

Impact of Patient Family Education on Self Care at Home Post CABG and Post Valve Replacement Patients using Multi-Lingual Video-Assisted Teaching

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Abstract: Cardiovascular diseases (CVDs) are a group of disorders of the heart and blood vessels. Heart attacks are usually acute events and are mainly caused by a blockage that prevents blood from flowing to the heart or brain. The most common reason for this is a build-up of fatty deposits on the inner walls of the blood vessels that supply the heart which leads to death globally. An estimated 17.9 million people died from CVDs in 2019, representing 32% of all global deaths. Of these deaths, 85% were due to heart attack. Coronary Artery Bypass Grafting (CABG) is a critical surgical procedure aimed at improving blood flow to the heart. It is commonly performed in patients suffering from severe coronary artery disease (CAD), where plaque buildup causes narrowing and blockage of the coronary arteries. Valve replacement surgery is a procedure performed to treat patients with damaged or diseased heart valves. The heart contains four valves—mitral, aortic, tricuspid, and pulmonary—that regulate the flow of blood between chambers.

Statement of the problem: “A study to assess the impact of patient family education on self-care at home post CABG and post Valve Replacement using multi-lingual video assisted teaching in post-operative cardiac units of selected hospitals at Chennai district”.

Objectives: It aims to assess the impact of multi-lingual video-assisted teaching module on self-care at home post CABG and post Valve Replacement. **Methodology:** The methodology used in this study is Quantitative and it is Quasi Experimental study and the Research Design used is One-Group pretest and posttest Research Design.

Postoperative recovery following Coronary Artery Bypass Grafting (CABG) and Valve replacement surgeries involves significant challenges, requiring both medical management and patient participation in self-care. Self-care education also emphasizes Dietary changes, and exercise, all of which play a vital role in preventing further cardiovascular events. Effective education empowers patients and families to actively engage in care, improving both physical healing and self-care confidence after surgery. In Apollo main Hospitals, post CABG and post Valve Replacement patients were interviewed for their Queries/challenges of self-care at home in the aspect of wound care, Medications and follow-up care. So, Patient family education video assisted module on self-care at home after CABG and Valve Replacement was created in multilingual languages and Patient Family Education focuses on empowering patients and families with essential knowledge using video-assisted teaching. It includes recognizing signs of infection, managing medications, and understanding dietary restrictions and exercise to ensure safe recovery. Studies indicate that patients who are educated on managing medications,



recognizing early signs of complications (such as infection or chest pain) and adhering to activity restrictions are better equipped to manage their recovery at home. In our Hospital, whenever CABG and valve Replacement, QR code is shared to the patient so that they can access the Patient Family Education video at any time in their home in their Regional Languages.

Keywords: Impact, Self-care at home after Discharge, Health Education, Post CABG, Post Valve Replacement, Patient Family Education, Multi-lingual Video assisted teaching

