

Effectiveness of Structured Teaching Programme on Knowledge Regarding Home Care Management of Epilepsy among Caregivers at Neurology OPD, SVIMS, Tirupati

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Abstract

Background: Epilepsy is one of the oldest diseases known to human beings. Epilepsy is a common major neurological problem in developing countries including India. India has the second largest population in the world with almost one billion plus inhabitants and 70 to 80% of people live in rural communities. The single incidence study from southern India, has documented a rate of 49.3 per 1,00,000 and the global incidence varies from 11 to 190 per 1,00,000 population. WHO (2015 may) estimated that there are over 50 million epileptic sufferers in the world today, globally 2.5 million of them live in developing countries and 2.4 million new cases of epilepsy occur each year globally. *Objectives:* 1. To assess the knowledge regarding home care management of epilepsy among care givers by pre test. 2.) To evaluate the effectiveness of structured teaching programme on knowledge regarding home care management of epilepsy among care givers. 3.) To associate the post test knowledge on home care management of epilepsy with caregivers selected socio demographic variables. *Methods:* A pre-experimental one group pre-test and post-test design was adopted involving 50 caregivers of patients with epilepsy was carried out with interview schedule. Data was collected by using a structured questionnaire. Data regarding socio-demographic characteristics and checklist related to home care management of epilepsy. Data were analyzed with Frequency and percentage distribution, Mean and standard deviation and Chi-square test. *Results:* In pre-test among 50 caregivers of patients with epilepsy, 24(48%) were having moderate knowledge, 19(38%) were having inadequate knowledge and only 7(14%) having adequate knowledge. In post-test 28(56%) were having adequate knowledge, 22(44%) were having moderate knowledge, none of the clients were having inadequate knowledge. H1 was accepted. *Conclusion:* The present study revealed that epilepsy patient caregivers have inadequate knowledge regarding homecare management of epilepsy before STP and after STP knowledge had improved among caregivers.

Keywords: Epilepsy; Home Care Management; Care Givers; Knowledge.

Introduction

Epilepsy is one of the oldest diseases. known to human beings [1]. The word epilepsy is derived from the Greek word "epilepsia", which means "to seizure" or "to attack" [2].

Epilepsy is not a communicable disorder it is one of the most preventable neurological and brain disorder. Epilepsy is a condition in which a person has spontaneously recurring seizures caused by a chronic underlying condition. Prevalence of epilepsy varies from 2.5 to 11.9 per 1000 population in different parts of India. India is home to 10 million epileptics, accounting for one to fifth of global burden.

The incidence rates are high during the first year of life. The population with the highest prevalence of new onset epilepsy is those over the age of 60 [3].

Epilepsy is characterized by a series of seizures,

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which can catch the sufferer, unaware at any moment. Epilepsy, also known as falling sickness, the normal pattern of neuronal activity becomes disturbed. This causes strange sensations, emotions, and behaviour or sometimes convulsions, muscle spasms and loss of consciousness [4].

Epilepsy, seizures that disrupt the nervous system and can cause mental and physical dysfunction. Knowledge about epilepsy and home care is essential to prevent from complications, but people are having less knowledge about epilepsy and its home care management and they are having so many myths about epilepsy, so there is a need to assess the knowledge of adults regarding epilepsy and its home care management and provide information in view to improve their knowledge [5].

Methodology

After obtaining permission from the HOD, Dept. of Neurology, SVIMS, Tirupati, the subjects were approached individually with the permission of authorities. The data was collected with informed consent. The sample was selected by non-probability purposive sampling technique. Total 50 caregivers of patients with epilepsy were interviewed by the investigator using a structured interview schedule.

Inclusion Criteria

Caregivers of patients with epilepsy:

1. who are attending Neurology OPD
2. Both male and female.
3. Who are willing to participate in the study.
4. Who can understand Telugu/ English.

Association between socio demographic variables with knowledge regarding home care management of epilepsy among caregivers.

In pre-test mean value was 26.020, post-test mean value was 33.820 and the standard deviation value was 6.748 in pre-test, 4.732 in post-test and the t-value was 15.413 and the p value was >0.01 hence H₁ was accepted. It evidenced that the STP is significantly effective on improving knowledge regarding home care management of epilepsy among caregivers.

The researcher revealed that there was a significant association between the pre-test knowledge and demographic variables such as educational status, Occupation, Place of residence, Family monthly income were significant at p>0.01 level and age in years were significant at p>0.05 level. H₂ was accepted.

Discussion

Table 1: Distribution of Level of knowledge regarding Home Care Management of Epilepsy among Caregiver n=50

S. No.	Test	Inadequate		Moderate		Adequate	
		F	%	F	%	F	%
1.	Pre-test knowledge regarding home care management of epilepsy	19	38	24	48	7	14
2.	Post-test knowledge regarding home care management of epilepsy	0	0	22	44	28	56

Table 6: Mean and Standard Deviation of Knowledge Regarding Home Care Management of Epilepsy among Caregivers n=50

S.No	Test	Mean(\bar{x})	Standard Deviation
1	Pre test	26.020	6.748
2	Post test	33.820	4.732

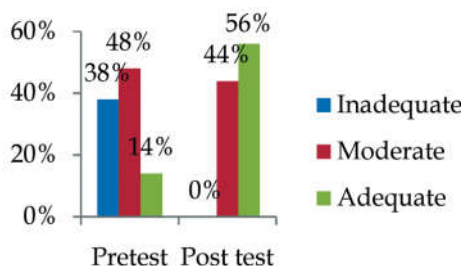


Fig. 1: Percentage distribution of level of knowledge regarding home care management of epilepsy among caregivers

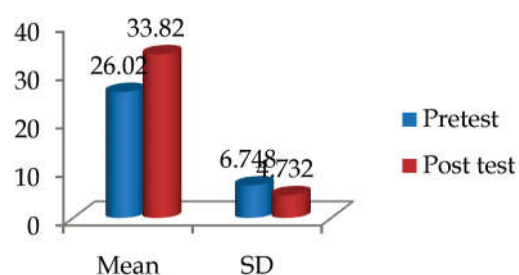


Fig. 2: Comparison of mean and standard deviation in pretest and post test

The present study mainly focus on assess knowledge regarding home care management of epilepsy among care givers. The problem statement of this study is "a study to assess the effectiveness structured teaching programme on knowledge regarding home care management of epilepsy among care givers at neurology OPD, SVIMS, Tirupati."

The first objective of the study is to assess the knowledge regarding home care management of epilepsy among care givers by pre test Present study shows that among 50 caregivers 24(48%) were having moderate knowledge, 19(38%) were having inadequate knowledge and 7(14%) were having adequate knowledge in pre test For post test 28(56%) were having adequate knowledge, 22(44%) were having moderate knowledge, and none of the knowledge none of the caregivers having inadequate knowledge.

The results of the present study supported by earlier study (*kaursukhoir1, olive kishanth 2 2015*)

A research study was conducted on knowledge regarding epilepsy and its home care management among adults, non-experimental research design, the setting is selected rural areas, district Jalandhar, Punjab. Sample size is 200 adults, convenient sampling technique. The findings of the study revealed that 60% of the samples had average knowledge, 36% samples had below average knowledge and only 4% samples had good knowledge. The study was found associated with socio demographic variables like age, educational level, occupation. Hence it is concluded that most of the adults are having average knowledge regarding epilepsy and its home care management⁵.

The second objective of the study is to evaluate the effectiveness of structured teaching programme on knowledge regarding home care management of epilepsy among care givers by post test.

Table shows that there is a significant improvement in the level of knowledge on home care management of epilepsy among caregivers and significant at $p < 0.01$ level.

The results of the present study supported by earlier study (*Prabhuswami Hiremath1 2014*)

A non-experimental descriptive design and conducted in outpatient department at Krishna hospital Karad. Total 60 Samples were selected by Non-probability convenient sampling method. A Structured questionnaire was applied to collect data Maximum samples belong to 18-25 (70) age group, 74% farmer by occupation, 68 % belongs to Hindu religion, 54% samples completed secondary education. In the pre test 80% were having inadequate

knowledge, 17% moderate and only 3% had adequate knowledge on epilepsy and 75% were having inadequate knowledge, 10% moderate and only 5% had adequate knowledge on management of epilepsy. In the post test 11% were having inadequate knowledge, 25% moderate and only 63% had adequate knowledge on epilepsy and 7% were having inadequate knowledge, 13% moderate and only 80% had adequate knowledge on management of epilepsy. Overall post test knowledge on epilepsy showed 43 (72%) had gained adequate knowledge and 12(20%) gained moderately adequate knowledge on epilepsy after giving PTP [6].

The third objective of the study is to associate the knowledge on home care management of epilepsy with selected socio demographic variables.

Table shows association of demographic variables, in pre test age in years were significant at $p > 0.05$ level and educational, occupation, residence, monthly income were significant at $p > 0.01$ level. In post test occupation and residence were significant at $p > 0.05$ level and only education is significant at $p > 0.01$ level.

The results of the present study supported by earlier study (*Rekha Sonavane 2014*)

A cross sectional study conducted among 140 mothers of under 15 children in a village of South India. A pretested interview schedule was administered which included socio-demographic details and thirteen questions covering knowledge regarding first aid in various circumstances. A correct response for each question was awarded '1' mark. A partially correct response was awarded '0.5' marks. A wrong response was awarded '0' marks. The subjects were grouped into one of 4 categories based on the total score obtained- Low = ≤ 3.25 , Medium = 3.26 - 6.5, High = 6.6 - 9.75, Very High = 9.76-13. The results are only 48 (34.3%) of all the mothers stated that they had heard about first aid and most of them had heard from their teachers. Correct knowledge on first aid in various situations was less than 30% in most of the situations. There were several misconceptions regarding the management of various emergencies and injuries which could potentially lead to adverse outcomes following injury. The mean overall baseline knowledge score was 2.34 ± 1.98 among mothers [7].

Conclusion

The present study revealed that epilepsy patient caregivers have inadequate knowledge regarding homecare management of epilepsy before STP and

after STP knowledge have improved among caregivers.

Recommendations

On the basis of findings, the following recommendations have been made for further study:

- ❖ The following study can be replicated on large sample, there by findings can be generalized for a large group.
- ❖ Follow up study can be conducted to evaluate the effectiveness of STP.
- ❖ Similar study could be conducted to develop a health education pamphlet on other seizure complications.
- ❖ A comparative study can be conducted between urban & rural caregivers.

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