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ABSTRACT

Individual self-care agency is essential in the early diagnosis of a known lifestyle disease. The study implemented "Orem's Self-Care Strategies (OSS)" on self-care agency among patients with coronary artery disease and determined the participants' basic conditioning factors namely – socio-demographic variables and CAD illness perception. The research study illustrated a 2-week quasi-experimental research design specifically, non-equivalent control group pretest-posttest design to evaluate Orem's self-care strategies on self-care agency among patients diagnosed with coronary artery disease not more than 6 months from the time of study.

The study revealed that there is no significant difference when control group and intervention group are clustered according to age, gender, educational attainment, employment status, income classification and overall illness perception. Based on the results of the study, Orem's self-care strategies (OSS) in the form of nurse-led healthy diary and SMS technology did not significantly influence the CAD patients' level of self-care agency after two weeks of OSS intervention ($p \geq 0.05$). The CAD illness perception subscale 2 (timeline of illness) and subscale 7 (illness coherence) have significant difference between the pre-test and post-test scores ($p < 0.05$). However, there is no significant difference in the overall illness perception post intervention ($p \geq 0.05$).

Keywords: Orem's self-care, self-care strategies, self-care agency, illness perception, coronary artery disease