

This quantitative study explored if patients who received preventive classes would have an increased awareness of their cardiovascular health. The objective of this study was to reduce the incidence and severity of cardiovascular disease (CVD) thereby reducing the incidence of premature disability and morbidity by offering classes to patients a total of four classes. There were 29 participants who completed all four classes along with pre and post-test. Overall percentage of retention rate was 73%. Participant's felt more capable being able to care for their illness rating the highest score after the classes at a  $p=.03$ . There was no significant difference in the participant behavior in physical activity before at 3.32 ( $sd = 2.495$ ), and after the prevention classes 3.64 ( $sd= 2.3$ ).

In conclusion the findings demonstrate a lack of confidence in patients managing their disease process prior to educational class. It also shows that patient education can be of beneficial in lowering cardiovascular disease risk factors in patients. This study clearly demonstrated that there is a great need for healthcare providers to become more involved in educating their patients on the means to reduce CVD risk factors.

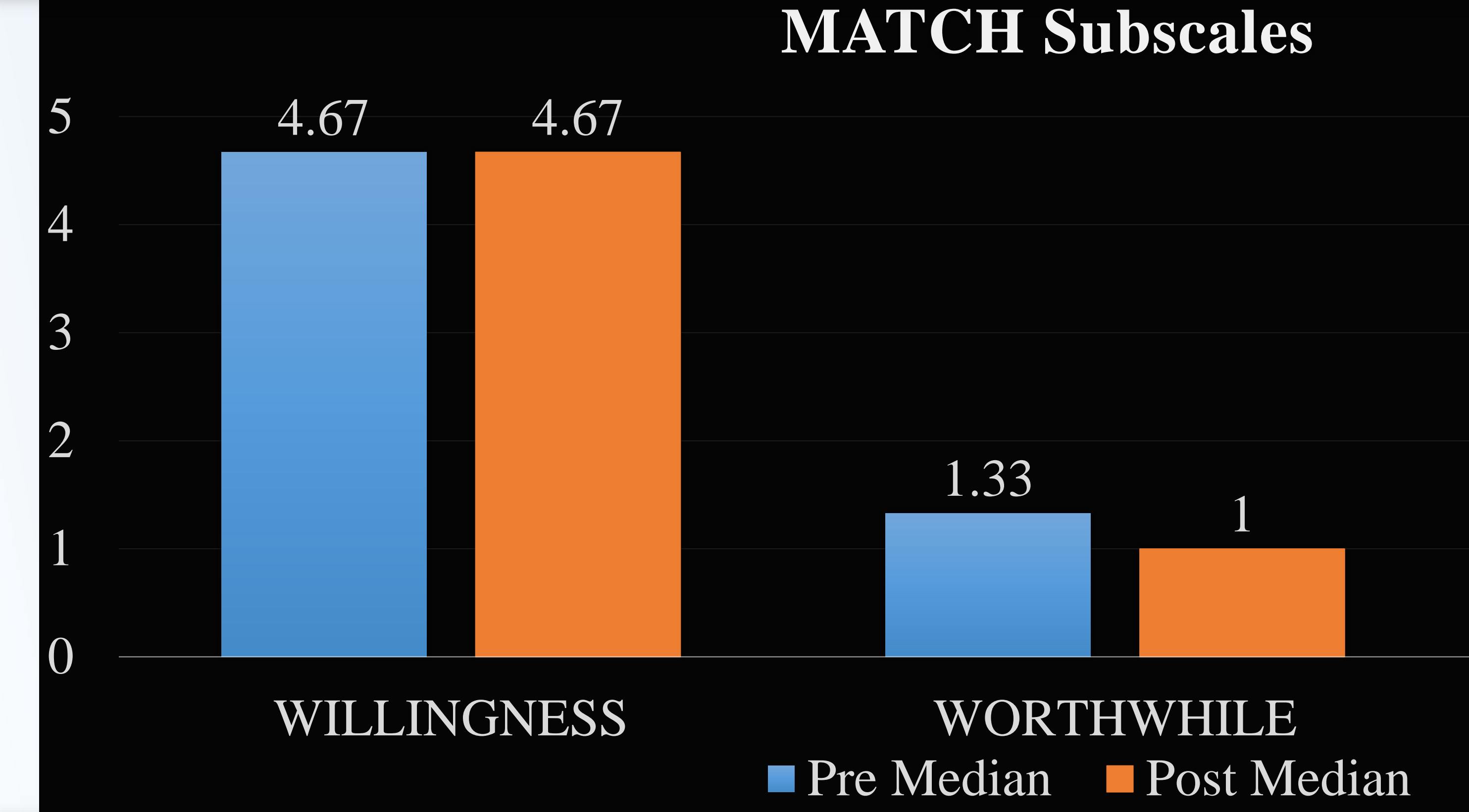
## INTRODUCTION/SIGNIFICANCE

Approximately 18 million people died in 2016 from cardiovascular disease (World Health Organization [WHO], 2017). Heart disease places an enormous financial strain on the health industry. About 92.1 million American adults are living with some form of CVD, (AHA, 2018). Additionally, due to an increase of age or combination of other factors hospitalization rates of patients with cardiovascular disease have increased in the U.S. In patients over 65 years, cardiovascular disease is a leading cause of death among hospitalized patients.

## METHODOLOGY

Group classes on diet, hypertension, lipids, exercise, smoking, stress avoidance and healthy diet were based on the guidelines for the American Heart Association and the American College of Cardiology.

Patients attended classes twice a week for two weeks learning about healthy life style living, diet, exercise, stress avoidance, and weight reduction.



Paired Samples Statistics Table				
	Range: 1 - 10	$\mu$	$N$	$\sigma$
Before Class Confident:		8.50	29	2.134
After Class Confident:		9.43	29	0.997

## RESULTS

- Graph of MATCH Subscale shows: Higher scores of Willingness indicate a high level of participants' willingness to deal with health problems. Higher scores of Worthwhile subscale indicate a high level of participants' view that the change was worth the effort. Ability subscale indicate a high level of participants' confidence or capable of making and sustaining these changes. Confident scores increased after the class with a mean score of 9.43 compared to before 8.50 ( $sd = 2.134$ ) for managing their health. Physical activity increased for participants although there was no change in the length of the study.

## CONCLUSIONS

- Implications for Practice
- As a primary prevention CVD risk factors can reduce overall mortality
- Improvement in fitness
- Reduce total mortality
- Reduction in hospital costs
- Improvement in the Quality Of Life