



Awareness on Risk Factors of Cardiovascular Disease among Patients with Diabetes Mellitus Attending Diabetic Clinic of BP Koirala Institute of Health Sciences

Ram sharan Mehta₁, Khanal D₂, Parajuli P₃, Mandal GN₄, and Bartaula B₅

Prof. Dr. Ram Sharan Mehta, Head, Medical-Surgical Nursing Department, Nepal

Abstract

Cardiovascular disease (CVD) is the leading cause of death worldwide. Adequate awareness of risk factors of CVD is the first step towards effective preventive strategies to combat the CVD burden in diabetes patients. This study aims to assess the awareness on risk factors of CVD among patients with diabetes mellitus attending diabetic clinic of BPKIHS and to find the association between awareness with their selected socio demographic variables.

Methods and Material: A descriptive cross sectional study was conducted among 112 patients with diabetes in diabetic clinic of BPKIHS. Convenient sampling technique was used for data collection over duration of one month using interview schedule by HDFQ II tool. Data were analyzed by using descriptive and inferential statistics. (Chi square)

Results: The mean age of respondents was 55.4±12.13 years. That mean HDFQ score was 14.31± 5.08. Only 33% of the respondents had adequate level of awareness whereas majority of the respondents (67%) had inadequate level of awareness. Majority of respondent (83.9%) were aware about smoking, (78.6%) physical activity, (75%) increasing age, (75.9%) high blood pressure, (71.4%) overweight respectively. Whereas most of the respondents were not aware about high cholesterol, fatty diet, preventive strategies and association of diabetes with CVD. Awareness was statistically significant with (p=0.043) educational status, (p=0.025) monthly income, (p=0.05) residence, (p=0.006) CVD information received and (p=0.022) co morbid condition as a heart disease.

Conclusion: The findings of this study concluded most of the respondents had inadequate level of awareness on risk factors of CVD. So Effective education and appropriate preventive strategies of CVD are indeed important to reduce CVD burden in diabetes patients.

Biography

Ram Sharan Mehta is Head of Medical-Surgical Nursing Department in College of Nursing, B. P. Koirala Institute of Health Sciences Nepal. I am involved in teaching Medical-Surgical Nursing for more than 20 years. I am involved in teaching the Nursing Education to the undergraduate and post graduate nursing students. I am the member of Journal of BPKIHS institute and actively involved in the guiding the undergraduate and post graduate nursing students.



[7th International Conference on Cardiology and Cardiovascular Medicine](#) | July 14, 2020

Citation: Ram sharan Mehta, Awareness on Risk Factors of Cardiovascular Disease among Patients with Diabetes Mellitus Attending Diabetic Clinic of BP Koirala Institute of Health Sciences, Global Cardiology Congress 2020, 7th International Conference on Cardiology and Cardiovascular Medicine, July 13-14, 2020, Page: 06