

The educational needs at time of hospital discharge of men and women who have myocardial infarction

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Abstract

Background & Objective: Myocardial infarction is one of the common cardiovascular diseases and is the main cause of mortality among the patients. Essential educations should be done according to assessment and determination of their educational needs and their gender. The purpose of this study was to determine and compare educational needs in men and women with myocardial infarction at discharge time.

Materials & Methods: This descriptive-comparative study was done on hospitalized 200 men and women in Sari medical central- Iran during 2006. The questionnaire were used to determine educational needs of patients. In cardiac wards, with myocardial infarction for the first time, in six domains of physical activity, medication, diet, treatment, complication and enhancing quality of life.

Results: The findings of this study indicated that the lowest requirement of men and women in this study were improving quality of life and awarness about diet respectively.

Conclusion: This study showed that a patients gender should be taken into consideration, when they are trainine and subsequently health care provider can organize the specific needs of the subjets.

Key Words: Educational needs, Myocardial Infarction , Sex , Discharge

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