Assessment of patients’ knowledge in cardiac rehabilitation programs in the Northeast and South Brazil

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Abstract

Introduction: Patient education in cardiac rehabilitation is only effective when it has accurate information about what participants know about their health status and related factors. Objective: To assess coronary patient’s knowledge about their condition, comparing two private programs of rehabilitation. Methods: Two samples of coronary patients participating in cardiac rehabilitation recruited in Northeast and South Brazil were compared cross-sectionally. The patients’ knowledge was assessed using the CADE-Q, psychometrically validated. The data were analyzed using descriptive statistics, Chi-square, “t” tests and Anovas. Results: Patients from the South program showed a statistically higher mean total knowledge than patients from the Northeast, especially regarding pathophysiology and signs and symptoms of coronary artery disease. Conclusion: Although the samples were similar there were differences between patients’ knowledge of the South and Northeast Brazil. These differences must be taken into account when education programs are designed to coronary patients.

Key words: Coronary artery disease; Education; Knowledge; Questionnaires; Rehabilitation.