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The compliance of the web based remote training and consultancy on individual's treatment having suffered myocardial infarction and its effects on well-being

This pretest-posttest with experimental study was designed with the aim of determining the compliance of the web based remote training and counseling, which is required by the individuals suffering MI, treatment and its effects on well-being and functionality of some parameters determined by means of using virtual platforms and information technologies. While a healthy lifestyle modification helps to protect from myocardial infarction (MI), it also prevents the recurrence of MI and the development of complications. The population of the study consists of individuals being treated due to acute MI in the clinics of the hospital and the sample consists of 120 individuals randomized to receive intervention and control group. The data have been collected via patient information form, the Myocardial Infarction Dimensional Assessment Scale (MIDAS) and patient follow-up form. It has been determined that the test and control groups' demographic data are homogenously distributed and the blood values of both groups determined three months after the discharge are lower. It was determined at the discharge that MIDAS total score average was 30.00 for the control group and 26.43 for the test group and these values were determined as 28.57 for the control group and 13.57 for the test group three months after which proves a statistical significance ($p < 0.001$). It is clear that the web based remote training and counseling prepared for the individuals after myocardial infarction for treatment and well-being showed positive results.

Biography

Ozlem Dogu has completed her PhD from Istanbul University. She has worked nearly 10 years in coronary intensive care nursing. She has been working as an Assistant Professor for one year at Sakarya University. She has published more than 20 papers in reputable journals.

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