

## Summary of research No. 2

Effect of Self-Efficacy Promoting Cardiac Rehabilitation Program on Patients with Coronary Artery Diseases Outcomes

تأثير برنامج تعزيز الكفاءة الذاتية لإعادة التأهيل القلبي على النتائج الصحية للمرضى الذين يعانون من أمراض الشريان التاجي

**Background:** Coronary artery disease is one of the most prevalent cardiovascular diseases. Promotion of cardiac self-efficacy after a cardiovascular event is the outcome that plays a pivotal role in increasing rehabilitation skills to modify healthy behaviors. **Aim:** Was to evaluate the effect of Self-Efficacy Promoting Cardiac Rehabilitation Program on Patients with Coronary Artery Diseases outcomes through: Assessment of patients` self-efficacy, Developing and implementing an educational program about rehabilitation according to patients` needs. And evaluate the effect of a Self-Efficacy Promoting Cardiac Rehabilitation Program on Patients with Coronary Artery Diseases outcomes. **Setting:** This study was conducted at cardiology unit, CCU and outpatient unit affiliated to Ain shams University Hospitals. **Sample:** Purposive sample of (104) adult patients diagnosed with CAD, was randomly selected and alternatively divided into two equal groups study & control group, (52) patients for each one. **Tools:** five tools were used in this study; (1)Patient structured interview questionnaire, (2)Patients, knowledge assessment sheet, (3)Cardiac self-efficacy scale, (4) the somatic health complaints questionnaire (SHCQ) and (5) Beck Anxiety Inventory. **Results:** The results of this study revealed that: Majority of studied patients had a satisfactory level of knowledge, high cardiac exercise self-efficiency, very low anxiety, while no one of them complaining of fatigue, pain, breathlessness and unrest often at post and follow up program implementation. The study **concluded that**, the results of the current study supported the stated hypothesis, as there was a statistical significant difference between study and control group in relation to knowledge, cardiac self-efficacy, cardiac exercise self-efficacy, SHCQ and anxiety post and follow up program implementation. Self-efficacy promoting cardiac rehabilitation program affect positively on patient knowledge and cardiac self-efficacy. **So this study recommended**, that Promotion and enhancement of the self-efficacy modalities to the patient; a strict written instruction with knowledge about disease process, physical activities and follow-up should be continued during, after and through a rehabilitation program.

Keywords: Coronary artery disease, self-efficacy, Cardiac Rehabilitation Program

