

## Abstract

<b>Course</b>	International Health Development (MPH)	<b>Name</b>	HOUL Kimsroeun
<b>Thesis Title</b>	Basic knowledge on non-communicable diseases, specifically on cardiovascular disease, among nursing students in University of Health Sciences, Phnom Penh, Cambodia		

### Abstract of Master's Dissertation

**Background:** In Cambodia, the burden of CVD reflects the global burden with an estimated 60,000 Cambodians dying of NCDs. CVD accounts for 21 out of 64% of all NCDs deaths in 2008. Appropriate knowledge and perception of CVD risk factors are a vital prerequisite for successful prevention of CVD and essential for nursing students as they will serve as the health-care providers of the future. However, few studies have assessed knowledge and attitudes regarding the major risk factors for cardiovascular diseases among nursing students. This study aimed to assess the current basic knowledge of CVD, and its associated risk factors and personal health behaviors among undergraduate nursing students in University of Health Sciences (UHS), Cambodia.

**Method:** This was a quantitative cross-sectional study assessing 501 nursing students, conducted from early November 2019 to early January 2020. The data were collected using structured questionnaires using a Cardiovascular Disease Risk Factor Knowledge Level (CARRF-KL) scale and questions of individual health behavior adapted from the WHO STEPwise approach for measuring the risk factors of chronic diseases. Descriptive statistics and chi-squared tests were used. Bivariate and multivariate logistic regression analysis was employed to determine the association between general demographic characteristics and knowledge levels of CARRF-KL. The significance level of this study was set at the P-value of  $\leq 0.05$  with a 95% confidence interval.

**Result:** A total of 501 participants, were enrolled in the study, composed of 30 % male (n= 151), and 70% female (n= 350) nursing students. Their ages ranged from 17- 29 years (mean  $\pm$  standard deviation [SD]:  $20.4 \pm 0.70$ ) with 87% coming from provincial areas. The average basic knowledge score level of the CARRF-KL among the respondents was 74% with a mean score of 21 (SD  $\pm$  3) out of a maximum score 28 (male SD:  $21.2 \pm 2.8$ ; female SD:  $20.8 \pm 3.1$ ). Analysis of personal health behavior showed that the dietary intake was inadequate of a healthy diet; the prevalence of tobacco use was rare (0.4%), the practice of alcohol consumption was 45%, and the performed exercise 51% at least weekly.

**Conclusion:** The overall level of nursing student basic knowledge of cardiovascular disease risk factors and personal health behavior was 'comparable knowledge' and the students with high knowledge were significantly correlated with their grade of study and degree of English literacy. To improve the basic knowledge level of cardiovascular disease risk factors of nursing students, there are some areas that might be improved such as producing related study materials in the national language and early engagement of basic CVD courses in the curriculum. Addressing these areas will be important to contribute to the current and future nursing education program as well as to tackle the risk factors for CVD and other non-communicable diseases in Cambodia.

**Keywords:** Basic knowledge of cardiovascular disease risk factor, nursing students, personal health behavior.