

## Effectiveness of Self-Care Education on the Enhancement of the Self-Esteem of Myocardial Infarction Patients

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**Introduction and Aim:** Myocardial infarction in most countries is introduced as the main cause of mortality. In all sources of myocardial infarction, it's classified among emergency disease. The assessment of self-esteem in myocardial infarction people is becoming increasingly important and necessary. The researcher intends to carry out a study in order to investigate the effect of self-care education on enhancement of the self-esteem of myocardial infarction patients in Iran.

**Method and material:** This is a quasi-experimental study. The subjects of the study who were selected based on purposive sampling method consisted of 50 patients with myocardial infarction. Before the intervention, two questionnaires were completed by patients. There was no intervention in the control group and the patients received only routine care in the hospital. In the experimental group, the MI patients received 5 consecutive one-hour training sessions by the researcher. Then the Rosenberg scale was filled out by the patients 2 month later.

**Result:** According to the results, Paired t-test showed a significant difference between the mean self-esteem score in both groups before and after intervention.

**Conclusion:** Increasing the knowledge and awareness of MI patients must constitute a cornerstone of therapy and an integral part of nursing responsibilities. Nurses should educate the patients about self-care behaviors and remind them of the dangerous complications of abandoning these.

**Keywords:** self-care, enhancement, self- esteem, patients, myocardial infarction