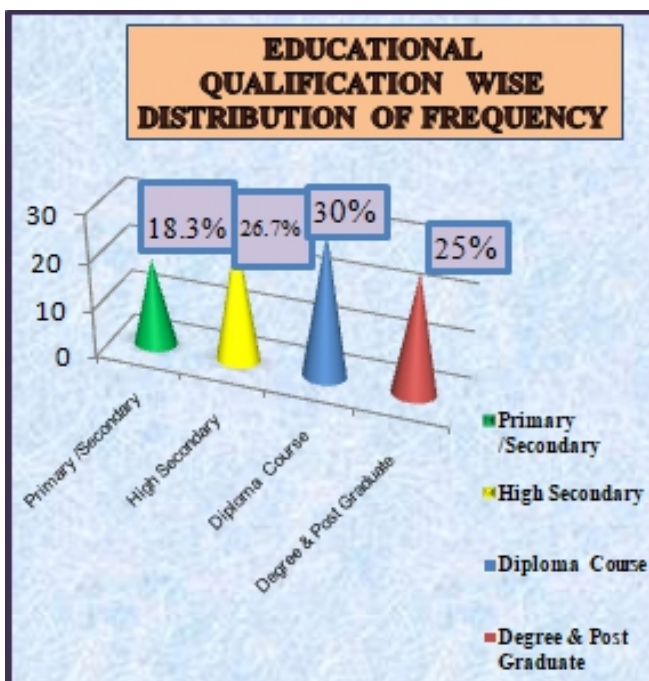
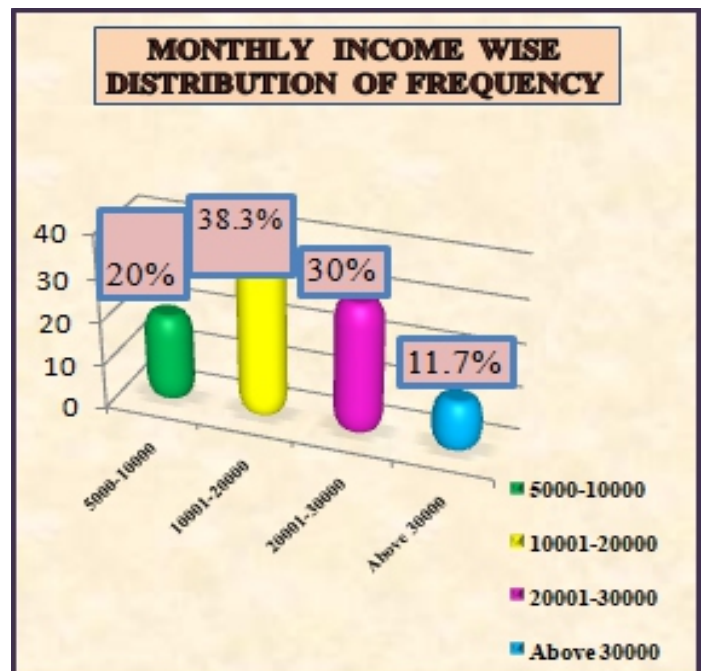
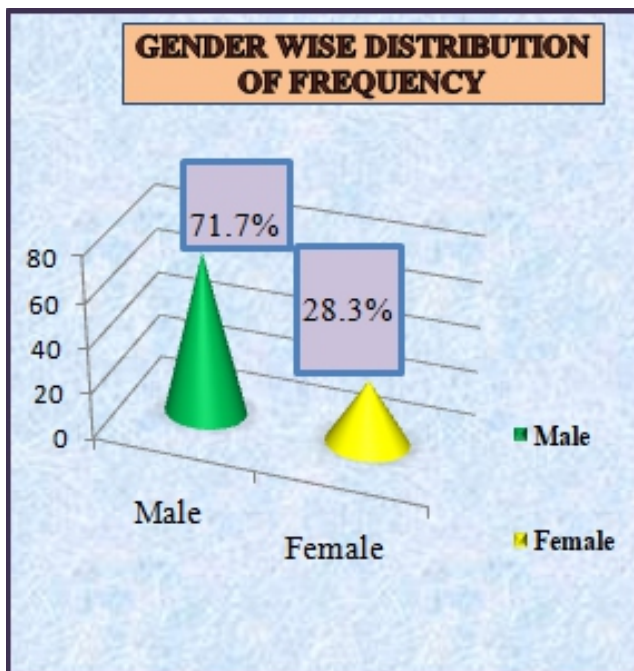
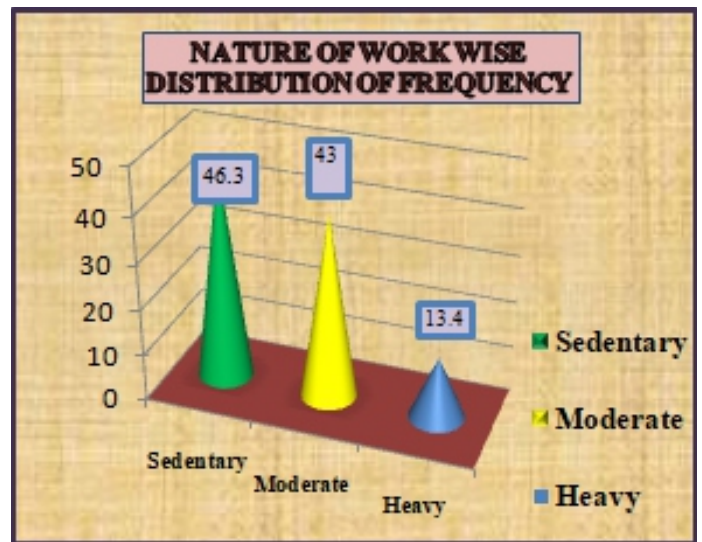
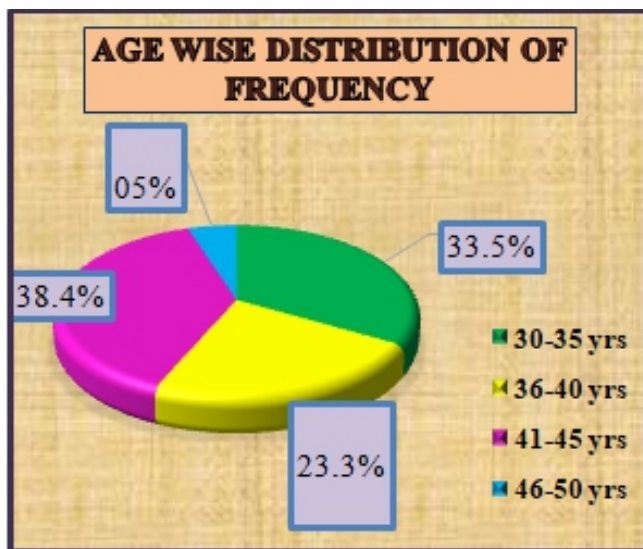
RESEARCH METHODOLOGY

In this study a quantitative approach was used to assess the effectiveness of instruction of informational booklet. Here, a pre - experimental (one group pre-test post – research design) where 60 samples were selected through non-probability convenient sampling method.

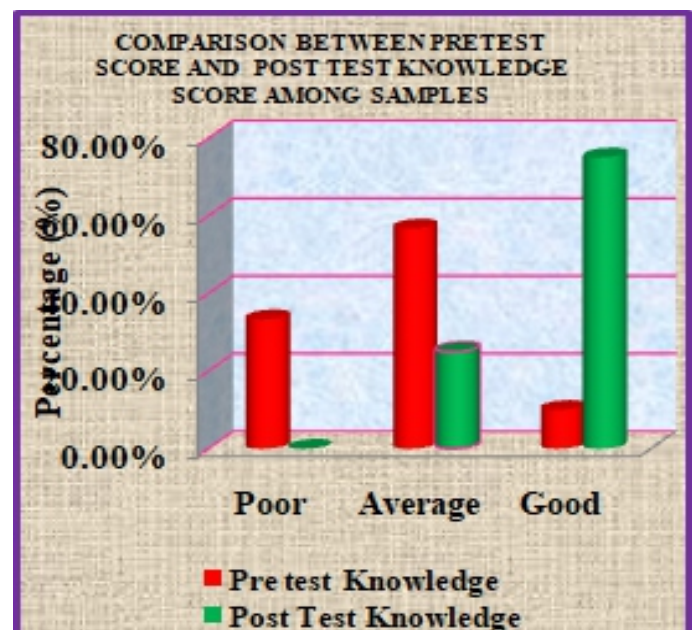
In the present study the tools consist of three sections, those are, firstly demographic variables to understand the social profile of the samples. Secondly, it consists of the multiple choice question

RESULTS

Section I:- Frequency and percentage distribution of selected sample characteristics.

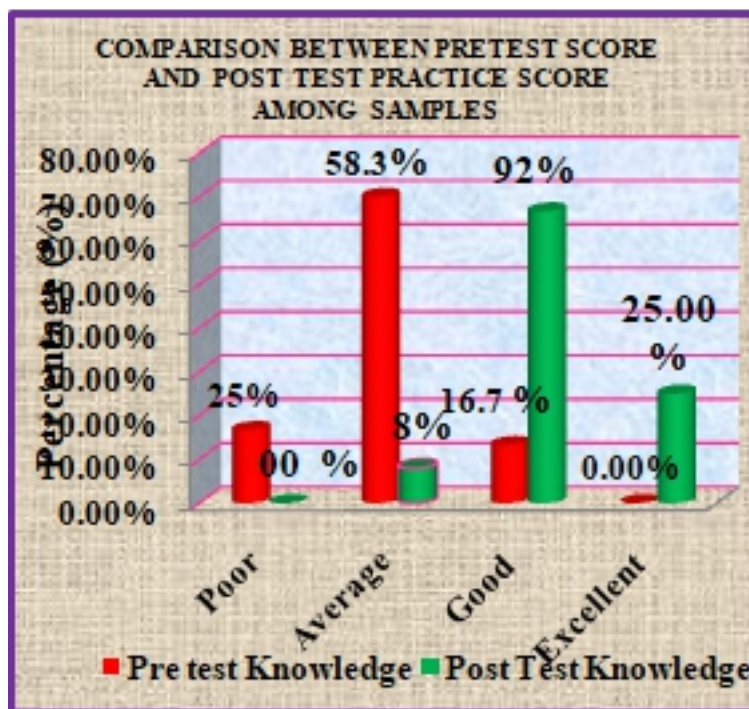


SECTION II :- Comparison Of The Pre-Test Score And Post-Test Knowledge Score Among Samples.



It clearly shows that 26 (43.3%) out of 60 had poor knowledge, 34 (56.7%) had average knowledge, none had good knowledge. After the administration of information booklet, most of the samples were in the good category 45 (91.7%) and 5 (8.3%) had average score.

SECTION III:- Comparison Of The Pre-Test Score And Post – Test Attitude Score Among Samples.



The bar diagram depicts that out of 60 samples, 42 (70%) had average attitude, followed by 10 (16.7%) had poor attitude towards the PVD and only 8 (13.3%) had good attitude. At the time of post practice, out of 60 samples, 42 (70%) had average attitude, followed by 10 (16.7%) had poor attitude towards the PVD and only 8 (13.3%) had good.

Section IV :-Effectiveness Of Information Booklet On Knowledge And Practice Score Of The Middle Age Person.

Practice score	Mean (\bar{X})	S. D. (σ)	Std. Error of Mean	D. F.	t-value	LOS
Pre-test	79.26	14.56	0.659	59	42.56	P<0.0001*
Post-test	121.32	18.56				

CONCLUSION

From the results of above data analysis and interpretation, it was found out that after the administration of information booklet, most of the samples were in the good category 45 (91.7%) and 5 (8.3%) had average score. The post test knowledge score of the samples regarding the attitude score of middle age person sample, it is clear from the graph that out of the 60 samples, 40 (66.7%) had good attitude towards the life modification changes, 15 (25%) had excellent attitude and only 5 (8.3%) had average attitude. Henceforth, the researcher observed that the "Information booklet" was effective interventional strategy to treat the Prevention form the peripheral vascular diseases.

NURSING IMPLICATION

Nursing Practice

The vascular nurse plays an important role in the treatment of patients with peripheral arterial disease (PAD), a prevalent atherosclerotic occlusive disease that affects approximately 8 to 12 million people in the United States. Approximately 4 to 5 million individuals with PAD experience claudication, the exercise-induced ischemic pain in the lower extremities that is relieved upon rest. Both PAD and claudication are associated with increased morbidity and mortality, limitations in functional capacity, and a decreased quality of life. Despite its prevalence, PAD is often undiagnosed and, therefore, increases the risk for cardiovascular ischemic events, disease progression, functional disability, amputation, and death.

Nursing Education

Nurses are health care providers who actively involved in prevention and early detection of diabetes and its complications. The nurses' role could be in health care, health, community education, health systems management, patient care and improving the quality of life. Diabetes Nurses play their educating role in the field of prevention of diabetic foot, foot care and preventing from foot injury. In care dimension, nurses responsible for early detection of any changes in skin and foot sensation, foot care, dressing and apply novel technology. In the area of rehabilitation, help patient sufferings from diabetic foot ulcer or amputation, to have movement are diabetes nurse's duties

Nursing Administration Consequently, nurses need to attend in special training to use the latest instructions of diabetic foot care in order that provides the effective services to facilitate promote diabetic patients health. The vascular nurse plays an important role in the treatment of patients with peripheral arterial disease (PAD), a prevalent atherosclerotic occlusive disease that affects approximately 8 to 12 million people in the United States. Approximately 4 to 5 million individuals with PAD experience claudication, the exercise-induced ischemic pain in the lower extremities that is relieved upon rest.

Nursing Research

Nurses are a critical part of your care team. They assist the interventional cardiologist, and it is their responsibility to manage your care and comfort at each stage of the procedure – from preparation to recovery. An essential element to consider in promoting successful nursing intervention is collaboration of the nurse and patient when developing the plan of care. Overall goals of care for a patient with PVD include promotion of circulation, relief of pain, and prevention of tissue damage or infection

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