

**UNIVERSITI TEKNOLOGI MARA**

**EFFECTIVENESS OF MODIFIED  
CARDIAC REHABILITATION  
EDUCATION PROGRAM (CREP)  
AMONG CARDIAC  
REHABILITATION PATIENT IN  
PUSAT PAKAR PERUBATAN  
UNIVERSITI TEKNOLOGI MARA  
SUNGAI BULOH**

**ARTINI BINTI DZOLKARNAINI**

Dissertation submitted in fulfillment  
of the requirements for the degree of  
**Master of Nursing**  
**(Critical Care)**

**Faculty of Health Sciences**

**January 2019**

## AUTHOR'S DECLARATION

I declare that the work in this dissertation was carried out in accordance with the regulations of Universiti Teknologi MARA. It is original and is the results of my own work, unless otherwise indicated or acknowledged as referenced work. This thesis has not been submitted to any other academic institution or non-academic institution for any degree or qualification.

I, hereby, acknowledge that I have been supplied with the Academic Rules and Regulations for Post Graduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

Name of Student : Artini Binti Dzolkarnaini

Student I.D. No. : 2016202234

Programme : Master of Nursing (Critical Care) – HS700

Faculty : Health Sciences

Dissertation Title : Effectiveness of Modified Cardiac Rehabilitation  
Education Program (CREP) Among Cardiac  
Rehabilitation Patient in Pusat Pakar Perubatan  
Universiti Teknologi Mara Sungai Buloh

Signature of Student : .....

Date : January 2019

## ABSTRACT

In Malaysia, the rates of mortality due to Cardiovascular Disease (CVD) remain high. Beside medical intervention and pharmacological, Cardiac Rehabilitation Program (CRP) one of practical intervention introduced to all CVD patients. Cardiac Rehabilitation Education Program (CREP) is an important component in CRP for delivering knowledge and awareness to CVD patient to prevent for recurrent heart events. The aim of this study is to assess the effectiveness of a modified CREP compare to the current routine CREP given to Cardiac Rehabilitation (CR) patient who undergone to Percutaneous Coronary Intervention (PCI) procedure. A quasi-experimental design was used to test the effects of intervention on the level of heart disease knowledge, level of self-motivation and health behaviour changes. A purposive sample of 60 CR patients Intervention Group (IG)=30, Control Group (CG)=30 had been recruited from Coronary Care Unit (CCU), Cardiac Rehabilitation ward (CRW) and Medical Ward 1 at Pusat Pakar Perubatan UiTM Sungai Buloh. Data were collecting using Heart Disease Knowledge Questionnaire, Patient Motivation Inventory (PMI) Questionnaire and Modified Myocardial Infarction Health Behaviour Questionnaire (MIHBQ). Patient in the IG received additional modified CREP with pamphlet of CVD, Cardiac Rehabilitation Program Guide Booklet and thirty minutes one to one lecture and discussion on CVD. Patient in CG received the usual current CREP only. The patients were assessed at first time during hospitalization period before discharge and then after six weeks when they came to CR Clinic appointment. Patient in the IG had greater score than patient in the CG on the level of heart disease knowledge, IG ( $M=20.37$ ,  $SD=2.53$ ); CG ( $M=16.43$ ,  $SD=3.24$ ). The results indicated that there was a statistically significant difference between group in the level of self-motivation, IG ( $M=13.47$ ,  $SD=0.62$ ); CG ( $M=12.33$ ,  $SD=1.91$ ),  $p= 0.00$ . The result presented that the health behaviour changes score in the IG ( $M=111.37$ ,  $SD=7.20$ ) were higher than those of the CG ( $M=106.77$ ,  $SD=8.41$ ). In conclusion, the modified CREP can effectively increase level of heart disease knowledge, self-motivation and health behaviour changes among CR Patients

Keyword: Cardiac, Rehabilitation, Education, Program, Patient

## ACKNOWLEDGEMENT

First of all, I feel really happy and grateful to The Almighty God for the greatest mind gift in establishing and complete my dissertation on time. Also, give me strength and perseverance throughout this tough journey.

I wish to acknowledge and would like to express my sincere appreciation to my respected and dedicated supervisors Miss Rosuzeita Fauzi and co-supervisor Mrs. Roslinda Isa for their supervision, constant supports, invaluable assistance, upbringing words and never-ending encouragement. Thank you for the ideas, support, and patience given in assisting me with this project

Acknowledgement also goes to Associate Professor Dr Mohd Nazam Dzolkarnaini and Dr Nadia Mustafa for supervised me at the research site. Thank you for the support and ideas given in assisting me with this project. It would not have been possible to complete this assignment without their guidance and expertise.

I would also like to convey this thanks to my colleagues for helping me out with their abilities and valuable information. I also place on record, my sense of gratitude to all parties that involve in this research either directly or indirectly, have lent their helping hand in order to ensure I can complete this research paper on time.

For my pillars of strength whom I Cheri, my parents, my husband Mr. Suwardi Mohd Said and my children for their understanding and encouragement throughout the duration of this study. This piece of victory is dedicated to all of you.

Alhamdulillah.

# TABLE OF CONTENTS

	<b>Page</b>
<b>CONFIRMATION BY PANEL OF EXAMINERS</b>	<b>ii</b>
<b>AUTHOR'S DECLARATION</b>	<b>iii</b>
<b>INTELLECTUAL PROPERTIES</b>	<b>iv</b>
<b>ABSTRACT</b>	<b>vii</b>
<b>ACKNOWLEDGEMENT</b>	<b>viii</b>
<b>TABLE OF CONTENTS</b>	<b>ix</b>
<b>LIST OF TABLES</b>	<b>xii</b>
<b>LIST OF FIGURES</b>	<b>xiii</b>
<b>LIST OF ABBREVIATIONS</b>	<b>xiv</b>
<b>CHAPTER ONE: INTRODUCTION</b>	
1.1 Background of the Study	1
1.2 Statement of the Problem	4
1.3 Objective of the Study	5
1.3.1 General Objectives	5
1.3.2 Specific Objectives	6
1.4 Research Questions	6
1.5 Hypotheses	6
1.6 Justification of the Study	7
1.7 Significant of the Study	7
1.7.1 Patient	7
1.7.2 Nursing Professional	7
1.7.3 Organization	8
1.8 Research Conceptual Framework	8
1.9 Operational Definitions	10
1.10 Summary	11