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A study to assess the effectiveness of planned teaching programme on knowledge regarding stroke among nursing assistants in selected hospital, Mumbai

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Abstract

Stroke is a major global health problem and second leading cause of death worldwide. It is the most common cause of mortality in the developed world and is also the leading cause of adult neurological disability. Stroke is becoming an important cause of premature death and disability in low-income and middle-income countries like India, largely driven by demographic changes and enhanced by the increasing prevalence of the key modifiable risk factors. Thus, this study is planned to assess the effectiveness of planned teaching programme on knowledge regarding stroke among nursing assistants. A Pre-experimental one group pre- test post- test study was conducted in Holy Spirit hospital Mumbai, among 50 nursing assistants using self-structured questionnaire on stroke. The study proves that 18% adequate knowledge in pre-test and there is 64% increment among nursing assistant adequate knowledge in post-test. The result of the study reveals that the nursing assistants have basic knowledge regarding stroke.

Introduction

Stroke is a major global health problem and second leading cause of death worldwide. It is the most common cause of mortality in the developed world and is also the leading cause of adult neurological disability. Stroke is becoming an important cause of premature death and disability in low-income and middle-income countries like India, largely driven by demographic changes and enhanced by the increasing prevalence of the key modifiable risk factors. Modifiable risk factors are those that can be changed or controlled to prevent or reduce the risk of stroke.

Prevention of occurrence of stroke is the key solution to the problem of the growing stroke burden. Therefore, the most predictor of outcome of treatment of stroke is the time period (often called golden time) between ictus and onset of treatment. If recognized early and managed optimally, acute paralysis in stroke can be reversed. Prompt access to medical service after noticing the initial symptoms may increase the chances of a favorable outcome. Studies from India reported poor awareness of stroke among the population, where the respondents could not even identify the organ affected in stroke. Lack of knowledge of warning signs of stroke and inadequate emergency response often lead to delays in delivery medical/ emergency care within the golden hour. However, knowledge of immediate action that is necessary in dealing with a stroke patient can reduce both mortality and morbidity among patients by preventing delay in hospitalization.

We the researcher felt to educate the Nursing Assistants regarding stroke because of their lack of knowledge. Through this education they can also be able to manage when they see the patient in the hospital and at home and take quick decisions for the prevention of further complications. Hence the researcher felt to create awareness on stroke among individual, family, community and country. Through planned teaching program we assess the awareness and knowledge on stroke among nursing assistants.

Materials and Methods

This was a Quantitative pre-experimental one group pre-test post- test study conducted at Holy Spirit Hospital, Mumbai, on 50 Nursing assistants form Holy Spirit Hospital were sample for this study by non-purposive sampling technique with written informed consent which was obtained from every study participant, and accordance with ethical considerations. Pretest was conducted by demographic data were obtained by the participant for this study, questionnaire on knowledge of stroke were prepared. Planned teaching on stroke risk factors, causes and management had done. Post test conducted with same questionnaire to evaluate the knowledge level

Results and Discussion

1. Findings related to demographic status of the participant
2. Through purposive sampling technique 50 nursing assistants were included in the study.
3. It is observed that majority of the nursing assistants (33) are in age group of 26-45 years, 26 of female, 29 of them had HSC level of education, 45 of them have income 1-2 Lakh, 31 follows mixed dietary pattern, 41 of them have none of the above as their family history, 34 of them live in joint family.
4. Findings related to level of knowledge of stroke among nursing assistants before planned teaching.
5. Before planned teaching the knowledge level of the nursing assistants was 18% adequate, 25% moderate and 32% inadequate level.
6. Findings related to level of knowledge of stroke among nursing assistants after planned teaching.
7. After planned teaching the knowledge level of the nursing assistants was 32% adequate, 17% moderate and 1% inadequate level.
8. Finding related to effectiveness of planned teaching on stroke
9. Effectiveness of planned teaching is assessed by paired t-test t calculated is 7.8 and t tab value is 1.67. Hence hypothesis H1 accepted in a selected aspect.
10. Finding related to the association between knowledge level with selected demographic variables.

It was observed that the association of gender and type of family with knowledge level at 0.05 level of significance, whereas there is no association between other demographic variables and knowledge level at 0.05 level of significance.

Table 3: Association of demographic variables with post-test knowledge score n=50

Sr. No.	Demographic variables	Knowledge level			Chi-Square	p-value
		Adequate knowledge	Moderate Knowledge	Inadequate knowledge		
1.	Age (in years)					
	18 - 25 years	7	7	0	0.77	9.49
	26 – 45 years	14	18	1		
	46 and above	1	2	0		
2.	Gender (*)					
	a) Male	17	8	0	11.8	5.99
	b) Female	5	19	1		
3.	Education					
	a) SSC	7	11	1	2.47	9.49
	b) HSC	13	15	0		
	c) Under Graduate	2	1	0		
4.	Income per annum					
	a) 1-2 lakhs	19	23	1	2.22	5.99
	b) 2 lakhs and more	3	3	1		
5.	Dietary pattern					
	a) Vegetarian	6	4	0	4.27	9.49
	b) Non-Vegetarian	2	8	0		
	c) Mixed	14	15	1		
6.	Family history					
	a) High blood pressure	2	1	0	1.55	12.59
	b) Diabetes	2	1	0		
	c) High blood pressure and Diabetes	1	2	0		
	d) None of the above	17	23	1		
7.	Type of family(*)					
	a) Nuclear	1	2	0	43.88	9.49
	b) Joint	15	19	0		
	c) Extended family	6	6	5		

(*) Significant

Inference

From the above table it can be inferred that gender and type of family in post-test is associated with the knowledge level at 0.05 level of significance.

Data Source and Availability

The primary source of this data is a questionnaire, any other data is available upon request to the corresponding author.

Conclusion

The process of the study benefited us with the knowledge on research on its totality. We conducted a study with the aim to assess the effectiveness of planned teaching on knowledge of stroke regarding stroke among nursing assistants by a self-structured questionnaire. The results of the study reveal that the nursing assistants have basic knowledge regarding stroke. However, the demographic variables are associated with the effectiveness of planned teaching.

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