Lorestan University of Medical Sciences
Faculty of Khorramabad Nursing &Midwifery

A Thesis:
Presented for the Degree of Master of Sciences In Internal Surgery Nursing

Title:

The effect of educational program based on Health Belief Model on preventive behaviors of cardiovascular diseases in nursing staff of Imam Khomeini Hospital in Kouhdasht

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Abstract

Background and aim:.

Inappropriate nourishment, inadequate physical activity, workplace stresses and night long and tedious shifts are all from the factors which threaten nursing staff health, especially in the field of probability of affliction to cardiovascular diseases. Due to the importance of training in promotion of cardiovascular diseases preventative behaviors, this investigation has been conducted among Emam Khomeini hospital nursing staff of Kouhdasht with the aim of determining the importance of training program.

Methodology

The present study is a controlled randomized trial. Statistical population of the study is consisted of all of the 250 individuals of Emam Khomeini hospital nursing staff, surgery room, and anesthesiology of Kouhdasht in 1396 which a total of 104 persons are chosen based on admission criteria and they are assigned to two groups of 52 members by permuted block randomization based on their work experience and education level. For Data collection Health Belief Model questionnaire, Baecke physical activity questionnaire and three-day meal recording have been used. Pre- test and post- test of the control group have been executed with a 6- month distance. After two weeks interruption, training classes of the intervention group with the themes of cardiovascular diseases, risk factors, and the role of nourishment and physical activities in prevention of them have been hold for 6 weeks along with presentation and discussion and finally the post test of intervention group have been hold. For data analysis, SPSS version 24 and independent samples t- test, analysis of covariance or analysis of coefficient of variation have been used.

Findings: At the end of the study average score of perceive severity ($p<0/001$), perceived benefits($p=0/022$),and self- efficacy($p=0/003$)constructs in interventional group after training have found a significance change than before training. But in perceived sensitivity, perceived obstacles and operation guide constructs changes were not significant. In nourishment dimension significant level of energy, protein, and MUFA were respectively ($p<0/001$), ($p=0/004$), ($p=0/005$) and below $0/05$ which indicates the effect of training on nourishment behavior change. Yet in physical activity dimension in spite of positive effects changes were not significant. ($p=0/216$)

Conclusion: Training based on Health Belief Model by increasing awareness and perceived sensitivity, informing nursing staff about undeniable risks and costs of affliction to cardiovascular diseases and explaining profits of preventative actions, correcting life style(in to dimensions of nourishment and physical activity) and increasing self- efficacy sense providing onward obstacles and continuance of trainings about improvement of cardiovascular diseases preventative behaviors is effective in nursing staff.

Keywords: Health Belief Model, health training, cardiovascular diseases, preventative behaviors, nursing staff