

ABSTRACT

BACKGROUND:

Myocardial infarction, commonly known as a heart attack is the irreversible necrosis of heart muscle secondary to prolonged ischemia. This usually results from an imbalance in oxygen supply and demand of the myocardium. Myocardial infarction is a serious result of coronary artery diseases.

OBJECTIVES:

- To assess the pretest knowledge related to warning signs of heart attack among employees of selected departments in Brainware University.
- To assess the post – test knowledge related to warning signs of heart attack among employees of selected departments in Brainware University.
- To evaluate the effectiveness of structured module on knowledge regarding warning signs of heart attack among employees of selected departments in Brainware University.

METHODS:

A Quasi-experimental (pre-test and post-test only design) study was conducted among 130 employees. Employees were selected from school of engineering of Brainware university, using a self-structured questionnaire and a Demographic proforma was administered which evaluated knowledge related to warning signs of heart attack. Participants were selected through Convenient sampling technique. Descriptive statistics were used to analyse the distribution of knowledge level.

RESULT:

Among the employees, the pre-test results showed that 50% had poor knowledge and 50% had fair knowledge regarding warning signs of heart attack. Following the structured teaching module, the post-

test results revealed a marked improvement, with 70% of employees demonstrating excellent knowledge and 30% exhibiting very good knowledge regarding warning signs of heart attack.

CONCLUSION:

The study concluded that the structured teaching module was effective in improving the knowledge regarding warning signs of heart attack among employees of selected departments in Brainware University. Proper health education can help employees recognize early symptoms and seek timely medical care, thereby reducing complications and mortality.

KEY WORDS: Knowledge, Structured Module, Warning signs, Heart Attack