

Title of Intervention: Nurse-led secondary prevention program to improve food habits, smoking habits and physical activity

Intervention Strategies: Group Education, Individual Education, Supportive Relationships

Purpose of the Intervention: To improve the lifestyle of myocardial infarction patients through healthy food habits, smoking habits and physical activity

Population: Myocardial infarction patients aged 50-70 years

Setting: Malmo General Hospital and a secondary prevention unit in Sweden; health care facility-based

Partners: Hospital administration

Intervention Description:

- Group Education: Participants took part in group exercise classes led by a physiotherapist.
- Individual Education: Nurses and cardiologists provided individual prognoses. Participants were provided with individual education about coronary artery disease risk factors and the effect of lifestyle changes. Print materials about smoking cessation, dietary education and physical activity were distributed. Individual exercise regimens were developed.
- Supportive Relationships: Participants had follow-up visits with their general practitioner. Individual and group counseling sessions were provided.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Registered nurse rehabilitator, cardiologists, general practitioners, physiotherapist
- Training: Program protocol training
- Technology: Not mentioned
- Space: Space for classes and counseling sessions
- Budget: Not mentioned
- Intervention: Printed materials for group and individual education sessions, exercise equipment
- Evaluation: Printed questionnaires, computer

Evaluation:

- Design: Randomized controlled trial
- Methods and Measures:
 - Pre- and post- questionnaires assessed habitual physical activity, food habits, and smoking habits

Outcomes:

- Short term Impact: There was a significant improvement in food habits and an improvement in smoking cessation. There was no difference found for physical activity.
- Long Term Impact: Not measured

Maintenance: Individual exercise regimens were provided to participants to maintain the effects of the exercise beyond discharge from the secondary prevention unit.

Lessons Learned: The secondary prevention program led by nurse rehabilitators was successful in improving food habits in patients with acute myocardial infarction. Initializing the smoking cessation education during the hospital stay followed by repeated counseling during follow up may have led to a significant result regarding the percentage of people who quit smoking.

Citation(s):

Carlsson, R., G. Lindberg, et al. (1997). "Influence of coronary nursing management follow up on lifestyle after acute myocardial infarction." *Heart* 77(3): 256-9.