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Comparison of the short-term efficacy of two educational methods (face to face vs. group training) on self-pulse rate taking ability

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The simple and rather rapid traditional method for assessing pulse rate has remained as a common method for monitoring pulse rate. It seems that most people cannot detect and assess their pulse rhythm correctly. In this prospective study, 300 patients admitted due to cardiovascular diseases were included and then were randomly divided into two groups. One group received individual face-to-face training. The other group received group training via displaying an animation movie (using a three minute animation about taking radial pulse rate and assessing its regularity). Immediately after the training and then after 48 hours, the patients were tested by the nurse to find out whether they have learned the correct technique of taking radial pulse rate or not. Immediately after the interventions, 84.9% in face-to-face group and 81.8% in training group were able to correctly count their radial pulse rate ($P=0.536$). After 48 hours, 71.7% in face-to-face group and 60.8% in training group were able to correctly count their radial pulse rate with a marginal significant difference ($P=0.051$). Both methods were effective in enhancing the skill of the patients in counting their radial pulse rate. No significant difference was observed between the two groups. Though after 48 hours, it seemed that face-to-face method was marginally superior. We suggest face-to-face educational method in future relevant studies as a potential method in this regard.

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