



## Effect of nutrition counseling on patients suffering from coronary heart diseases

■ JYOTSHNA MAYEE SETHI AND PUSPANJALI SAMANTARAY

See end of the paper for authors' affiliation

Correspondence to :

JYOTSHNA MAYEE SETHI  
P.G. Department of Home  
Science, Berhampur University,  
GANJAM (ODISHA) INDIA  
Email: sethi\_jyotshna@  
yahoo.com

**ABSTRACT :** In the new millennium, coronary heart disease (CHD) is looming large as the new epidemic afflicting Indians. Epidemiological transition with increasing life expectancy and demographic shifts in population age-profile, combined with life style and increase in the levels of cardio-vascular risk factors is accelerating the CHD epidemic in India. The present study was undertaken with the specific objectives, viz., To find out the complications of coronary heart patients, to assess the knowledge and attitudinal change towards the disease and to find out the risk factors and study the effect of nutritional counselling regarding coronary heart disease. The data were collected from both Cardiology and Medicine Department of M.K.C.G. Medical College and Hospital, Berhampur of Ganjam district. A total of 30 both male and female coronary heart disease patients as samples had been selected from various age groups, sex, socio-economic status and income groups. After the collection of data it was carefully edited, systematically classified, tabulated and presented through tables. It is observed that in-adequate diet, busy schedule of work and ignorance of nutrient aspects of diet are the main cause of this disease.

**How to cite this paper :** Sethi, Jyotshna Mayee and Samantaray, Puspanjali (2015). Effect of nutrition counseling on patients suffering from coronary heart diseases. *Internat. J. Med. Sci.*, 8(1&2) : 55-59.

### KEY WORDS :

Health, Cardio-vascular disease, Counselling, Stress

Good health is a major resource and an important dimension of the quality of life. But now-a-day changes in life style and dietary pattern steaming from rapid modernization have favoured an increase in the occurrence of non-communicable yet chronic and degenerative diet related diseases among which cardio-vascular diseases occupy a primary place.

Heart disease, also known as cardio-vascular disease (CVD), is a general term for a variety of conditions that affect the heart and blood vessels. It is a chronic disease that

can lead to heart attack and even death. Heart disease is the second leading cause of death in Canada and the first worldwide.

Counselling is an art and fledging science which educated the patient. Thus, counselling is nothing but patient education. Coronary heart disease counselling plays a crucial role in treatment of CHD. For patient with a chronic disease, counselling is a life-long process and an opportunity to improve self-care techniques. CHD counselling incorporates discipline into their life style rather than permitting this condition to overwhelm them and control their lives.

### Paper History :

Received: 31.07.2015,  
Accepted: 28.09.2015