

Results

Presentation And Analysis Of Data

Findings of this study will be presented in 5 different sections:

Section (I): deals with description of sociodemographic variables of the studied sample .(sex, age, residence, marital, educational level, number of children, occupation and duration of disease). (Table 1).

Section (II): health promotion life style profiles (HPLP) and knowledge assessment before program for cirrhotic patients regarding their sociodemographic variables (Table 2,3,4,5,6,7,8,9) .

Section (III): The effect of implementing therapeutic nursing modalities among cirrhotic patients at different schedules on health promotion life style profiles and knowledge assessment . (Table 10)

Section (IV): The effect of implementing therapeutic nursing modalities among cirrhotic patients at different schedules on the knowledge about nutrition and self care. (Table 11a, 11b,12)

Section (V): correlations between total knowledge and HPLP at different times of assessment among patients of liver cirrhosis. (Table 13)

Table (1) socio-demographic data of the studied groups

Variable	Frequency NO (60)	Percent %
Sex		
Male	28	46.7
Female	32	53.3
Age		
≤ 40 year	9	15
>40 year	51	85
marital status		
others	4	6.7
married	56	93.3
No. of children		
≤ 3	30	50
> 3	30	50
education level		
non educated	51	85
educated	9	15
occupation		
government employee	12	20
non government employee	26	43.3
house wife	22	36.7
residence		
rural	47	78.3
urban	13	21.7
date of disease diagnosis		
< 3 years	37	61.7
≥ 3 years	23	38.3

Table (1) presents the socio-demographic characteristic of the studied sample. The data revealed that from the total sample of 60 adult cirrhotic patients, 46.7% of them were males and 53.3% were females.

As regards age and educational level, it was found that 15% of the sample were ≤ 40 year and educated while 85% were > 40 year and non educated. Regarding marital status, the data revealed that the majority 93.3% of the study patients was married. and 6.7% were others (single, widow, divorced)

In relation to number of children it was revealed that 50% of the sample had ≤ 3 child and 50% had > 3 child. Minority of the study sample 20% were occupaying governmental work while 43.3% were non government employee and 36.7% were house wife.

As regard to residence, it was found that 78.3% of total study patients were living in rural areas, while 21.7% of them were living in urban areas. In relation to date of disease diagnosis, it was revealed that 61.7% were < 3 years and 38.3% were ≥ 3 years.

Table (2) health promotion life style profiles (HPLP) and knowledge assessment before program for cirrhotic patients regarding their sex

health promotion life style profiles(HPLP) knowledge assessment	Females (n=32) X \pm SD	Males (n=28) X \pm SD	t	P
HPLP				
1-self actualization	10.94 \pm 2.00	11.71 \pm 3.23	1.14	0.261
2-social	12.66 \pm 2.63	14.25 \pm 3.77	1.92	0.060
3-psychological	14.16 \pm 1.76	13.71 \pm 1.21	1.12	0.269
4-physical	4.0 \pm 0.51	4.0 \pm 1.68	-	-
5-nutrition	30.28 \pm 3.10	29.25 \pm 3.92	1.14	0.261
6-health responsibility	27.03 \pm 1.86	26.64 \pm 2.26	0.73	0.469
total HPLP	98.84 \pm 8.94	100.46 \pm 10.40	0.65	0.519
<u>knowledge assessment scores</u>				
1- knowledge about liver cirrhosis	8.47 \pm 0.76	8.75 \pm 1.24	1.08	0.287
2- knowledge about nutrition	12.81 \pm 2.64	13.03 \pm 3.38	0.29	0.776
3- self care	12.0 \pm 0.00	12.05 \pm 0.19	1.07	0.289
4- drugs to be avoided	1.0 \pm 0.00	1.00 \pm 0.00		
- total score of knowledge assessment	34.28 \pm 3.12	35.53 \pm 4.85	1.21	0.233

Table (2). Shows the mean and standard deviation of health promotion life style profiles (HPLP) and knowledge assessment before program for cirrhotic patients regarding their sex.

Regarding to health promotion life style profiles (HPLP), it was found that There were no significant differences in all items of HPLP between females and males cirrhotic patients. Also, it was found that there were no significant differences in all items of knowledge assessment scores between females and males cirrhotic patients.

Table (3) health promotion life style profiles (HPLP) and knowledge assessment before program for cirrhotic patients in relation to their age

HPLP knowledge assessment	≤ 40 (n = 9) X ± SD	> 40 (n = 51) X ± SD	t	P
HPLP				
1-self actualization	12.44 ± 4.13	11.09 ± 2.30	1.42	0.16
2-social	12.55 ± 3.05	13.55 ± 3.33	0.83	0.41
3-psychological	12.78 ± 0.67	14.16 ± 1.55	2.60	0.01
4-physical	4.67 ± 2.78	3.88 ± 0.59	1.85	0.07
5-nutrition	32.11 ± 2.98	29.39 ± 3.47	2.21	0.03
6-health responsibility	27.67 ± 1.58	26.705 ± 2.10	1.30	0.20
total HPLP	102.56 ± 9.37	99.08 ± 9.64	1.00	0.32
knowledge assessment scores				
1- knowledge about liver cirrhosis	8.00 ± 0.00	8.70 ± 1.06	1.98	0.168
2- knowledge about nutrition	11.0 ± 0.00	13.25 ± 3.12	2.15	0.187
3- self care	12.11 ± 0.33	12.0 ± 0.00	2.48	0.002
4- drugs to be avoided	1.00 ± 0.00	1.00 ± 0.00		
- total score of knowledge assessment	34.44 ± 6.60	34.94 ± 3.49	0.34	0.309

Table (3) shows health promotion life style profiles (HPLP) and knowledge assessment before program for cirrhotic patients in relation to their age.

Regarding to health promotion life style profiles (HPLP) the table shows that there were a significant differences in Psychological state ($t= 2.60$ at $p= 0.01$) and nutrition ($t=2.21$ at $p= 0.03$). where Psychological state was better in cirrhotic patients aged > 40 years than those younger, while the reverse occurred regarding nutrition. Also, regarding the knowledge assessment scores, it was found that there were no significant differences in all items of knowledge assessment scores between cirrhotic patients except that of self care, it was better in cirrhotic patients aged ≤ 40 Year than others. ($t=2.48$ at $p= .000$).

Table (4) health promotion life style profiles (HPLP) and knowledge assessment before program for cirrhotic patients in relation to their residence

HPLP knowledge assessment	rural (n=47) X ± SD	urban (n=13) X ± SD	t test	p
<u>HPLP</u>				
1-self actualization	11.15 ± 2.70	11.85 ± 2.48	0.84	0.406
2-social	13.40 ± 3.42	13.38 ± 2.84	0.02	0.985
3-psychological	14.04 ± 1.63	13.62 ± 1.12	0.89	0.379
4-physical	4.02 ± 1.31	3.92 ± 0.64	0.26	0.795
5-nutrition	29.96 ± 2.84	29.23 ± 5.42	0.66	0.514
6-health responsibility	26.87 ± 1.92	26.77 ± 2.55	0.16	0.874
total HPLP	99.23 ± 9.19	100.92 ± 11.27	0.56	0.579
<u>knowledge assessment scores</u>				
1- liver cirrhosis	8.85 ± 1.34	8.53 ± 0.90	0.99	0.326
2- nutrition	11.46 ± 1.20	13.32 ± 3.21	2.04	0.046
3- self care	12.0 ± 0.00	12.02 ± 0.14	0.52	0.603
4- drugs	1.0 ± 0.00	1.0 ± 0.00		
- total knowledge assessment scores	33.31 ± 2.17	35.30 ± 4.33	1.59	0.116

Table (4): shows health promotion life style profiles (HPLP) and knowledge assessment before program for cirrhotic patients in relation to their residence.

The result of this table showed that there were no significant differences in all items of HPLP between cirrhotic patients in both rural and urban areas. ($t= 0.56$ at $P = 0.579$) Also, regarding knowledge assessment scores, it was found that there were no significant differences in all items of knowledge assessment scores between cirrhotic patients except that of nutrition, where the highest score found in urban areas. ($t= 2.04$ at $P = .046$)

Table (5) health promotion life style profiles (HPLP) and knowledge assessment before program for cirrhotic patients in relation to their marital status

HPLP knowledge assessment	married (n=56) X ± SD	Others (single ,widow ,divorced) (n=4) X ± SD	t	p
<u>HPLP</u>				
1-self actualization	11.18 ± 2.31	13.00 ± 6.00	1.34	0.187
2-social	13.43 ± 3.36	13.00 ± 2.31	0.25	0.803
3-psychological	13.91 ± 1.55	14.50 ± 1.29	0.74	0.463
4-physical	3.84 ± 0.56	6.25 ± 3.86	4.49	0.000
5-nutrition	29.98 ± 3.41	27.25 ± 4.50	1.52	0.135
6-health responsibility	26.95 ± 3.03	25.50 ± 2.08	1.37	0.175
total HPLP	99.54 ± 9.46	100.50 ± 13.13	0.19	0.848
<u>knowledge assessment scores</u>				
1-liver cirrhosis	8.64 ± 1.03	8.0 ± 0.00	1.23	0.223
2-nutrition	13.05 ± 3.05	11.0 ± 0.00	1.34	0.186
3-self care	12.0 ± 0.00	12.25 ± 0.50	4.25	0.000
4-drugs	1.0 ± 0.00	1.0 ± 0.00		
-total knowledge assessment scores	35.05 ± 4.11	32.25 ± 0.500	1.35	0.182

Table (5) shows health promotion life style profiles (HPLP) and knowledge assessment before program for cirrhotic patients in relation to their marital status

Regarding health promotion life style profiles (HPLP) , it was found that there were no significant differences in all items of HPLP between cirrhotic patients except that of physical state ($t= 4.49$ at $p= 0.00$) , where the highest score found in un married cirrhotic patients than married ones.

Also, regarding knowledge assessment scores, it was found that there were no significant differences in all items of knowledge assessment scores between cirrhotic patients except that of self care , where the highest score found in un married cirrhotic patients than married ones. ($t= 4.25$ at $P = .0.00$)

Table (6) health promotion life style profiles (HPLP) and knowledge assessment before program for cirrhotic patients in relation to their educational levels.

HPLP knowledge assessment	Non educated (n=51) X \pm SD	educated (n=9) X \pm SD	t test	p
<u>HPLP</u>				
1-self actualization	11.22 \pm 2.62	11.78 \pm 2.95	0.58	0.56
2-social	13.47 \pm 3.26	13.00 \pm 3.61	0.39	0.69
3-psychological	13.92 \pm 1.51	14.11 \pm 1.76	0.34	0.74
4-physical	4.01 \pm 1.26	3.89 \pm 0.78	0.30	0.76
5-nutrition	29.86 \pm 3.43	29.44 \pm 4.19	0.33	0.75
6-health responsibility	26.75 \pm 2.04	27.44 \pm 2.13	0.94	0.35
total HPLP	99.29 \pm 9.52	101.33 \pm 10.46	0.58	0.56
<u>knowledge assessment scores</u>				
1- knowledge about liver cirrhosis	8.53 \pm 0.90	9.00 \pm 1.50	1.29	0.20
2- knowledge about nutrition	13.21 \pm 3.14	11.22 \pm 0.67	1.88	0.06
3- self care	12.02 \pm 0.14	12.00 \pm 0.00	0.42	0.68
4- drugs to be avoided	1.00 \pm 0.00	1.0 \pm 0.00		
- total score of knowledge assessment	35.16 \pm 4.25	33.22 \pm 1.92	1.33	0.19

Table (6) shows health promotion life style profiles (HPLP) and knowledge assessment before program for cirrhotic patients in relation to their educational levels.

The table showed that there were no significant differences between HPLP and knowledge assessment Items in cirrhotic patients regarding their educational levels.

Table (7) HPLP before program for cirrhotic patients in relation to number of children

health promotion life style profiles (HPLP)	number of children in cirrhotic patients n = (60)			
	≤ 3 (n =30) X \pm SD	>3 (n = 30) X \pm SD	t test	p
1-self actualization	14.00 \pm 5.94	11.09 \pm 2.32	2.06	0.04
2-social	14.50 \pm 2.52	13.18 \pm 3.47	0.74	0.46
3-psychological	15.25 \pm 1.26	13.68 \pm 1.23	2.43	0.02
4-physical	6.25 \pm 3.86	3.84 \pm 0.57	4.09	0.00
5-nutrition	29.00 \pm 4.83	29.77 \pm 3.68	0.39	0.70
6-health responsibility	25.50 \pm 2.08	26.91 \pm 1.99	1.35	0.18
total HPLP	105.50 \pm 10.47	98.82 \pm 10.03	1.27	0.21

Table (7) show HPLP before program for cirrhotic patients in relation to number of children

The result of the table showed that There were higher significantly difference in self actualization ($t=2.06$ at $p = 0.04$), psychological ($t=2.43$ at $p = 0.02$) and physical status ($t=0.39$ at $p = 0.00$), in cirrhotic patients had ≤ 3 children than others.

Table (8) HPLP and knowledge assessment before program for cirrhotic patients regarding their occupations

HPLP Knowledge assessment	non-governmental	governmental	House wife	f test	p
	(n = 26) X ± SD	(n = 12) X ± SD	(n=22) X ± SD		
<u>HPLP</u>					
1-self actualization	11.04 ± 2.47	12.36 ± 3.73	10.91 ± 1.85	1.49	0.23
2-social	13.29 ± 3.96	14.78 ± 2.58	12.64 ± 2.66	1.91	0.16
3-psychological	13.58 ± 1.56	14.36 ± 1.74	14.09 ± 1.34	1.28	0.28
4-physical	3.71 ± 0.46	4.57 ± 2.24	3.95 ± 0.57	2.45	0.09
5-nutrition	29.37 ± 3.77	29.86 ± 3.42	30.23 ± 3.39	0.33	0.72
6-health responsibility	26.67 ± 2.26	27.07 ± 2.09	26.91 ± 1.85	0.18	
total HPLP	98.08 ± 8.96	104.78 ± 9.12	97.95 ± 9.80	2.83	0.83
<u>knowledge assessment scores</u>					
1-knowledge about liver cirrhosis	8.42 ± 0.83	9.07 ± 1.49	8.50 ± 0.74	2.10	0.13
2- knowledge about nutrition	12.96 ± 3.17	12.93 ± 3.54	12.86 ± 2.51	0.01	0.99
3- self care	12.00 ± 0.00	12.07 ± 0.27	12.0 ± 0.00	1.68	0.19
4- drugs to be avoided	1.00 ± 0.00	1.00 ± 0.00	1.00 ± 0.00		
- total score of knowledge assessment	35.21 ± 5.00	35.07 ± 3.75	34.36 ± 3.03	0.27	0.77

Table (8) shows HPLP and the knowledge assessment before program for cirrhotic patients regarding their occupations

The result of the table showed that there were no significant differences in HPLP and knowledge assessment Items of cirrhotic patients regarding their occupations.

Table (9) HPLP and knowledge assessment before program for cirrhotic patients in relation to duration of disease

HPLP Knowledge assessment	duration of disease in years			
	≤ 3 (n = 37) X \pm SD	> 3 (n=23) X \pm SD	t test	p
<u>HPLP</u>				
1-self actualization	11.53 \pm 2.74	10.60 \pm 2.29	1.18	0.24
2-social	13.31 \pm 3.29	13.67 \pm 3.37	0.36	0.72
3-psychological	4.13 \pm 1.32	3.60 \pm 0.51	1.52	0.13
4-physical	4.13 \pm 1.32	3.60 \pm 0.51	0.00	1.00
5-nutrition	29.80 \pm 3.90	29.80 \pm 2.04	0.47	0.64
6-health responsibility	26.78 \pm 1.92	27.07 \pm 2.46	0.46	0.64
total HPLP	99.93 \pm 9.20	98.60 \pm 11.00		
<u>knowledge assessment scores</u>				
1- knowledge about liver cirrhosis	8.40 \pm 0.86	9.20 \pm 1.21	2.80	0.01
2- knowledge about nutrition	12.15 \pm 2.44	15.20 \pm 3.36	3.78	0.00
3- self care	12.02 \pm 0.15	12.00 \pm 0.00	0.57	0.57
4- drugs to be avoided	1.00 \pm 0.00	1.00 \pm 0.00		
- total score of knowledge assessment	34.04 \pm 3.84	37.33 \pm 3.66	2.90	0.00

Table (9) shows HPLP and knowledge assessment before program for cirrhotic patients in relation to duration of disease

Regarding health promotion life style profile the result of the table showed that there was no significant difference in HPLP before the program for cirrhotic patients in relation to duration of disease.

Regarding knowledge assessment scores there was significant difference between knowledge assessment items of the knowledge about liver cirrhosis, nutrition, and total knowledge of cirrhotic patients in relation to their duration of disease, where the highest knowledge about liver cirrhosis ($t=2.80$ at $p=0.01$), nutrition ($t=3.78$ at $p=0.00$) and total knowledge ($t=2.90$ at $p=0.00$) found in >3 years.

Table (10) Effect of implementing therapeutic nursing modalities among cirrhotic patients at different schedules on health promotion life style profiles and knowledge assessment.

<div>HPLP</div> <div>knowledge assessment</div>	Pre program (n=60) X \pm SD	Immediate post program (n=60) X \pm SD	1month post program (n=60) X \pm SD	3month post program (n=60) X \pm SD	F Test	p
<u>HPLP</u>						
1-self actualization	11.30 \pm 2.65	11.30 \pm 2.65	14.30 \pm 1.92 *	18.18 \pm 0.70*	140.36	0.000
2-social	13.40 \pm 3.28	13.52 \pm 3.25	16.63 \pm 2.26*	18.87 \pm 1.83*	56.16	0.000
3-psychological	13.95 \pm 1.53	14.0 \pm 1.58	17.03 \pm 1.21*	16.0 \pm 0.00*	847.21	0.000
4-physical	4.0 \pm 1.19	5.52 \pm 0.50*	6.97 \pm 2.96*	17.70 \pm 0.98*	813.86	0.000
5-nutrition	29.80 \pm 3.52	37.38 \pm 1.99*	38.40 \pm 1.46*	39.05 \pm 1.40*	216.67	0.000
6-health responsibility	26.85 \pm 2.05	33.17 \pm 1.46*	34.17 \pm 3.16*	35.37 \pm 1.09*	198.05	0.000
total HPLP	99.60 \pm 9.60	115.15 \pm 7.21*	126.22 \pm 6.30*	133.92 \pm 5.55*	247.97	0.000
<u>knowledge assessment scores</u>						
1-knowledge about liver cirrhosis	8.60 \pm 1.01	24.0 \pm 0.00	23.50 \pm 1.67	22.62 \pm 2.06	1634.05	0.00
2- knowledge about nutrition	12.92 \pm 2.99	33.0 \pm 0.00	31.33 \pm 5.57	32.12 \pm 2.96	457.59	0.00
3- self care	12.02 \pm 0.13	23.17 \pm 0.56	22.40 \pm 0.49	30.48 \pm 2.66	1813.37	0.00
4- drugs to be avoided	1.0 \pm 0.00	2.0 \pm 0.00	2.0 \pm 0.00	1.92 \pm 0.88	734.82	0.00
5- total knowledge assessment scores	34.87\pm 4.04	79.23\pm 7.38	79.23 \pm 7.38	87.13 \pm 7.88	724.71	0.00

* Significantly higher than pre

• Significantly higher than immediate post program

Significantly higher than 1 month post program

Table (10) shows effect of implementing therapeutic nursing modalities among cirrhotic patients at different schedules.

Regarding health promotion life style profile the result of the table showed that There were significantly better score of all items of HPLP of cirrhotic patients in post assessment than pre ones.($p= 0.00$)

Regarding knowledge assessment scores There were significantly better score of all items of knowledge assessment scores for cirrhotic patients post assessment than pre ones.($p= 0.00$)

Table (11 a) Effect of implementing therapeutic nursing modalities among cirrhotic patients at different schedules on knowledge about nutrition.

knowledge about nutrition	Pre program (n=60) X ± SD	Immediate post program (n=60) X ± SD	1month post program (n=60) X ± SD	3month post program (n=60) X ± SD	F Test	p
- eat 3 meals a day	1.916± .8293	1.92±.8293	2.66± .47538	2.850± .3600	33.50	0.000
-eat small snacks between meals	2.000± .8635	2.00±.863	2.38±.490	2.483± .5039	7.76	0.000
-eat preserved food	2.7500± .508	3.00±.000	3.00±.000	3.000±.000	14.50	0.000
-eat roughage/ fiber food	2.516± .7008	2.68±.46910	2.76±.426	3.000±.000	10.87	0.000
-eat high fat foods daily	1.833± .8861	3.00±.000	3.00±.000	3.000± .000	103.99	0.000
-use margarine rather than butter	1.76±.810	3.00±.000	3.00±.000	3.000±.000	139.02	0.000
-eat refined sugar products	1.95± 622	2.98±.12910	2.98±.12910	3.000± .000	153.99	0.000
-eat most of meals at home	2.950± .2867	2.98±.18102	2.98±.12910	3.000± .000	.914	.435
-add salts to food	1.766± .8899	2.96±.42652	2.98±.12910	2.983± .1291	102.56	0.00
-drink 6 or more glasses of water per day	2.150± .5771	2.23±.000	2.25±.43667	2.550± .5016	7.67	0.00
-drink tea or coffee	1.666± .6806	3.00±.000	3.00±.000	3.000± .000	230.24	0.00
-drink alcohol	2.966± .258	3.00±.000	3.00±.000	3.000± .000	1.00	.394
-opinion about healthy diet	1.866± .4304	3.00±1.992	3.00±.000	3.000± .000	415.87	0.00
-total score of nutrition	29.80± 3.516	37.38±.000	38.40±1.46368	39.05±1.395	216.66	0.00

Table (11 a) show effect of implementing therapeutic nursing modalities among cirrhotic patients at different schedules on nutrition.

Regarding knowledge about nutrition in health promotion life style profile the result of the table showed that There were significantly better score of all items of nutrition of cirrhotic patients in post program than pre ones especially in 3 month post program.($p= 0.00$) except items of eat most of meals at home and drink alcohol there were no significant difference.($p=.435$),($p=.394$).

Table (11 b) Effect of implementing therapeutic nursing modalities among cirrhotic patients at different schedules on knowledge about nutrition.

knowledge about nutrition	Pre program (n=60) X \pm SD	Immediate post program (n=60) X \pm SD	1month post program (n=60) X \pm SD	3month post program (n=60) X \pm SD	F Test	p
-Food should be avoided	1.200 \pm .403	3.00 \pm .000	2.916 \pm .27872	2.950 \pm .2197	641.49	0.000
-the better nutritional plan for liver cirrhosis patient	1.01 \pm .1291	3.00 \pm .000	2.916 \pm .27872	2.916 \pm .2782	1298.29	0.000
-complete meal in case of no complication for breakfast	1.100 \pm .3025	3.00 \pm .000	2.833 \pm .55744	2.916 \pm .2787	414.89	0.000
-Complete meal in case of no complication for lunch	1.100 \pm .3025	3.00 \pm .000	2.833 \pm .55744	2.916 \pm .2787	414.89	0.000
-Complete meal in case of no complication for dinner	1.183 \pm .3902	3.00 \pm .000	2.833 \pm .55744	2.916 \pm .2787	335.46	0.000
-Complete meal in case of ascites for breakfast	1.333 \pm .4753	3.00 \pm .000	2.833 \pm .55744	2.916 \pm .2787	246.62	0.000
-Complete meal in case of ascites for lunch	1.333 \pm .4753	3.00 \pm .000	2.833 \pm .55744	2.916 \pm .2787	246.62	0.000
-Complete meal in case of ascites for dinner	1.250 \pm .4366	3.00 \pm .000	2.833 \pm .55744	2.916 \pm .2787	289.72	0.00
-Complete meal in case of hepatic coma for breakfast	1.133 \pm .3428	3.00 \pm .000	2.833 \pm .55744	2.916 \pm .2787	379.35	0.00
-Complete meal in case of hepatic coma for lunch	1.133 \pm .3428	3.00 \pm .000	2.833 \pm .55744	2.916 \pm .2787	379.35	0.00
-Complete meal in case of hepatic coma for dinner	1.133 \pm .3428	3.00 \pm .000	2.833 \pm .55744	2.916 \pm .2787	379.35	0.00
-Total score of knowledge about nutrition	12.91 \pm 2.987	33.00 \pm .000	31.33 \pm 5.5743	32.12 \pm 2.957	457.59	0.00

Table (11 b) show effect of implementing therapeutic nursing modalities among cirrhotic patients at different schedules on nutrition.

regarding knowledge about nutrition in knowledge assessment the result of the table showed that There were significantly better score of all items of HPLP of cirrhotic patients in post program than pre ones.($p= 0.00$) es

Regarding scores There were significantly better score of all items of knowledge assessment scores for cirrhotic patients post assessment than pre ones.($p= 0.00$) especially immediate post program.

Table(12) Effect of implementing therapeutic nursing modalities among cirrhotic patients at different schedules on knowledge about self care .

knowledge about self care	Pre program (n=60) X \pm SD	Immediate post program (n=60) X \pm SD	1month post program (n=60) X \pm SD	3month post program (n=60) X \pm SD	F Test	p
- importance of exercise for liver cirrhotic patient	1.016 \pm .1291	3.000 \pm .0000	2.916 \pm .2787	2.916 \pm .2787	1298.29	.00
- types of exercise that you pract it.	1.000 \pm .0000	1.083 \pm .2787	1.000 \pm .0000	1.116 \pm .3237	4.62	.00
- complication of liver cirrhotic patient skin as redness in periphral hand& feet	1.000 \pm .0000	2.000 \pm .0000	2.000 \pm .0000	2.916 \pm .2787	1893.36	.00
- complication of liver cirrhotic patient skin as yellow discoloration-	1.000 \pm .0000	2.000 \pm .0000	2.000 \pm .0000	2.916 \pm .2787	1893.36	.00
- complication of liver cirrhotic patient skin as vessels in the chest ,neck& shoulder	1.000 \pm .0000	2.000 \pm .0000	2.000 \pm .0000	2.916 \pm .2787	1893.36	.00
- precauation for health skin as care of nails	1.000 \pm .0000	2.000 \pm .0000	2.000 \pm .0000	2.916 \pm .2787	1893.36	.00
- caring of skin by shower without soap	1.000 \pm .0000	2.000 \pm .0000	1.483 \pm .5039	2.916 \pm .2787	486.60	.00
- make massage by lotion	1.000 \pm .0000	1.083 \pm .2787	1.000 \pm .0000	1.116 \pm .3237	4.62	.004
- observation of skin color	1.000 \pm .0000	2.000 \pm .0000	2.000 \pm .0000	2.916 \pm .2787	1893.36	.00
- obseration of any itching &scratch of the skin	1.000 \pm .0000	2.000 \pm .0000	2.000 \pm .0000	2.916 \pm .2787	1893.36	.00
- what are you doing if you has acute disease	1.000 \pm .0000	2.000 \pm .0000	2.000 \pm .0000	2.000 \pm .0000		
- total score of self care	12.016 \pm .129	23.166 \pm .55	22.400 \pm .4940	30.483 \pm 2.66	1813.37	.00

Table (12) show effect of implementing therapeutic nursing modalities among cirrhotic patients at different schedules on self care.

Regarding self care the result of the table showed that There were significantly better score of all items of self care of cirrhotic patients in post assessment than pre ones.($p= 0.00$)

Table (13) correlations between total knowledge and HPLP at different times of assessment among patients with liver cirrhosis.

<div style="display: inline-block; transform: rotate(-45deg);"> HPLP Knowledge Assessment </div>	Pre program (n=60)		Immediate post program (n=60)		1month post program (n=60)		3month post program (n=60)	
	r	p	r	p	r	p	r	p
Total knowledge assessment								
- Pre program (n=60)	0.21	0.108						
- Immediate post program (n=60)			0.32	0.012				
- 1month post program (n=60)					0.141	0.283		
- 3month post program (n=60)							0.03	0.822

Table (13) shows correlations between total knowledge and HPLP at different times of assessment in patients with liver cirrhosis.

The result of the table showed that there was significant positive correlation between total knowledge and HPLP one month post program.
($r = 0.141$ 0.283)