عنوان:
بررسی تأثیر برنامه آموزشی خانواده محور بر کیفیت زندگی و مدیریت دارویی سالمندان مبتلا به بیماری‌های ایسکمیک قلبی

پایان نامه برای دریافت درجه کارشناسی ارشد پرستاری داخیلی چراحی

نگارنده:
زهراء سادات حجازی

استاد راهنما
دکتر فریبا تباری

استاد مشاور
دکتر معصومه ذاکری مقدم

استاد مشاور آمار
شیما حقانی

سال 1397
چکیده فارسی

مقدمه و هدف:
جمعیت سالمندان در ایران و سایر کشورهای جهان رو به افزایش قلی بالایی دارند. کیفیت زندگی در وضعیت های مزمن، همچنین با رشد جمعیت همراه است. درمانی قابل پذیرش بررسی کافی و ارتقاء کیفیت زندگی یکی از اهداف آموزش به پیاده‌سازی درمانی می‌باشد.

روش بررسی:
روش بررسی در این مطالعه بررسی تأثیر برگزاری برنامه آموزشی خانواده موجب کاهش دارویی سالم‌نداشت می‌باشد.

یافته‌ها:
نتایج نشان داد که آموزش خانواده بر تأثیرات عوارض دارویی سالم‌نداشت. درخصوص کیفیت زندگی و ابعاد آن در روش آزمون و کنترل بعد از برگزاری تفاوت معنی‌داری شاهد حساسیت آموزش در افزایش کیفیت زندگی و ابعاد آن با تعداد جلسات بیشتری در کنار آزمون و کنترل بود.

کلمات کلیدی:
آموزش خانواده، کیفیت زندگی، دارویی، سالم‌نداشت.
Teheran University of Medical Sciences
School of nursing and midwifery

Title:

The Effect of Family Centered Educational Program on Medication Management and Quality of Life in Elderly Patient with Ischemic Heart Disease

"A Thesis Submitted as Partial Fulfillment of the Requirements for Master of Science (MSc) Degree"

In:
Medical – Surgical Nursing

By:
Zahra Sadat Hejazi

Supervisor:
Dr. Fariba Tabari

Consultants:
Dr. Masoumeh Zakerimoghadam
Ms. Shima Haghani

2018
Abstract

Background and objectives: The elderly population is rising in Iran and other countries, and chronic diseases such as heart disease are prevalent among this population. Quality of life in chronic conditions, along with the growth of the population, is always considered in health care, and promotion of quality of life is one of the goals of education for the patient. People are dependent on their families, especially in chronic diseases, and the family plays an important role in patient compliance with treatment plans. The aim of this study was to evaluate the effect of family-centered educational program on medication management and quality of life in elderly patients with ischemic heart disease.

Material and methods: The present study was a randomized clinical trial with two groups of control and test, which was performed on 84 elderly patients with ischemic heart disease in 1396. After sampling by available method, the samples were randomly divided into control and test groups by blocking. At first, the demographic and quality of life (LEIPAD) questionnaire, and the medication management tool (MedMaide) were completed by both groups. Then, in addition to requesting usual care from the clinic, the test group received a family-centered training program in three sessions with the active member of the family. After completing the intervention, three months later, the quality of life questionnaire and the medication management tool were again completed for both groups. Chi-square, Fisher exact test, independent t-test and paired T-test were used for data analysis. SPSS software version 16 was used.

Results: The results of the study showed that for the majority of demographic variables and disease, there was no statistically significant difference between the two groups. Independent t-test showed a significant difference in medication management after intervention in both the test and control groups (p = 0.015). Paired t-test showed a significant difference in terms of medication management in the test group (p <0.001) and control group (p = 0.019) before and after the intervention. In terms of mean score of quality of life of the research units before and after the intervention, independent t-test did not show a significant difference between the two groups (before intervention (p = 0.296) and after intervention (p = 0.336). Paired t-test showed a statistically significant difference in the quality of life score in the intervention and control group before and after the intervention (p = 0.001). Also, in the control group, after three months and with the usual clinics training, the overall score of quality of life increased and a significant difference was observed (p = 0.015).

Conclusion: The results of this study showed that family-centered education had a positive effect on medication management in elderly patients. Regarding quality of life and its dimensions, there was no significant difference in the control and test group after the intervention, which indicates that the intervention is not statistically effective on the quality of life and its various dimensions. It seems that more effective educational interventions with more meetings with family members, is required.

Keywords: Family-Centered Education, Medication Management, Quality of Life, Elder, Ischemic Heart Disease