# Effect of Geriatric Care Module on Knowledge and Practice among Staff Nurses in a Selected Hospital, Thrissur

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## Abstract

Elderly are more prone to age related diseases and physical inability. Adequate health services for the ageing population are an urgent social need. Many nurses are not effectively prepared to care for aging individual. Hence, the study was undertaken in a selected hospital at Thrissur to assess the effect of geriatric care module on knowledge and practice among staff nurses. The objectives of the study were to evaluate the effect of geriatric care module on knowledge and practice among staff nurses, to find out the correlation between knowledge and practice on geriatric care among staff nurses and to find out the association of knowledge and practice on geriatric care among staff nurses with their selected demographic variables. The design of the study was quasi-experimental one group pre-test post-test design conducted among 30 staff nurses. Pre-test was done using structured knowledge questionnaire and structured self reported checklist for assessing the practice. After that, the researcher administered the geriatric care module and post-test was done after 7 days. The pre-test and post-test mean knowledge score were 15.6 and 36.4 respectively and pre-test and post-test mean practice score were 46.4 and 56.2 respectively. The result also showed no positive correlation between the knowledge and practice among staff nurses (r = 0.344, p = 0.063). Significant association was found only with the knowledge and the religion, number of years of clinical experience, educational qualification and types of family among the staff nurses. There was no association between practice with their selected demographic variables. Thus the study concluded that geriatric care module was effective.

**Keywords:** Staff Nurses; Geriatric Care; Geriatric Care Module; Knowledge; Practice.

## Introduction

Ageing is a universal process. In the words of Seneca, "old age is an incurable disease". You do not heal old age, you protect it, you promote it and you extend it (Sir James Sterling Ross). These are, in fact, the principles of preventive medicine [1]. Ageing is an inevitable phenomenon of life of all living beings. With increase of life expectancy, number of people who are attaining old age is increasing throughout the globe. Elderly people suffer from increasing morbidity, which are chronic in nature [2].

Older adults are the most rapidly growing segment of the population. As ageing is a continuous process in the structure and function of the body, the physical ability of a person tends to slow down with the passage of years.

Adequate health services for the ageing population is an urgent social need [3]. Acute-care hospitals have few structures, programs or staff who are prepared to address the special needs of older adults [4].

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The increasing longevity of the world's population implies the requirement for a nursing workforce who are appropriately equipped to care for older people when they are ill [5]. Many nurses are not effectively prepared to care for aging individuals. Obtaining gerontological knowledge about this growing population will increase their competency level in practice [6].

The day- to- day practice of most of nurses involves caring for older patients. Yet few nurses have been exposed to specialized knowledge about care of older adults, either in their education programs or in the work setting. Outcomes of care improve when older patients are cared by nurses with demonstrated competence in geriatrics [7].

Older patients require increased healthcare services in terms of nursing care, interventions and hospitalizations due to an increased complexity of their problems. For these reasons, it is important to study what good nursing care of the older patients consists of, at an emergency department from the emergency nurse's point of view [8].

A primary concern in the nursing care of older adults is the development and delivery of intervention that promotes health, reduce risk of disability and increase a healthy quality of life. Quality of the care is the hallmark of geriatric nursing practice [9].

Geriatric care is a thought provoking and a challenging global issue for both developed and developing countries. As the primary caregivers in hospitals, nurses are best positioned to improve quality of geriatric care. To provide geriatric care, nurses must update their knowledge and practice through education regarding geriatric care. In the light of the background information and literature reviewed by the investigator and her own clinical experience, investigator came to the conclusion that geriatric care is essential in hospital setting to promote the health of elderly and prevent readmission in hospital. Hence the researcher has selected this study to research upon.

### Statement of the Problem

A study to assess the effect of geriatric care module on knowledge and practice among staff nurses in a selected hospital, Thrissur.

### Objectives

1. To assess the level of knowledge and practice regarding geriatric care among staff nurses.

2. To evaluate the effect of geriatric care module on knowledge and practice among staff nurses.

3. To find out the correlation between knowledge and practice on geriatric care among staff nurses.

4. To find out the association of knowledge and practice on geriatric care among staff nurses with their selected demographic variables.

*Operational Definitions*

- Effect: It refers to an increase in knowledge score and practice score of staff nurses on geriatric care after receiving geriatric care module.

- Geriatric care module: In this study, it refers to the information booklet provided to staff nurses on physical and physiological aspect of geriatric care.

- Knowledge: It refers to the correct response of staff nurses to a structured knowledge questionnaire regarding geriatric care.

- Practice: In this study, it refers to the activity carried out by staff nurses on geriatric care which is measured by structured self reported practice checklist.

- Staff Nurses: In this study, it refers to GNM, BSc, Post BSc and MSc Nurses in a selected hospital, Thrissur.

*Assumptions*

1. Staff nurses may have knowledge and practice on geriatric care.

2. The geriatric care module may improve knowledge and practice of staff nurses regarding geriatric care.

### Hypotheses

1. $H_1$: There is a significant difference in pre and post-test mean score of knowledge and practice on geriatric care among staff nurses.

2. $H_2$: There is a significant correlation between knowledge and practice on geriatric care among staff nurses.

3. $H_3$: There is a significant association of knowledge and practice on geriatric care among staff nurses with their selected demographic variables.

### Methodology

*Research Approach:* Quantitative research.

*Research Design:* Quasi experimental one group pre-test post-test design.

*Setting of the Study:* Aswini Hospital, Thrissur.

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*Population:* Staff nurses who are working in different hospitals.

*Sample and sampling technique:* 30 Samples, simple random sampling technique.

### Inclusion Criteria

- Staff nurses who are working in hospital.
- Staff nurses who are willing to participate.

### Exclusion Criteria

- Staff nurses who are not available during data collection.
- Staff nurses who are not willing to participate.
- Staff nurses who underwent training programme related to geriatric care.

### Tools/Instruments

- *Section A:* Demographic pro-forma.
- *Section B:* Structured knowledge questionnaire on geriatric care.
- *Section C:* Structured self-reported practice checklist on geriatric care.
- *Section D:* Geriatric care module.

### Data Collection Process

- *Step 1:* Selection of samples.
- *Step 2:* Administration of structured knowledge questionnaire and structured self reported practice checklist to the samples by investigator.
- *Step 3:* Administration of geriatric care module to samples by the investigator.
- *Step 4:* Post- test evaluation of the samples by the investigator after 7 days.

### Result

*Section A: Description on demographic profile among staff nurses.*

- Regarding the age, it implies that majority of the samples, 12 (40%) belongs to the age of 25-30 years, 8 (26.7%) of samples were in the age group of <25years, 6 (20%) belongs to age group of 31-35 years and 4 (13.3%) of samples were in the age group of 36-40 years.

- In a view to the gender of the staff nurses, majority of the samples 27 (90%) were female, 3 (10%) were male.

- In a view to the religion of the staff nurses, majority of the samples, 18 (60%) belong to Christian and 12 (40%) belongs to Hindu.

- With reference to the clinical experience of the staff nurses, 17 (56.7%) has got clinical experience <5 years and 13 (43.3%) belongs to experience category of > =5 years.

- In a view to the educational qualification of the staff nurses, majority of the samples, 21 (70%) were under graduates holding a degree of GNM Nursing, 5 (16.7%) having post basic nursing degree and 4 (13.3%) were BSc Nursing.

- Regarding the types of family of the samples, majority 15 (50%) belongs to joint family, 13 (43.3%) were in nuclear family and 2 (6.7%) were in extended family.

- In accordance with the area of work of the samples, majority 9 (30%) belong to General Medical Surgical Ward and 9 (30%) were in Medical Surgical ICU, 8 (26.7%) were in other wards and 4 (13.3%) in casualty.

**Table 1:** Frequency and percentage distribution of pre-test knowledge score among staff nurses regarding geriatric care (N = 30)

| Level of Knowledge | Scoring Grade | Frequency | Percentage (%) |
| --- | --- | --- | --- |
| Adequate knowledge | 28 – 40 | 0 | 0 |
| Moderate knowledge | 14 – 27 | 18 | 60 |
| Poor knowledge | 0 – 13 | 12 | 40 |

*Section B: Assessment of level of knowledge on geriatric care among staff nurses.*

Table 1 summarizes that 18 (60%) had moderate knowledge, 12 (40%) of samples were having poor knowledge and none of the samples had adequate knowledge.

Table 2 depicts that all the samples had adequate knowledge and none of the samples had moderate and poor knowledge.

**Table 2:** Frequency and percentage distribution of the post-test knowledge score among staff nurses regarding geriatric care        (N = 30)

| Level of Knowledge | Scoring Grade | Frequency | Percentage (%) |
|---|---|---|---|
| Adequate knowledge | 28 - 40 | 30 | 100 |
| Moderate knowledge | 14 - 27 | 0 | 0 |
| Poor knowledge | 0 - 13 | 0 | 0 |

*Section C: Assessment of Practice on Geriatric Care among Staff Nurses*

Table 3 shows that majority of samples 18 (60%) were showed good level of practice regarding geriatric care, 12 (40%) showed satisfactory level of practice regarding geriatric care and none of the samples had poor practice regarding geriatric care.

Table 4 depicts that most of the samples 26 (86.7%) of the samples had good practice, 4 (13.30%) of the samples had satisfactory practice and none with poor practice.

**Table 3:** Frequency and percentage distribution of pre-test practice score among staff nurses regarding geriatric care        (N = 30)

| Level of Practice | Scoring grade | Frequency | Percentage (%) |
|---|---|---|---|
| Good practice | 48 - 60 | 18 | 60 |
| Satisfactory practice | 34 - 47 | 12 | 40 |
| Poor practice | 20-33 | 0 | 0 |

**Table 4:** Frequency and percentage distribution of post-test score among staff nurses regarding geriatric care        (N=30)

| Level of Practice | Scoring grade | Frequency | Percentage (%) |
|---|---|---|---|
| Good practice | 48 - 60 | 26 | 86.7 |
| Satisfactory practice | 34 - 47 | 4 | 13.30 |
| Poor practice | 20 -33 | 0 | 0 |

*Section D: Effect of geriatric care module on knowledge and practice among staff nurses regarding geriatric care.*

Table 5 shows that calculated 't' value for knowledge was found to be 49.14 and p value 0.000 which is significant at 0.01 level. There is significant difference in pre and post test mean knowledge score. This implied that geriatric care module was effective.

Table 6 shows that, the calculated 't' value for practice was found to be 21.53 and the p value 0.000 which was significant at 0.01 level. There is significant difference in pre and post test mean practice score. This implied that geriatric care module was effective.

**Table 5:** Assessment of effect of geriatric care module on knowledge        (N=30)

| Knowledge | Mean | SD | N | Mean Difference | t value | p value |
|---|---|---|---|---|---|---|
| Pre test | 15.6 | 4.2 | | | | |
| Post test | 36.4 | 2.8 | 30 | 20.8 | 49.14** | 0.000 |

** Significant at 0.01 level

**Table 6:** Assessment of effect of geriatric care module on practice        (N=30)

| Practice | Mean | SD | Mean Difference | N | t value | p value |
|---|---|---|---|---|---|---|
| Pre test | 46.4 | 4.7 | | | | |
| Post test | 56.2 | 4.2 | 9.7 | 30 | 21.53** | 0.000 |

** Significant at 0.01 level

*Section E: Correlation between knowledge and practice on geriatric care among staff nurse*

Table 7 exhibits that there is no positive correlation between level of knowledge and practice among staff nurses regarding geriatric care as the r value is 0.344 and p value 0.063 which was non significant. This implied that with an increase in knowledge level there was no increase in practice among staff nurses regarding geriatric care.

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**Table 7:** Correlation between knowledge with practice on geriatric care among staff nurses

(N=30)

| Variable | r value | p value |
|---|---|---|
| Knowledge Practice | 0.344ns | 0.063 |

ns:-Non significant at 0.05 level.

*Section F: Association of knowledge on geriatric care among staff nurses with their selected demographic variables*

Table 8 exposed that chi-square value obtained for religion, number of years of clinical experience, educational qualification and the types of family among staff nurses have an influence on the level of knowledge regarding geriatric care.

The Table 8 implies that chi–square value obtained for the age of staff nurses and area of work does not have an influence on the level of knowledge regarding geriatric care.

*Section G: Association of practice on geriatric care among staff nurses with their selected demographic variables*

Table 9 shows that the chi-square value obtained for age of staff nurse, gender, religion, educational qualification, number of years of clinical experience, types of family, area of work have no influence on the practice regarding geriatric care.

**Table 8:** Association between knowledge with their selected demographic variables among staff nurses          (N = 30)

| Sl. No | Demographic variables | $\chi^2$ | p |
|---|---|---|---|
| 1 | Age of staff nurses | 2.5ns | 0.114 |
| 2 | Religion | 4.54* | 0.033 |
| 3 | Number of years of clinical experience | 8.17** | 0.004 |
| 4 | Educational qualification | 8.57** | 0.003 |
| 5 | Types of family | 9.98** | 0.002 |
| 6 | Area of work | 5.81ns | 0.055 |

** Significant at 0.01 level, * Significant at 0.05 level, ns:-Non significant at 0.05 level

**Table 9:** Association between practice with demographic variables of staff nurses          (N= 30)

| Sl. No. | Demographic variables | $\chi^2$ | p |
|---|---|---|---|
| 1 | Age of staff nurses | 2.5ns | 0.114 |
| 2 | Religion | 0.37ns | 0.543 |
| 3 | Number of years of clinical experience | 0.81ns | 0.367 |
| 4 | Educational qualification | 1.3ns | 0.255 |
| 5 | Types of family | 0.81ns | 0.367 |
| 6 | Area of work | 0.37ns | 0.831 |

ns- Non significant at 0.05 level.

## Conclusion

Geriatric care is essential to improve the health status of elderly. Nurse is the primary care giver should effectively prepare to enhance the quality of care. Hence the investigator need to assess the effect geriatric care module on knowledge and practice among staff nurses.

Total 30 samples were selected by random sampling technique and provided structured knowledge questionnaire to assess the knowledge and self-reported checklist to assess the practice regarding geriatric care. The result showed that geriatric care module was effective .

## Nursing Implications

• *Nursing Practice*

- Nurses can health educate the care takers of geriatric group regarding the physical physiological aspects based on this study.

- Geriatric care module can be disseminated to the community setting focusing on the families having elderly people.

- Procedures of feeding, elimination  and comfort needs specially designed for the elderly patient can be taught to the care givers based on the study results.

- Geriatric care module will be a guide for care providers to provide holistic care in geriatric home.

• *Nursing Education*

- Although the students in third year BSc Nursing is studying on the care of elderly, their knowledge can be enhanced based on the study results.

- The findings of the study can be utilized by the nurse educator for educating the staff nurses regarding geriatric care.

• *Nursing Administration*

- Finding of the study can be utilized by nurse administrator to plan and organize in-service education programme for staff nurses regarding the geriatric care.

- Nurse administer can make necessary policies and protocols to implement the effective geriatric care in hospitals.

• *Nursing Research*

- Continuous researches in various aspect of geriatric care will reveal more about the modification to be done in care.

- Researches related to geriatric care in various community setting can be done to understand the problems in various cultures and based on the research results care takers can be made aware of the alteration in geriatric care.

*Limitation*

- The investigator had find difficulty in collecting review of literature as there were limited numbers of Indian Nursing Studies on geriatric care.

- The study is limited to only physical and physiological aspect of geriatric care.

*Recommendations*

- A longitudinal study can be undertaken to find out the various aspect such as psychological, social and cultural associated with geriatric care.

- The study can be replicated on a larger sample there by the findings could be generalized better.

- A participatory observational study can also be done to assess the skills of nursing staff in geriatric care.

- A true experimental study could be carried out to assess the effectiveness of geriatric care module on knowledge and practices among staff nurses.

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