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**Title:** The effect of self care education planning on quality of life in patients with ischemic heart disease

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**Abstract:** Background and Objective: Ischemic heart 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 which is not achieved just during hospitalization period, and need to be continued after self care education. So the present study was done to determine the effect of self care education planning on ischemic heart disease patients’ quality of life.

Materials and Methods: In this clinical trial study, 74 ischemic heart disease patients were assigned randomly in two groups (self care education planning and routine care). In self care education planning 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, the patients were received just the routin care. All patients’ quality of life were measured by the SF-36 standard questionnaire, during the hospitalization, at the time of self care education and 3 months after self care education and analyzed and compared by ANOVA, repeated measurement and Fredman tests.

Findings: Patients’ quality of life in 93.3% of routine group and 66.7% of self care education planning group were not desirable. There was no significant difference between scores at the self care education time, but the quality of life of 16.7% patients in routine group and 60.0% of self care education planning group was improved to the desirable level, three month after self care education. Quality of life in self care education planning group and routine group was increased respectively to 115.0% and 71.4% three month after self care education which showed significant difference.

Conclusion: Self care education planning can improve the ischemic heart disease patients’ quality of life. As quality of life is considered as an index for treatment and care, using self care education planning in clinical settings to improve the ischemic heart disease patients’ quality of life is recommended.

**Self care education planning, Ischemic Heart Disease, Quality of life**

**Presentation:** Poster