

**EDUCATIONAL PROGRAM TO IMPROVE HEALTH INDICES
AMONG ADULT PATIENTS WITH MYOCARDIAL
INFARCTION: EVIDENCE-BASED NURSING**



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ABSTRACT

Myocardial infarction is the leading cause of illness and death for people in Bangladesh and many other countries in the world. This study aimed to summarize all related evidence in regard to educational programs to improve health indices among adult patients with myocardial infarction and make a conclusion based on recommendations from the evidence. The related evidence published from 2009-2014 in English language were searched from Mahidol University electronic databases. Searching of evidence was conducted by using the PICO (Population Intervention Comparison Outcome) framework. Seven randomized control trials, two quasi-experimental studies, and one systematic review were included in the study. Educational programs frequently were delivered in hospitals. The programs were group and individual programs administered by nurses and other multidisciplinary teams. Common contents consisted of information about the disease, signs and symptoms, impact of myocardial infarction, healthy diet, physical exercise, importance of stopping smoking etc. Findings from the evidence support that educational programs are effective among adult patients with myocardial infarction to improve health indices.

It is recommended that an educational program to improve health indices among adult patient with myocardial infarction to suit the clinical practice context in Bangladesh should be implemented. Further research to evaluate the effectiveness of educational programs is also recommended.

**KEY WORDS: MYOCARDIAL INFARCTION/ EDUCATIONAL PROGRAM/
HEATH INDICES/ EVIDENCE-BASED NURSING**

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