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HIGH LEVELS OF RISK FACTORS BUT POOR SECONDARY PREVENTION FOR PATIENTS WITH CORONARY HEART DISEASE IN PUBLIC HOSPITALS IN JORDAN

Ahmed Mohammad Al-Smadi

American University of Madaba, Jordan

Secondary Prevention (SP) is a priority after coronary revascularization for effective long term cardiovascular care. Coronary Heart Disease (CHD) is a major health problem in Jordan, but little is known about the current provision of SP. We aimed to evaluate risk factors and explore the current provision of SP of CHD in public hospitals in Jordan. A quantitative repeated measures research design was used using a quota sample of 180 patients during hospitalization post coronary revascularization and six months later from three interventional hospitals following of the 180 patients at discharge, 77% were obese or overweight, 59% were smokers, 59% had low levels of physical activity, 51% had elevated LDL, 58% had uncontrolled blood glucose and 11% had uncontrolled Blood Pressure (BP). Of the 169 patients presenting at follow-up 75% were obese or overweight, 47% continued to smoke, 41% had low levels of physical activity, 64% had not controlled blood glucose and 25% had not controlled BP. There was no cardiac rehabilitation, or secondary prevention available post discharge. Despite an extremely high prevalence of risk factors in this population, the provision of SP is poor, which requires urgent improvement and the contribution of nurses' to SP should be enhanced.



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