

## **Introduction**

Heart disease is a general term used to describe several conditions all of which are potentially fatal , but are also treatable and /or preventable ( **Stephanie , 2000**) .

Heart disease , the number one killer of both men and women in the United States , is also one the rise in developing countries . The most common form of heart disease is coronary heart disease , also known as coronary artery disease ( CAD) . CAD afflicts an estimated seven million Americans each year , approximately 500,000 Americans die from CAD-related heart attacks . other types of heart disease include cardiomyopathy , cardiac arrhythmias , congestive heart failure , and stroke ( **Marks , 2000**) .

In Egypt (1985) , it was recorded by **Mohamed (1995)**., that 4.8% of all patients (23970) admitted to governmental hospitals were diagnosed as cardiac condition .

Heart disease and stroke still account for close to 50 % of all deaths in the United States of America . while high blood cholesterol is an important risk factor for heart disease , eighty percent of patients with heart disease have the same blood cholesterol level as those who do not develop heart disease . Heart disease is now classified as one of the genetic diseases attributed to numerous gene-environment interactions . this means that effect of an inherited trait can vary based on environmental issues such as body weight , diet and unknown factors. Since the risk for heart disease is in large part inherited , it is important to screen family members for the inherited trait found in the patient with heart disease ( **Robert , 1999**) .

Inservice education is always up-dating nurse's knowledge , skills and promote better staff development and the nurse should have the initiative and interest in self improvement, attitude of acquiring new knowledge and the ability to function purpose fully in emergency situations and this will keep job satisfaction ( **Davis , 1999**).

The nursing goal for caring of critically ill patient is to maintain health , spiritual , emotional , social and physical well being are the individual's rights and obligations for health promotion and maintenance , nursing care is one components of large health care team ( **Superko , 2000** ) .