



شبكة المعلومات الجامعية  
التوثيق الإلكتروني والميكروفيلم

# بسم الله الرحمن الرحيم



**HANAA ALY**



شبكة المعلومات الجامعية  
التوثيق الإلكتروني والميكروفيلم



# شبكة المعلومات الجامعية التوثيق الإلكتروني والميكروفيلم



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التوثيق الإلكتروني والميكروفيلم

# جامعة عين شمس التوثيق الإلكتروني والميكروفيلم

## قسم

نقسم بالله العظيم أن المادة التي تم توثيقها وتسجيلها  
علي هذه الأقراص المدمجة قد أعدت دون أية تغييرات



## يجب أن

تحفظ هذه الأقراص المدمجة بعيدا عن الغبار



**HANAA ALY**



# **Obesity Risk Factors among patients with Heart Disease**

## **Thesis**

*Submitted for Partial Fulfillment of the Requirements of the  
Master Degree in Nursing Family health nursing*

**By**

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2021**



كلية التمريض - كلية معتمدة

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## List of Contents

<i>Subject</i>	<i>Page No.</i>
<b>List of Tables</b> .....	<b>I</b>
<b>List of Figures</b> .....	<b>IV</b>
<b>List of Abbreviations</b> .....	<b>VII</b>
<b>Abstract</b> .....	<b>VIII</b>
<b>Introduction</b> .....	<b>1</b>
<b>Aim of the study</b> .....	<b>8</b>
<b>Review of literature</b>	
<b>Part (I): Obesity Overview about Obesity</b> .....	<b>9</b>
<b>Part (II): Obesity Risk Factor among Patient with Heart Disease</b> .....	<b>49</b>
<b>Part (III): Role of Family Health Nurse to Ward Obesity Risk Factors Among Patient With Heart Diseases According Level of Prevention</b> .....	<b>85</b>
<b>Subjects and Methods</b> .....	<b>110</b>
<b>Results</b> .....	<b>121</b>
<b>Discussion</b> .....	<b>148</b>
<b>Conclusion</b> .....	<b>170</b>
<b>Recommendations</b> .....	<b>171</b>
<b>Summary</b> .....	<b>173</b>
<b>Reference</b> .....	<b>184</b>
<b>Appendix</b> .....	<b>198</b>
<b>Protocol</b>	
<b>Arabic Summary</b>	

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**List of Tables**

No.	Table	Page
<b>Table of Results</b>		
<b>1</b>	Frequency distribution of studied patients regarding demographic characteristics.	<b>121</b>
<b>2</b>	Frequency distribution of studied patients regarding their knowledge about obesity.	<b>123</b>
<b>3</b>	Frequency distribution of studied patient regarding their life-style practices about diet behavior.	<b>125</b>
<b>4</b>	Frequency distribution of studied patient regarding their life-style practices about nutritional habits.	<b>126</b>
<b>5</b>	Frequency distribution of studied patient regarding their life-style practices about physical activity.	<b>127</b>
<b>6</b>	Frequency distribution of studied patient regarding their life-style practices about smoking.	<b>128</b>
<b>7</b>	Frequency distribution of studied patient regarding their life-style practices about rest and sleep.	<b>129</b>



## List of Tables

---

No.	Table	Page
8	Frequency distribution of studied patient regarding their life-style practices about exercise.	130
9	Mean and stander deviation of studied patient regarding their weight, height, and body mass index.	133
10	Frequency distribution of studied patient regarding their total lipid profile.	135
11	Frequency distribution of studied patient regarding their radiological tests.	136
12	Frequency distribution of studied patients regarding their family history.	138
13	Frequency distribution of studied patient regarding their treatment and follow-up compliance.	140
14	Statistically relation between total knowledge level of studied patients and their demographic characteristics.	142
15	Statistically relation between total life-style practices level of studied patients and their demographic characteristics.	144

## List of Tables

---

No.	Table	Page
16	Statistically relation between classification of obesity and total health status among studied patients.	146
17	Statistically correlation between total knowledge and total life-style practices levels.	147

## **List of Figures**

<b>No.</b>	<b>Table</b>	<b>Page</b>
<b>Figure of Review</b>		
<b>1</b>	Obesity Behavioral Factors.	<b>15</b>
<b>2</b>	Obesity Psychological factors.	<b>19</b>
<b>3</b>	Community Environmental factors.	<b>21</b>
<b>4</b>	Genetic factors.	<b>23</b>
<b>5</b>	Other factors of obesity.	<b>25</b>
<b>6</b>	Prevalence of obesity in world wide.	<b>27</b>
<b>7</b>	Prevalence of obesity in Egypt.	<b>29</b>
<b>8</b>	Body mass index calculation.	<b>31</b>
<b>9</b>	BMI ranges.	<b>32</b>
<b>10</b>	Waist circumference.	<b>33</b>
<b>11</b>	Types of blood tests of obesity.	<b>35</b>
<b>12</b>	Complication of obesity.	<b>48</b>
<b>13</b>	Types of heart diseases.	<b>53</b>
<b>14</b>	Death rates of heart diseases.	<b>57</b>
<b>15</b>	Association between obesity and heart diseases.	<b>60</b>
<b>16</b>	Association between Obesity and Heart Failure.	<b>63</b>
<b>17</b>	Association between Obesity and Cardiac Arrhythmias.	<b>64</b>

## ☞ List of Figures ☜

---

No.	Table	Page
<b>18</b>	Association between obesity and heart Electrical Remodeling.	<b>66</b>
<b>19</b>	Association between Obesity and Inflammation in Cardiovascular.	<b>69</b>
<b>20</b>	Association between Obesity and myocardial disorder.	<b>70</b>
<b>21</b>	Association between Obesity and Coronary Artery Disease.	<b>72</b>
<b>22</b>	Association between Obesity and sudden cardiac arrest.	<b>74</b>
<b>23</b>	Electrocardiogram (ECG).	<b>78</b>
<b>24</b>	Holter monitoring.	<b>79</b>
<b>25</b>	Echo.	<b>80</b>
<b>26</b>	Cardiac catheterization.	<b>82</b>
<b>27</b>	(CT) scan.	<b>83</b>
<b>28</b>	Cardiac MRI	<b>84</b>
<b>29</b>	Types of exercises.	<b>95</b>
<b>30</b>	Ideal of body mass index.	<b>101</b>

<i>No.</i>	<i>Table</i>	<i>Page</i>
<i>Figure in Results</i>		
<b>1</b>	Percentage distribution of studied patients regarding their knowledge level.	<b>121</b>
<b>2</b>	Percentage distribution of studied patients regarding total practices item.	<b>131</b>
<b>3</b>	Percentage distribution of studied patient regarding their total life-style practices level.	<b>132</b>
<b>4</b>	Percentage distribution of studied patients regarding their stage of obesity.	<b>134</b>
<b>5</b>	Percentage distribution of studied patient regarding their total health status.	<b>137</b>

## List of Abbreviations

<i>Abb.</i>	<i>Meaning</i>
<b>BP</b>	Blood pressure
<b>BMI</b>	Body mass index
<b>BNP</b>	B-type natriuretic peptide
<b>CT</b>	Cardiac computerized tomography
<b>CVD</b>	Cardiovascular diseases
<b>CHD</b>	Coronary heart disease
<b>CRP</b>	C-reactive protein
<b>DCM</b>	Dilated cardiomyopathy
<b>ECG</b>	Electrocardiogram
<b>HDL</b>	High-density lipoprotein
<b>IDC</b>	Dilated cardiomyopathy
<b>IV</b>	Intravenous
<b>LDL</b>	Low-density lipoprotein
<b>MRI</b>	Magnetic resonance imaging
<b>NSTEMI</b>	Non-ST segment elevation myocardial infarction
<b>OSA</b>	Obstructive sleep apnea
<b>PCOS</b>	Polycystic Ovarian Syndrome
<b>SCD</b>	Sudden cardiac death
<b>TV</b>	Television
<b>T2DM</b>	Type 2 diabetes mellitus
<b>VLDL</b>	Very low density lipoprotein

## **Obesity Risk Factors Among patients With Heart Disease**

### **Abstract**

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**Background:** Obesity is a major public health problem, both internationally and within Egypt. **AIM:** The aim of this study is to assess obesity risk factors among patients with heart disease. **Study Design:** A descriptive research design was used in this study. **Setting:** This study was conducted in the outpatient cardiology clinics of the Air Force Specialized Hospital south of Teseen Street in Cairo. **Sampling:** The Purposive sample contained all available patients with heart disease and suffering from obesity within six months. **Tools of data collection:** Two tools were used to collect the necessary data **First tool:** interviewing, questionnaire was written in the simple Arabic language and will be modified by the investigator based on body mass index on literature review. . **Second tool:** Assess health status of patient with heart disease through medical recorded. **Results:** there were highly statistically significant correlation between patient demographic characteristics and their total knowledge level score, there were highly statistically significant correlation between patient demographic characteristics and their total lifestyle practices level score except age there was no statistically significant correlation, there were highly statistically significant correlation between patient total health status and classification of obesity, there were highly statistically significant correlation between total knowledge score level and total life style practices score level. **Conclusion:** From the results of the current study, it was concluded that obesity has risk factors for heart patients, and that there is a strong relationship between demographic characteristics and lifestyle practices among heart patients, according to the researcher's evaluation. **Recommendation:** Changing the bad lifestyle practices and habits of heart patients who suffer from obesity.

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**Keywords:** Obesity Risk Factors, Heart Disease