

Knowledge and Attitude Regarding Cardiac Rehabilitation among Post-Myocardial Infarction Patients Following Coronary Angioplasty: A Descriptive Study

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Abstract

Background: This study aimed to assess the knowledge and attitude regarding cardiac rehabilitation (CR) following coronary angioplasty among post-myocardial infarction patients attending cardiac outpatient department in Ahmedabad city, and to identify their association with demographic variables.

Materials and Methods: A quantitative, non-experimental descriptive research design was adopted for the study. The study was conducted in selected cardiac hospitals of Ahmedabad city. A total of 100 post-myocardial infarction patients attending the cardiac outpatient department were selected using non-probability purposive sampling technique. The conceptual framework was based on Roy's Adaptation Model. Data were collected using a structured knowledge questionnaire and a five-point Likert attitude scale. Content validity was established through expert opinion, and reliability was assessed using split-half method. Data analysis was done using descriptive statistics (frequencies, percentages, and mean $\pm$ standard deviation) and inferential statistics (Chi-square test).

Results: Knowledge was mostly average (68%), with 21% poor and 11% good. Attitude was predominantly unfavorable (70%), with only 30% demonstrating a favorable outlook toward CR. Chi-square analysis revealed that educational status and previous information regarding CR were significantly associated with both knowledge and attitude scores ($P < 0.05$). In addition, gender was significantly associated with attitude scores ($P < 0.05$). No significant associations were observed between any of the remaining demographic variables and either knowledge or attitude.

Conclusion: Patients demonstrated limited knowledge and a largely unfavorable attitude, translating into poor cardiovascular risk management. Individualized nurse-led CR program is recommended as a secondary prevention strategy.

Keywords: Attitude, cardiac rehabilitation, coronary angioplasty, knowledge, myocardial infarction