

**LIFE STYLE OF THE PATIENTS WITH MYOCARDIAL INFRACTION**

**Submitted By**

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**FACULTY OF EDUCATION**

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**DEPARTMENT OF HEALTH & PHYSICAL EDUCATION**

**ITAHARI, SUNSARI**

**2018**

## **RECOMMENDATION LETTER**

This thesis is entitled "Myocardial Infraction" submitted by Manisha Basnet in partial fulfillment of requirement for the Master's Degree in Health Education under my supervision. Therefore, It is recommended for viva voice.

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## **APPROVAL SHEET**

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## **DECLARATION**

I hereby declare that this thesis has not been submitted for candidature for any other degree.

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The thesis entitled "Life Style of the Patients with Myocardial Infraction" has been undertaken in requirement for the Master's Degree of health Education.

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## **ABSTRACT**

The present study entitled on "Life Style of the Patients With Myocardial Infraction" conducted on the cardiac ward of Nobel Hospital of Biratnagar Morang, was conducted to assess the lifestyle of the patients with CHD, to find out the association between life style and selected variables and to assess the knowledge and perception about causes, risk factors and preventive measures of CHD. This study was based on descriptive research design using quantitative data. The respondents for survey were selected by the help of purposive sampling method. Required data and information were collected through structured questionnaire and semi structured interview.

According to the study 45.45% of the respondents were of 51-60 years 30.9% of the respondents were illiterate 5.45% of respondents were involved in labour, 58.18% were male, 47.27% of the respondents haven't done physical exercise, 56.36% had family history of diabetes, 52.73% of the respondents had diabetes to them, 60% of respondents had family history of high blood pressure more than half 67.27% had high blood pressure to them and 52.73% had high cholesterol to them.

Among all the respondents 49.09% of them had habit of drinking alcohol, 69.09% of the were familiar about heart attack, 67.27% had family history of CVDS, more than half 58.18% had knowledge about the causes of heart attack, 61.82% were unknown about the preventive measures of CVDS, not even a single respondents had health insurance or discount coupons, and name of the respondents had kept medicine with them for emergency.

In conclusion, it can be said that due to poor economic condition many people cannot have access to the treatment of CVDS. The above fact shows that poor economic condition, age, body weight, high blood sugar, high blood pressure, high cholesterol are directly related to the health of people.

This study also shows that although respondents were familiar about heart attack and it's causes, they were unknown about its symptoms and preventive measures. Therefore, it can be said that by providing them health awareness education through different programme in both local and national level, the alarming condition of CVDS may get reduced.

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## Abbreviations

AHD	:	American Heart Association
CAD	:	Coronary Artery Disease
CDH	:	Coronary Heart Disease
CHF	:	Congestive Heart Failure
CVD	:	Cardiovascular Disease
IEC	:	Information Education and Communication
IHD	:	Ischemic Heart Disease
INGOs	:	International Non-governmental Organization
MDGs	:	Millennium Development Goals
NCDS	:	Non-communicable Disease
NGOs	:	Non-Governmental Organization
SGNHC	:	Shahid Gangalal National Heart Center
USA	:	United States of America
WHO	:	World Health Organization