

Effect of Educational Program on Pregnant Women with Cardiac Disease to Improve Health and Outcomes

Dissertation

Degree in Submitted in Partial Fulfillment of the Requirements for Doctorate

Public Health Nursing

By

Hanem Awad Mekhamier Gab-Allah

B.SC., MSC

Assistant Lecturer of Community Health Nursing

Faculty of Nursing -Fayoum University

Supervisors

Dr. Effat Mohamed El-Karmalawy

Professor and Head of Community Health Nursing
Faculty of Nursing –Cairo University

Dr. Howyida Sadek Abd-Elhamed

Professor of Community Health Nursing and
Vice Dean of Post Graduate and Research Affairs

Faculty of Nursing -Benha University

Dr. Ebtisam Mohamed Abd-Elaal

Assistant Professor of Community Health Nursing
Faculty of Nursing -Benha University

Dr. Mohamed Osama Taha Hussien

Cardiologist in the National Heart Institute
Embaba- Giza Governorate

Faculty of Nursing

Benha University

2015

Approval Sheet

Effect of Educational Program on Pregnant Women with Cardiac Disease to Improve Health and Outcomes

Dissertation

Degree in Submitted in Partial Fulfillment of the Requirements for Doctorate

Public Health Nursing

By

Hanem Awad Mekhamier Gab-Allah

B.SC., MSC

Assistant Lecturer of Community Health Nursing

Faculty of Nursing -Fayoum University

This thesis has been approved by

Signature

Prof. Dr. Effat Mohamed El-Karmalawy

Professor and Head of Community Health Nursing

Faculty of Nursing –Cairo University (Supervisor)

Prof. Howyida Sadek Abd-Elhamed

*Professor of Community Health Nursing and Vice Dean Of Post Graduate and Research-
Faculty of Nursing -Benha University (Supervisor)*

Prof. Dr. Hesham Mohamed Abo-Eleanin

*Professor of Cardiology- Faculty of Medicine and Vice President for Post Graduate and
Research Affairs- Benha University (Internal examiner)*

Prof. Nawal Abd-Elmenam Fouad

Professor of Community Health Nursing - Faculty of Nursing –Cairo University

(External examiner)

Date of examination: 27 \ 4\2015

Abstract

Effect of Educational Program on Pregnant Women with Cardiac Disease to Improve Health and Outcomes

By

Hanem Awad Mekhamier

Background; Cardiac diseases are a major cause of morbidity and mortality among pregnant women in the developing world. **The aim of the study;** was to assess the effect of educational program for pregnant women with cardiac disease to improve health and outcomes. **Design;** A quasi experimental design was used to conduct this study. **Setting;** the study was conducted at the antenatal clinic of the National Heart Institute at Giza Governorate. **Sample;** A convenient sample including 120 cardiac pregnant women fulfilling the study criteria were equally divided into two groups (60 for the study group and 60 for the control group). **Tools;** three tools were used for data collection **(1):** A questionnaire to assess the socio-demographic characteristics and knowledge of cardiac pregnant women about cardiac diseases **(2):** Self- reported practice's questionnaire **(3):** Newborn (outcome) assessment tool. **Results;** there is a highly statistically significant positive correlation between total knowledge score level and total reported practice score level in pre-test, posttest I and posttest II in the study group, where $r = 0.698$ at $p < 0.01$, $r = 0.770$ at $p < 0.01$ and $r = 0.833$ at $p < 0.01$. The **mean \pm SD** of Apgar score was **9.30 \pm 1.32** in the study group with statistical significant differences were found between both groups, where $p < 0.05$. **Conclusion;** The designed educational program lead to significant improvement in cardiac pregnant women's knowledge and reported practices as well as pregnancy outcomes compared to control group. **Recommendations:** Periodic implementation of a designed educational program about cardiac disease for woman with CVD diseases at antenatal clinics. Every pregnant woman with cardiac disease during the childbearing period should be encouraged to maintain and regular follow up in a special setting to improve health and outcome. The developed illustrated booklet should be distributed and implemented in the antenatal clinic in the hospital and family health centers.

Key words: Pregnant women, Cardiac disease, Outcomes, Educational program.