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**Title:** Self- caring behaviors among cardiac patients after cardiovascular surgery in Heshmat hospital, Rasht, Iran

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**Abstract:**

Introduction: In recent years, quality of health services and immunization coverage of one hand and rapid changes in lifestyle patterns alter diseases as communicable diseases and reducing uncommunicable diseases is increasing. One of these diseases, cardiovascular - disease cause of death worldwide, in the eastern Mediterranean countries, including Iran heart disease a major health and social problems are considered dimension is increasing rapidly cardiovascular diseases one of the important chronic diseases and this is global problem. After heart surgery, the patients need to perform self- caring behaviors. Thus assessments of these behaviors in order to promote these behaviors are recommended. The aim of this study was to determine the self- care behaviors in cardiac patients after heart surgery in Heshmat hospital...

**Materials & Methods:** This cross sectional study was done in Heshmat hospital in Rasht, Iran. Totally, 110 patients who was operated in this hospital were selected purposive sampling method. The data were collected through interview with patients, patients’ self reporting and patients’ records. The measurement tools were two questionnaires about demographic characteristics and self- care questions. Data were analyzed descriptive statistical tests.

**Results:** This study showed that just ten percent of studied patients conducted self caring well. However, factors such as age, education, occupation, income level, time of illness, and time of hospitalization had a significant relationship with done self care behaviors.

**Conclusion:** As this study showed, the minority of the participants performed self care behavior well. Therefore, training and encouraging the cardiac patients to care themselves, is strongly recommended.

**Key words:** Self- caring, behaviors, Cardiac patients, Cardiovascular surgery

**Presentation:** Oral