



# Impact of Educational Program on Self-Efficacy in Coronary Artery Bypass Graft Surgery Patients in Afshar Hospital in Yazd: A Semi-Experimental Study

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## ABSTRACT

**Introduction:** The prevalence of coronary artery disease and its consequences in the country have led to mortality, disability, and a significant portion of the productive workforce being unable to work. Cardiovascular disease has multiple complications for the patient and can affect different aspects of their life. Important variables that are affected are self-efficacy and self-esteem. Patients face a considerable decrease in self-efficacy and self-esteem to overcome and manage their current condition. Therefore, this study was conducted to determine the impact of an educational program on the self-efficacy of patients after coronary artery bypass surgery in the years 2022-2023.

**Methods and Materials:** This study is a clinical trial. Sixty-nine patients with a history of coronary artery bypass at Afshar Hospital in Yazd were selected using convenience sampling and randomly assigned to two groups: intervention and control. Two 40-minute educational sessions were conducted through practical demonstrations for the intervention group. Data collection tools included demographic questionnaires and self-efficacy scales for cardiac patients, completed before and after the intervention. Data analysis was performed using SPSS version 20 software.

**Results:** Results showed that the average self-efficacy score in the intervention group significantly increased compared to the control group after the intervention ( $p = 0.05$ ).

**Conclusion and Discussion:** The findings of this study indicate that the use of an effective educational program can improve the self-efficacy of patients with a history of coronary artery bypass surgery. Therefore, this relatively accessible and cost-effective intervention can be used to improve patients' health.

**Keywords:** Coronary artery bypass, Heart, Nursing, Self-efficacy