



*Lorestan University of Medical Sciences*  
*Faculty of Khorramabad Nursing & Midwifery*

*Title:*

*The effect of Telehealth program on health literacy and self-care behaviors in patients with hypertension at risk of peripheral artery diseases*

*A Thesis*

*Presented for the*  
*Degree of Master of Sciences*  
*In Nursing*

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**Background and purpose:** Today, technology has made a lot of progress and development in all fields, especially medical science, one of these cases is the use of remote health in chronic diseases, which is less studied in patients with peripheral artery disorders. The aim of this study is to investigate the effect of telehealth program on health literacy and self-care behaviors in patients with high blood pressure at risk of peripheral artery diseases.

**Study method:** In this clinical trial study, 80 hypertensive patients at risk of peripheral artery disease were randomly divided into two control and intervention groups. In the intervention group, remote education including regular medication consumption, diet compliance, effective physical activity, smoking cessation and blood pressure control were provided for two months. The control group also received routine care. Data were collected with health literacy and self-care questionnaires and analyzed using SPSS version 25 software and paired t-tests, independent t-tests and repeated measures ANOVA.

**Findings:** The average scores of health literacy and self-care in the intervention and control groups before and after the intervention were statistically significant, so that after the intervention, the average health literacy in the intervention group was 62.05 and the control group was 39 ( $p < 0.001$ ), also the average score of self-care after the intervention was 58.30 in the intervention group and 36.54 in the control group (5.12) ( $p < 0.001$ ).

**Conclusion:** Training and follow-up with remote health program is an effective way to improve health literacy and self-care behavior in hypertensive patients at risk of peripheral artery diseases.

**Keywords:** telehealth, health literacy, self-care behaviors, hypertension, peripheral artery diseases