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## The impacts of patient education on quality of life of patients undergoing coronary artery bypass grafting in the west bank of Palestine

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**Background:** Quality of life (QoL) has emerged as an important concept and outcome in health and health care.

**Aim:** The aim of this study was to determine the effectiveness of the health education program to improve QoL of patients with Coronary Artery Bypass Graft Surgery (CABG) and to reduce the problems encountered after discharge and to help patients to develop healthy behaviors to deal properly with the problems caused by the disease and to enhance their QoL after discharge. The study was clinical trial with experimental correlation design.

**Method:** Hundred and sixty (160) patients were included in this experimental study and divided into two groups as, the intervention group (n=80) and the control group (n=80). Patients in the intervention group were given planned educational program of booklet and DVD by the research nurse beginning from hospitalization and reinforced at discharge, while the patients in the control group did not receive planned educational program other than the ordinary verbal instructions. The patient data were collected using the “personal information form”, “The home follow-up form after discharge” and “SF-36 health survey” and “effectiveness of the educational program”. The forms were used for data collection before and after intervention. Follow up after discharge was provided within three intervals; 2 days, 10 days and one month after discharge.

**Result:** It was found that the mean QoL scores of the patients in the intervention group were higher than in the control group one month after discharge, significant difference was observed between the intervention and control group in all QoL domains (p<0.05).

**Conclusion:** The educational program that consists of booklet and DVD given to CABG patients in the intervention group had a positive impact on the QoL of these patients and on alleviating the problems they encountered.

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## Enhancing breastfeeding practices of newly mothers through postnatal education program

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The nursing mothers are the most valuable source in the provision of nourishment to the newborns. Breastfeeding practices are so traditional, yet the knowledge, attitude and practices vary among different cultures. Therefore, nurses' role in exploring family values and beliefs in regards with the practices involved in post natal care emerges. A new mother's apprehension, fear, queries, beliefs related to the post natal care and overall health is taken care by nurses. Breast-feeding during post natal period is considered the most profound and ardent experiences of the newly mother. Breast milk contains the right balance of nutrients to help neonate grow into a strong and healthy human and helps protect newborns against some common infections. Liaquat National Hospital is one of the recognized baby friendly hospitals of the region because of its initiative through breastfeeding education of newly mothers. Through a comprehensive 'postnatal educational program' mothers are encouraged to breastfeed their newborns during individual and group teaching where their fears and concerns are addressed to help them adjust in the new role. Reflections of newly mothers have been highly encouraging. This conceptual paper elaborates on the traditional practices and implementation of the postnatal educational program focusing on breastfeeding to newborns. Paper also emphasizes on the role of grandmothers in the achievement of program objectives through their active involvement and support. In addition, the paper highlights the importance of healthcare team member's role and presents recommendations to healthcare settings in increasing the awareness about newly mother's education on the subject.

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