Title: The effect of Orem Self care program intervention on physical components of quality of life in patients with Coronary Artery disease

Abstract: Background and Objective: Coronary Artery disease, the main cause of mortality in most countries such as Iran, creates some problems in different aspects of quality of life. One of the goals of health care provider team is to improve quality of life. So this study was done to determine the effect of Orem Self care program on physical components of quality of life of coronary Artery disease patients'.

Materials and Methods: In this clinical trial study, 74 coronary Artery disease patients were assigned randomly in two groups (Self care program and routine care). In Self care program group, besides of the routine care, educational need-assessment, self-care education, consultation and coordination with the health care provider team were done during patients’ hospitalization by face to face method and followed by phone follow-up for a three-month period. In routine care group, patients were received just the routine care. All patients’ physical components of quality of life were measured with SF-36 standard questionnaire. During the hospitalization, at the time of discharge and 3 months after discharge.

Findings: The mean score of physical function quality of life in routine group was (40/4±24/8) during the hospitalization, (6/14±9/20) At the time of discharge and (5/15±7/25) 3 month after discharge. But this mean scores in Self care program group was (71/5±21/9) (9/22±1/32) and (9/20±2/27) respectively.

Conclusion: application of Orem self care program could improve The physical component of quality of life in e coronary Artery disease patients

Presentation: Poster