

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

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## **Abstract**

**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 evaluate the effect of educational program for pregnant women with cardiac disease to improve health and outcomes. **Design;** A quasi experimental design was used. **Setting;** this study 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):** Pregnant women with cardiac disease interviewing questionnaire to assess socio-demographic characteristics and knowledge about cardiac diseases **(2):** self-reported practices questionnaire regarding cardiac diseases **(3):** Newborn (outcome) assessment tool. **Results;** there is a highly statistically significant positive correlation between total knowledge score levels and total reported practices score levels in pre-test, posttest I and posttest II in the study group. The **mean  $\pm$  SD** of Apgar score was **9.30  $\pm$  1.32** of the study group compared to 8.62  $\pm$  1.56 of the control group with statistically significant differences were found between the both groups. **Conclusion;** the designed educational program leads to significant improvement in cardiac pregnant women's knowledge and reported practices as well as pregnancy outcome compared to control group. **Recommendations;** Periodic health educational program for woman with cardiovascular diseases regarding knowledge and practice about cardiac disease, the developed illustrated booklet should be distributed and implemented in the antenatal clinic in the hospital and family health centers.