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A STUDY ON AWARENESS OF HEART FAILURE AND ITS' PREVENTIVE PRACTICES AMONG ISCHEMIC HEART DISEASE PATIENTS

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Background: Heart failure is the ultimate clinical outcome, resulting from either structural or functional dysfunction of ventricular filling or ejection of blood .It is the underlying cause for a majority of deaths and is considered as an end stage of various cardiac diseases .The healthcare burden of Heart failure is a rapidly growing and affects more than 37.7 million individuals worldwide. Ischemic heart disease is the main leading etiology of the Heart failure .Optimal self-care is essential for good quality life and the prevention of hospitalization in patients with heart failure. The purpose of this study was to determine the awareness of heart failure and it's preventive practices among Ischemic Heart Disease patients attending Cardiac clinic at teaching hospital, Batticaloa.

Methods & Materials: A descriptive study was conducted among 352 Ischemic Heart Disease patients attending Cardiac clinic at teaching hospital, Batticaloa. After obtaining written consent, data were collected according to randomized sampling, through a validated interviewer administered questionnaire. The data was entered and analyzed using Statistical package of social Science 26 (SPSS V. 26). Descriptive analysis was employed in calculation of frequency and percentage.

Results: In this study population, 41.4% of participants had good awareness regarding associated symptoms of heart failure. 27.3% (n=96) of participants were correctly identified that, chest pain is not associated symptoms of heart failure. Majority of participants 57.1 % (n=201) had good awareness regarding risk factors of heart failure. The most identified common risk factors of Heart failure were alcohol consumption 86% (n=303) , diabetic mellitus 81.2% (n=286), hypertension 77.5% (n=273) , obesity 66.4% (n=234). The majority of participants 78.9% (n=278) understood that, low sodium diet is preventive for heart failure. Only 45.5% (n=160) of participants understood that, reducing intake of oil is

prevents heart failure. In this study sample 25.2% of participants (n=89) were strongly agreed that, they are not doing regular exercise to prevent the Heart failure. The majority of participants were strongly agreed that, they are reducing alcohol consumption 65.9% (n=232), cessation of smoking 73% (n=257), intake of medicines regularly 78.1% (n=275), doing regular follow up 86.9% (n=306) to prevent heart failure. Overall level of awareness on preventive practices of heart failure was good in this study.

Discussion & Conclusion: Awareness of heart failure and its preventive practices among participants was good in many aspects. The study highlights the importance of increasing awareness of heart failure among ischemic heart disease patients about associated symptoms, risk factors, preventive practices that is required .Public awareness and education campaigns should be targeted towards those at risk of heart failure especially considering ischemic heart disease patients.

Key words: *Heart failure, Ischemic heart disease, Preventive practices.*