

## **OP6: Knowledge and practices related to diet and its correlates among the ischemic heart disease patients attending to cardiology clinic, Teaching Hospital Jaffna**

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**Introduction** - Ischemic Heart Disease (IHD) has been major cause of death worldwide and in Sri Lanka, first leading cause for hospital deaths. Un-healthy dietary pattern is one of the modifiable risk factor. Assessing knowledge and practices on diet is important to reduce further complication and deaths due to IHD.

**Methodology** - A descriptive cross sectional study was conducted in 414 patients with IHD. An Interviewer administered questionnaire was used to collect data from 1<sup>st</sup> May 2019 to 30<sup>th</sup> June 2019. Scoring system was used to assess the knowledge and individual practice results were presented as percentage. Data analysis was done by using SPSS25 and chi square test was performed to find out the relationship. Ethical approval was obtained from ERC, Faculty of Medicine, University of Jaffna.

**Results:** Among the 414 participants, age range was 36-86 years with mean age of 66.2 years. Most of them are male (70.3%), married (73.2%), Sri Lankan Tamil (98.6%), employed (56.3%), earn more than 10,000 (44.9%) and educational level grade 6-10 (31.95%). Only 28.3% had good knowledge regarding diet. Two third (67.6%) of the participants knew un-healthy dietary pattern can cause IHD. Knowledge has a significant relationship with Family history ( $p=0.007$ ). Most of the participants use Coconut oil (27.3%). Twenty one percentage were not using oil. Female participants reduce oil in diet and increase vegetable intake than male, at the same time male were reduced salt in their diet.

**Conclusion** - More than half had average knowledge about diet (63.3%). Most of the participants were reduced salt, oil, sugar, milk and milk products in their diet. Most of the participants took vegetable and fruits on daily basis. Articles in their mother tongue in newspaper or books and awareness programs can be conducted to improve patients' knowledge on diet.

**Key words** – knowledge, practices, Diet, Ischemic Heart Disease, Jaffna