

## ABSTRACT

### **Introduction**

Myocardial infarction is a chronic NCD, which has highest mortality and morbidity in Sri Lanka. Lifestyle modifications are recommended to prevent further complications of myocardial infarction. Low level of knowledge regarding lifestyle modifications and less adherence to lifestyle modifications among post myocardial infarction patients is a public health challenge in Sri Lanka.

### **Objectives**

This study was carried out to assess the knowledge and adherence to lifestyle modifications and associated factors among post myocardial infarction patients attending outpatient cardiology clinic Teaching Hospital Kalutara.

### **Methods**

A hospital based descriptive cross-sectional study was conducted among 422 post myocardial infarction patients who attend outpatient cardiology clinic TH Kalutara using systematic random sampling method. The data was collected using pretested interviewer administered questionnaire. Statistical significance was assessed by chi square statistical test at  $p=0.05$  level.

### **Results**

The knowledge level of study participants, good, moderate, and poor was 45%, 47.3% and 7.7% respectively and was associated with ethnicity ( $p=0.018$ ), presence of comorbidities ( $p=0.006$ ) and the duration of the disease ( $p=0.005$ ). The 63.2% ( $n=254$ ) of study population were taken the WHO recommended level of fruits and vegetables and was associated with ethnicity ( $p=0.007$ ), average monthly income ( $p=0.008$ ), educational level ( $p=0.001$ ) and duration ( $p=0.004$ ) and type of MI ( $p=0.049$ ). 86.3% ( $n=347$ ) used the SF as their fat source and only 10% ( $n=40$ ) people used USFA and is associated with gender ( $p=0.004$ ), educational level ( $p=0.01$ ), recurrence of MI ( $p=0.017$ ) and presence of comorbidities ( $p=0.049$ ). High salt consumption was 46.5% and associated with the

gender( $p=0.000$ ). 89.3%, ( $n=359$ ) consumed low fat protein and it was associated with ethnicity( $p=0.000$ ).

Former tobacco consumers were 35.6% ( $n=143$ ) and were associated with gender ( $p=0.000$ ) and educational level( $p=0.000$ ). 17.5% ( $n=69$ ) people were former drinkers. The gender( $p=0.000$ ), ethnicity ( $p=0.03$ ), marital status( $p=0.000$ ), type of MI( $p=0.005$ ), recurrences ( $p=0.02$ ) and presence of comorbidities( $p=0.000$ ) were significantly associated with it.

Half of the study populations had moderate physical activity (50.7%,  $n=204$ ) and it has significantly associated with ethnicity( $p=0.000$ ). Educational level ( $p=0.023$ ), marital status ( $p=0.029$ ), recurrences( $p=0.001$ ), and presence of comorbidities( $p=0.035$ ).

### **Conclusions and Recommendations**

The study revealed that the knowledge regarding lifestyle modifications was satisfactory among post myocardial infarction patients. The adherence to lifestyle modifications was associated with socio-economic, demographic and disease related factors. The study findings depict the importance of a well-established public health program on promotion of adherence to lifestyle modifications for post myocardial infarction patients.

*Key words* post myocardial infarction patients, lifestyle modifications, dietary modifications, tobacco and alcohol consumption, physical activity