

Abstract

Introduction: Considering the emergence of special conditions in the country due to the spread of the Covid-19 virus and the importance of non-attendance care due to health protocols, as well as the lack of studies regarding the effect of remote nursing on the inner strength and resilience of elderly patients after heart attack acute myocardial infarction, so the main goal of this research was to Assessing The Effect Of Telenursing On Inner Strength .And Resilience in Elder Patients After Acute Myocardial Infarction

Methods: The present study is a randomized controlled trial in two control and intervention groups with the aim of investigating the effect of remote nursing through social media in the form of online training (various aspects of self-care such as diet compliance, activity level, personal hygiene and dressing and medication use, etc.) on the internal strength and resilience of elderly patients after acute myocardial infarction. The statistical population is all the elderly with MI in Khorram Abad city, who were selected by the available sampling method, 56 subjects, after which the participants were randomly divided into two ,intervention groups (28 people) and control (28 people). In order to evaluate the variables the questionnaires of 25 factors of internal strength of Roux et al. (2003) and 25 questions of resilience were used by Connor and Davidson (2003). The collected data were analyzed using SPSS version 26 software. Chi-square independence tests, independent t-test and paired t-test were used to check the distribution of samples. It should be noted that $P < 0.05$.was considered as a significant level

Findings: The present study showed that the results of intra-group comparison show the resilience score of the elderly. According to the results, the average resilience score before ,and after the intervention in the test group was 51.71 ± 4.10 and 67.71 ± 11.86 respectively which was statistically significant ($P = 0.001$). In the intergroup comparison of the resilience scores of the elderly, the results showed that after the intervention, the average resilience ,score in the control group was 50.07 ± 20.23 and in the intervention group was 67.71 ± 11.86 which was statistically significant ($P = 0.001$). . Also, the results of the intra-group comparison of the inner strength score of the elderly showed that the average inner strength score in the test group before the intervention (88.00 ± 4.69) and after the intervention had a significant difference ($P = 0.001$). Also, the results of the intergroup (97.68 ± 4.53) comparison of the inner strength score of the elderly after the intervention showed that the mean inner strength score in the intervention group (97.68 ± 4.53) was significantly different .from the control group (85.46 ± 8.96) ($P = 0.001$)

Conclusion: Therefore, according to the results obtained in this study regarding the effect of remote nursing on the inner strength and resilience of elderly patients after acute myocardial infarction, it is recommended to use this method of treatment in the treatment process of the .elderly