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Cardiovascular health risk behavior among the faculties of B P Koirala Institute of Health Sciences Nepal

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Background & Objectives: Cardiovascular disease is a class of disease that involves heart, the blood vessels or both. The most important behavioral risk factors of heart disease and stroke are unhealthy diet, physical inactivity, tobacco use and harmful use of alcohol. The objectives of the study were to assess the cardiovascular health risk behavior among the faculties of BPKIHS Nepal and to find out the association between the cardiovascular health risks behaviors with selected demographic variables.

Materials & Methods: A descriptive cross-sectional study design was conducted to find out the cardiovascular health risk behavior among the faculties of B P Koirala Institute of Health Sciences. A total of 99 samples meeting the eligibility criteria were included by purposive sampling method. Data was collected by using self-administered questionnaire method. SPSS-11.5 software was used for data analysis.

Result: Majority of the respondents (77.8%) were of age group <40 years, maximum of the respondents (70.7%) were male. Among 99 respondents, 13.1% were light smoker, 54.5% consumed alcohol sometimes, 73.3% consumed high fat food sometime, 48.5 % consumed extra salt in their diet and 86.9% felt stress sometimes. The study showed that there is significant association between cardiovascular health risk behaviors with cardiovascular disease in family of the respondents.

Conclusion: Based on the study result it concludes that alcohol consumption, high fat food consumption and stress felt usually are the cardiovascular health risk behavior commonly found among the respondents but there is no significant association between cardiovascular health risk behavior with discipline, highest educational degree, designation, socio-demographic variables, health problems in the respondents, problems faced by the respondents within last 3 months and BMI of the respondents.

Biography

Ram Sharan Mehta is Head of Medical-Surgical Nursing Department in College of Nursing, B P Koirala Institute of Health Sciences Nepal. He is involved in teaching medical-surgical nursing for more than 20 years. He is involved in teaching the nursing education to the undergraduate and post graduate nursing students. He is the Research Committee Member of this institute and actively involved in guiding the undergraduate and post graduate nursing students.

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