An examination of current patient education interventions delivered to culturally diverse patients following CABG surgery.

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Abstract: The design of current educational initiatives for heart surgery patients is based on feedback from individuals of Western European origin. The relevance of these initiatives is unknown when provided to individuals from non-Western European cultures. This study examined the cultural relevance of heart surgery patient educational initiatives delivered to individuals of diverse backgrounds. It used a non-experimental descriptive design involving 252 participants. Cultural relevance was assessed through self-care behaviours performed as recommended in the educational initiative. The participants of non-Western European origin were found to engage in more work-related activities and fewer self-care behaviours than their Western European counterparts in the first week following hospital discharge, indicating lack of adherence to educational recommendations. The study provides preliminary evidence suggesting that current self-care educational initiatives may not be culturally relevant. Continued evaluation to determine reasons why specific cultural groups engage in specific types of behaviour is needed.

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Instrumentation: Revised Self-Care Behavior Scale (RSCB) (Artinian et al)