

Effect of Media-Assisted Teaching Program on Knowledge About Lifestyle Modification Among Post Percutaneous Coronary Angioplasty Patients During Hajj Season at King Abdullah Medical City, Makkah

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Abstract : Background: Coronary Artery Disease is an important public health problem & one of the leading causes of mortality and morbidity. As per multiple studies, lifestyle modification can make a change in this, and it was noted that there is poor pretest knowledge about lifestyle modification after coronary angioplasty. Objectives: The objectives of this study were to assess the knowledge about post-coronary angioplasty lifestyle modification among the hajj pilgrims in Makkah, determine the effectiveness of media-assisted teaching, and find out the association between the pre-test knowledge and socio-demographic variables. Methodology: This study used one group pre-test post-test quasi-experimental design with 56 post-angioplasty samples by using a convenient sampling method from KAMC, Makkah. A self-structured validated questionnaire in 3 different languages was used to assess the knowledge by Semi-structured interview schedule. Then the prepared media-assisted teaching (one of the three languages according to participants) was given to each participant separately. QR codes & social media platforms are used to deliver content to participants. The post-test was conducted after intervention according to the protocol & participant's convenient time. Results: The findings revealed that there was a significant improvement in knowledge level ($p < 0.01$) after the media-assisted teaching program. There was no association between knowledge and selected socio-demographic factors. Conclusion: There was a need for proper health education among the post coronary angioplasty patients about lifestyle modification, and the media-assisted teaching program was effective. So, media media-assisted teaching programs can be implemented for all post-PCI patients. It is recommended for other conditions also according to need.

Keywords : coronary angioplasty, hajj pilgrims, lifestyle modification, media assisted teaching

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