

## CHAPTER 5

### CONCLUSION AND RECOMMENDATIONS

The study included sixty myocardial infarction patients who attended the Cardiac Outpatient Department of Ganquan Hospital during November, 1999 to January, 2000. A Demographic Data Record Form, the Myocardial Infarction Self-efficacy Scale and the Myocardial infarction Health Behaviors Scale were used in this study. The conclusion of the findings, the implications, and recommendations for further study are presented in this chapter.

#### Conclusion

Based on the findings of the study, the following was concluded;

1. The myocardial infarction patients perceived moderate to high levels of self-efficacy.
2. The myocardial infarction patients rated their health behaviors at moderate to high levels.
3. There was a significantly positive relationship between self-efficacy and health behaviors among myocardial infarction patients.

## Implications of findings

### Implications for nursing practice

A number of important practice implications emerged from the study findings. First, the findings provided information to increase a nurse's understanding of perceived self-efficacy and health behaviors among myocardial infarction patients. Second, the findings also suggested that self-efficacy is positively correlated with health behaviors. Nurses should be aware of such valid relationships and assess the patients' health behaviors and the level of self-efficacy, then help patients to identify their own self-efficacy and modify their unhealthy behaviors. Third, nurses should provide health education settings in which nurses intervene to help MI patients minimize the negative consequences of the infarction and restore physical, psychological, and social functions for the purpose of improving their self-efficacy and health behaviors. In addition, implication for nursing practice also includes developing teaching strategies to enhance self-efficacy and health behaviors among myocardial infarction patients. As suggested, the teaching strategies, which have been used successfully to increase self-efficacy and change behaviors, can include modeling of health behaviors, videotapes incorporating cognitive rehearsal and role-playing activities.

### Implications for nursing education

The research findings from this study provide evidence for nurse educators to take self-efficacy and health behaviors into consideration when designing curriculum and planning teaching content. In addition, for both clinical instructors and student nurses, the information also emphasizes the role of self-efficacy in promoting health behaviors among myocardial infarction patients.

### Implication for nursing research

This study is a beginning for the identification of self-efficacy, health behaviors and for exploring the relationship between these two concepts in myocardial infarction patients in China. The findings have provided a database to inspire nursing researchers to conduct further studies on self-efficacy and health behaviors in other aspects of myocardial infarction patients.

### Limitations of the study

While these study findings provide nurses with a beginning body of knowledge about the self-efficacy and health behaviors among myocardial infarction patients, the study also has some limitations. First, this study used a purposive sampling method that was not randomized. The data were collected in only one hospital in one geographic area. So the generalizations of these findings is limited. Second, the majority of subjects (78.33%) were diagnosed with myocardial infarction for 5 to 24 months. Both self-

efficacy and health behaviors were not static, and will change with time (Miller, Wikoff, , Garrett, McMahon, & Smith, 1990). Replications of study should be considered. Although the instruments of this study appeared to be reliable, the MI self-efficacy and health behavior scales are in their early development. The instruments should be refined and tested by other researchers to validate their usefulness.

#### **Recommendations for further research**

Based on the findings of this study, recommendations for further research include:

1. An intervention study is needed to explore effective nursing interventions to enhance self-efficacy and health behaviors among myocardial infarction patients.

2. Probability samples of myocardial infarction patients from different Cardiac Outpatient Departments are needed in order to perform factor analysis on self-efficacy and health behaviors.

3. Further research is needed to identify generalities in a greater number of health behaviors that may provide a stronger theoretical basis for testing whether efficacy expectations among myocardial infarction patients vary by type health behavior. Research is needed to determine whether increasing efficacy for anyone health behavior influences an other. While efficacy expectations are fundamental to explaining health behavior, studies also are needed to determine whether outcome expectations affect

the initiation and achievement of behavioral change in myocardial infarction patients.

4. According to social learning theory, more refined testing and analysis of the relationship between personal, environmental, and behavioral factors are needed to evaluate the conditions under which health behaviors are enhanced among myocardial infarction patients.