

# **Assess the prevalence of risk factors ,knowledge, attitudes and associated factors among patients admitted with Acute Coronary Syndrome to secondary care hospitals in the Kalutara district.**

## **ABSTRACT**

### **Introduction**

A gradual increase of number of patients with Acute Coronary Syndrome and risk factors was evident in Sri Lanka during the last decade. Sri Lanka is one of the Asian countries which has a higher genetic risk of Acute Coronary Syndrome. Patients' knowledge about the disease and risk factors, their attitudes and disease related practices are important in the prevention of Acute coronary syndrome and its complications.

### **Objective**

To assess the prevalence of risk factors for Acute Coronary Syndrome, knowledge, attitudes and associated factors of the patients admitted with Acute Coronary Syndrome to secondary care hospitals in the Kalutara district.

### **Methods**

A descriptive cross-sectional study was done among Acute Coronary Syndrome patients in Kalutara district who were admitted to General hospital Kalutara, Base hospital Panadura and base hospital Horana. Consecutive sampling was done to recruit 437 in ward patients. A pre-tested interviewer-administered questionnaire was used as the study instrument. Knowledge, attitudes and their association of risk factors was assessed.

### **Results**

Of the 437 patients, 183 (41.9%) had Non-STEMI, 161(36.8%) STEMI and 93(21.3%)Unstable Angina. Of the total score of 38, participants had a mean total knowledge score of 23.77 (SD=5.16) with a median of 24 (IQR- 9.5-28.5 ). The mean

knowledge score on clinical features of Acute Coronary Syndrome was 6.38 (SD 1.84) out of 10 points.

The mean knowledge on risk factors and immediate remedies after Myocardial Infarction was 12.7(SD=3.2) out of 18 points. A significant association of knowledge was found with age (P=0.019) & increase number of attacks (P=0.031).

Overall, 57.8% had favourable attitudes. Attitudes did not have statistically significant association with education (P=0.479), age (P=0.733) gender (0.377), level of employment (P=0.601) and total knowledge score (P=0.151).

The mostly prevalent risk factors were hypertension 222(50.8%), diabetes mellitus 189(43.2%), hyperlipidemia 174(39.8%), smoking 131(30%) and 107(24.5%) family history of Acute Coronary Syndrome

### **Conclusions and Recommendations**

A majority of patients had a satisfactory overall knowledge on risk factors and positive clinical features but certain areas needed improvement. Risk factors were present in a considerable proportion. Early identification of the risk factors, awareness programmes on identification of clinical features and strengthening of legislative provisions to reduce risk factors should be done.

**Keywords:** Acute Coronary Syndrome, Risk factors, Prevalence, Knowledge, Attitudes