

**THE EFFECT OF E-LEARNING PROGRAM
ON QUALITY OF LIFE FOR PATIENTS
WITH CORONARY HEART DISEASE**

Thesis

Submitted for partial fulfillment of the requirements of
the Doctorate Degree in Nursing Sciences
(Medical-Surgical Nursing)

By

Basma Saleem Saleh Khalel

Master Degree in Clinical Nursing

Jordan University/ Jordan

Faculty of Nursing
Ain Shams University

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Under supervision of

Dr. Tahany El-Senousy

*Professor of Medical-Surgical Nursing
Faculty of Nursing - Ain Shams University*

Dr. Bashar Saad

*Professor of Immunology and Tissue Engineering
Faculty of Allied Medical Sciences
Arab-American University – Jenin - Palestine*

Dr. Neamat Allah Gomaa Ahmed

*Lecturer of Medical-Surgical Nursing
Faculty of Nursing - Ain Shams University*

Faculty of Nursing
Ain Shams University

٢٠١١

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My thanks are also extended to all the patients who gave some of their time to participate in this study.

Dedication

This thesis is dedicated to my family who have never failed to give me moral support, and to my dear husband “Osama” and my kids “Yara and Faris” who made important sacrifices during the past years so I can make it in developing my thesis.

It is also dedicated to my parents, whom taught me that even the largest task can be accomplished if it is done one step at a time.

ABSTRACT

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The aim of this study was to assess the effect of E-learning program on quality of life (QoL) for patients with coronary heart disease. A quasi-experimental design was applied to ٦٥ intervention patients and ٦١ control patients with recently diagnosed Coronary Heart Disease (CHD) in Palestine, at Jenin Hospital. Data were collected using a structured interview questionnaire form, a physical assessment and lab sheet and a QoL scale. An E-learning program was designed by the researcher and implemented for patients in the intervention group. The effect of utilization of the E-learning program was evaluated through a post-program assessment. The study results revealed that the two groups were similar in most personal and diseases characteristics. At the post-intervention phase, intervention group patients had better LDL cholesterol and mean systolic blood pressure, and QoL related to physical function and bodily pain; they also had more adherence. At the follow-up phase, they had better control of hypertension and more positive changes in dietary regimens. Their QoL was higher in almost all domains compared to the control group. In conclusion, the study demonstrated the effectiveness of E-learning program for patients with CHD in improving their health behavior, which was reflected positively on their QoL. It is recommended to apply this program in cardiac units and clinics, with orientation programs for nurses on how to develop and apply E-learning materials in patient's education.

Keywords

Coronary Heart Disease, E-learning, QoL



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جامعة عين شمس

شكر

خالص الشكر والتقدير لأساتذتي الذين قاموا بالإشراف
على الرسالة

أ.د. تهاني السنوسي

أستاذ التمريض الباطني الجراحي
كلية التمريض – جامعة عين شمس

أ.د. بشار سعد

أستاذ المناعة وهندسة الأنسجة
كلية العلوم الطبية المساندة – الجامعة العربية الأمريكية – جنين/فلسطين

د. نعمت الله جمعة أحمد

مدرس التمريض الباطني الجراحي
كلية التمريض – جامعة عين شمس

كما أشكر كل من ساهم في إخراج هذه الرسالة على هذا النحو



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LIST OF ABBREVIATIONS

ACE	Angiotensin-Converting Enzyme
ACS	Acute Coronary Syndrome
BMI	Body Mass Index
BP	Blood Pressure
CABG	Coronary Artery Bypass Graft
CAD	Coronary Artery Disease
CHD	Coronary Heart Disease
CHF	Congestive Heart Failure
DM	Diabetes Mellitus
ECG	Electrocardiograph
HDL	High Density Lipoprotein
LDL	Low Density Lipoprotein
MI	Myocardial Infarction
PCI	Percutaneous Coronary Interventions
QoL	Quality of Life
UA	Unstable Angina