

## Adherence of Patients with Myocardial Infarctions toward Self-Management in Hillah Teaching Hospitals.

Hadi Jawadkadum<sup>1\*</sup>, SaharAdham Ali<sup>1</sup>

College of Nursing, University of Babylon,Hilla/Iraq

**Abstract : Aim of study:**Aim of the study assessing the adherence of self-care management among patients with myocardial infarction.

**Methodology:** Descriptive cross-sectional design study was conducted atin the coronary care unit and medical wards in Marjan teaching hospital andAL-Hillah teaching hospital,data was gathered by using prepared form which consist tool forassessing the adherence of self-care management among patients with myocardial infarctionfrom the period between 27 October 2015 to 20 August 2016.The selected sample was (100) patients.

**Results:**The findings of the study indicate that the highest percentage (43%) of the study sample were between (65-76) age group, related to gender this highest percentage (64%)were male ,(64%) were married , with respect to the educational status the highest percentage (22%) from the study sample were illiterate, (33%) were retired ,and (66%)were rural residency,\*the highest percentage (74%) of the study sample smokers, were while (89%) of the study sample were non –alcohol abusers.\*The highest percentage (40%) of the convenient study sample were 6 months to1years related to the duration of myocardial infarction,\*shows that the highest percentage (47%) of the study sample were with diabetes mellitus as chronic diseases,\*the highest percentage (54%) of the study sample were overweight\*.\*In general out of 100 participants, (54) show low adherence toward self – management, with regard to diet scale (70%)\*.\*The relations between demographical and clinical characteristics and the overall assessment for self-management Scales the contingency coefficient between data presented 0.189 and 0.408 indicating a high association degree between demographical and clinical characteristics and the overall assessment for adherence toward self-management Scales. In other word, the self-management of patientswas influenced by their age, Socio-Economic Status , Gender , Residency, Smoking, BMI, Duration of attack and No. of Chronic Diseases.

**Conclusion:**The majority of the patients who participate in the study were with moderate adherence relation to self –care management.

**Recommendation:**Establishment of well-equipped rehabilitation center specialized to improve patient's knowledge and practice related to their conditions, and teaching them how to live with their condition, the services of this center may be extended to serve patient's family.

**Keywords:** Adherence,myocardial infarction,self-management.