





Health literacy of patients in the second phase of cardiac rehabilitation

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Introduction: Today, health literacy has exceptional importance in health communication. It becomes the strongest predictor of the health status of each individual, and is even ahead of education, age or religious affiliation. Various studies show that the degree of health literacy is directly related to the success of communication, which ultimately affects better patient cooperation, medication adherence, frequency of use of health services, reduction of repeated hospitalizations and the outcome of treatment itself.¹

Subjects and methods: The research group consisted of 100 patients of Thalassotherapia Opatija between the ages of 39 and 86, who participated in an inpatient cardiac rehabilitation program. By using a standardized protocol, we determined general data (age, gender, education) and the existence of risk factors for all respondents. We observed and determined risk factors by anthropometric measurements, laboratory diagnostics, measurement of arterial pressure values and insight into the correct intake of prescribed therapy during admission. Furthermore, we used the CARRF-KL questionnaire translated into Croatian (measuring the level of knowledge about risk factors for cardiovascular diseases).

Results: 21% of women and 79% of men participated in the research. Their average age was 64.47 years. The average body mass index was 28.78 kg/m². 22.44% of them had normal waist circumference, while 23.21% had excessive values, and 54.35% of patients had high-risk values. 35% of them were smokers. 39.42% had elevated arterial pressure values, and 79.53% had hyperlipoproteinemia. Furthermore, it was determined that 40% of patients took the prescribed therapy in the correct dose and at the correct time. By analyzing the data on the level of knowledge for cardiovascular disease risk factors (CARRF-KL), a significant statistical difference was observed between age groups and the level of education, and the average knowledge score was read, which is - good.

Conclusion: It is necessary to develop skills and improve health literacy so that patients can find information, understand the meaning and usefulness of certain information and understand the possibility of choice, all with the aim of changing lifestyle and habits, quality of life, and ultimately reducing the rate of morbidity and mortality.

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LITERATURE

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