Knowledge of healthy diet among cardiac patients in Queen Elizabeth Hospital II

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ABSTRACT

Introduction: A healthy diet significantly decreases the risks and death rate associated with cardiovascular disease (CVD). Knowledge is essential for patients to comply with and practice a healthy diet. Additionally, educational backgrounds have an impact on the degree of knowledge. The objective is to study the knowledge of healthy diet among cardiac patients in the Cardiology Unit, Queen Elizabeth Hospital (QEH) II, and determine the association between the level of knowledge of a healthy diet and the educational level. **Methods:** This is a quantitative research and cross-sectional study design. Eighty patients were selected for this study using a simple random sampling method. An administered self-questionnaire was used to collect the data. Descriptive statistics such as frequency, percentage, mean, and standard deviation. Inferential statistics used is Chi-Square. **Results:** The majority of the patients had good knowledge (n=31, 38.8%). Hence, there was a statistically significant between the level of knowledge of a healthy diet and educational level as evidenced by p-value=0.000. **Conclusion:** Due to the participation of the Cardiac Rehabilitation Program (CRP), health campaigns, and mobile applications, cardiac patients typically had a strong degree of knowledge about healthy diets. Their educational background significantly influences their understanding since it affects their capacity to adopt a holistically balanced diet.