



A Study To Assess The Effectiveness Of Information Booklet On Knowledge Regarding Selected Aspects Of Home Care Management Of Stroke Among Caregivers Of Stroke Patients In Selected Urban Community In Vijayapur.

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ABSTRACT

Background of the study

The human nerve system is a highly specialized system responsible for the control and integration of the body's many activities. It consists of both central nervous system including brain and spinal cord and peripheral nervous system.

The nervous system includes the brain, spinal cord, and a complex network of neurons. This system is responsible for sending, receiving, and interpreting information from all parts of the body. The nervous system monitors and coordinates internal organ function and responds to changes in the external environment. This system can be divided into two parts: the central nervous system and the peripheral nervous system.

Aim of the study: To assess the effectiveness of Information booklet on Knowledge regarding selected aspects of home care management of stroke among Caregivers of stroke patients.

Methodology: A Pre-experimental one group pre-test and post-test design research design was used . The present study was conducted at selected was caregivers of stroke patients urban community at Vijayapur. The sample size for the present study is 40 selected through convenient sampling technique.

Results: Above table reveals that regarding demographic variables of the participants about age majority that is 16(46.67%) were 41-50 years, 14 (43.33%) were 31-40 years and 10(10%) were 51 -60 years. and regarding gender 20 (50%) were female 20 (50%) were male and about marital status 30 (75%) were married , 10 (25%) were unmarried and about the type of family 20 (50%) belongs to joint family, 20(50%) belongs to nuclear family. and about occupation 6(16.67%) were skilled , 10 (23.33%) were semiskilled ,4 (6.67%) were professionals , 10(23.33%) were non professionals , 10(23.33%) were others. Regarding family income 40(100%) were having above 10000 monthly income and about relationship with patient 20(50%) were wife /Husband, 10(25%) were brother /sister, 10(25%) were Son /Daughter and about duration of care giving to the patient 25(75%) have less than 2 months and 15(25%) have 2-6 months.

Key Words: Effectiveness; Information booklet: Care giver; Stroke, Diet etc

INTRODUCTION

The human nerve system is a highly specialized system responsible for the control and integration of the body's many activities. It consists of both central nervous system including brain and spinal cord and peripheral nervous system.

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 incoming prevalence of the key modifiable risk factors. As a result developing countries are exposed to a double burden of both communicable and non communicable diseases.

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PROBLEM STATEMENT

A study to assess the effectiveness of Information booklet on Knowledge regarding selected aspects of home care management of stroke among Caregivers of stroke patients in selected urban community in Vijayapur.

Objectives of the study

- To assess the level knowledge among caregivers regarding selected aspects of home care management of stroke.
- To assess the effectiveness of information booklet regarding selected aspects of home care management of stroke among caregivers.
- To find the association between pretest knowledge score with their selected demographic variables among caregiver

ASSUMPTIONS

- Caregivers of stroke patient may have inadequate knowledge regarding selected aspects of home care management of stroke .
- An information booklet will help the caregivers to improve their knowledge on selected aspects of home care management of stroke.
- Knowledge enhances the better practice among care givers..

Hypotheses:

Following hypothesis will be tested at 0.05 level of significance

H₁: There will be significant differences in level of knowledge before and after implementation of information booklet.

H₂: There will be significant association between the level of knowledge and selected demographic variables.

MATERIALS AND METHODS

Research design

Pre-experimental one group pre-test and post-test design.

Setting and population

. The present study was conducted at selected was caregivers of stroke patients urban community at Vijayapur.

Sampling technique and Sample size

The sample size for the present study is 40 selected through convenient sampling technique

Inclusion criteria: All the caregivers of stroke patients who are

- Caring for more than one month period.
- Between the age group of 20 to 60 years.
- Able to read and write Kannada

Exclusion criteria: The caregivers of stroke patients who are

- Caring for less than one month period
- Not willing to participate in the study

Variable under study are

Dependent variable: Knowledge regarding selected aspects of home care management of stroke.

Independent variable: Informational Booklet

Demographic variables: Age in years, gender, marital status, type of family, occupation, relationship with patient, family monthly income, duration of care giving..

Method of data collection and tool description: The data were collected through data questionnaires consist of 2 Sections

Section A: Socio-Demographic Data

Section B: self-administered knowledge questionnaire

Results:

Table: 1 Distribution of the subjects according to socio-demographic variables.

n=40

SI No	Demographic Variables	Frequency	Percentage
1	Age (in years)		
	21 – 30	0	0
	31 – 40	14	43.33
	41 – 50	16	46.67
	51-60	10	10.00

2	Gender		
	Male	20	50
	Female	20	50
3	Marital Status		
	Married	30	75
	Unmarried	10	25
4	Type of family		
	Nuclear family	20	50
	Joint family	20	50
5	Occupation		
	Skilled	6	16.67
	Semiskilled	10	23.33
	Professional	4	6.67
	Non Professional	10	23.33
	Others	10	23.33
6	Family Income (in rupees)		
	Less than 5000	0	0
	5001 to 10000	20	50
	Above 10000	20	50
7	Relationship with patient		
	Wife/Husband	20	50
	Sister /brother	10	25
	Daughter/son	10	25
8	Duration of care giving to the patient		
	Less than 2 months	25	75
	2-6 months	15	25
	Above 6 months	0	0

Section 1: Description of demographic characteristics of study subjects.

Regarding demographic variables of the participants about age majority that is 16(46.67%) were 41-50 years, 14 (43.33%) were 31-40 years and 10(10%) were 51 -60 years. and regarding gender 20 (50%) were female 20 (50%) were male and about marital status 30 (75%) were married , 10 (25%) were unmarried and about the type of family 20 (50%) belongs to joint family, 20(50%) belongs to nuclear family. and about occupation 6(16.67%) were skilled , 10 (23.33%) were semiskilled ,4 (6.67%) were professionals , 10(23.33%) were non professionals , 10(23.33%) were others. Regarding family income 40(100%) were having above 10000 monthly income and about relationship with patient 20(50%) were wife /Husband, 10(25%) were brother /sister, 10(25%) were Son /Daughter and about duration of care giving to the patient 25(75%) have less than 2 months and 15(25%) have 2-6 months.

A literature on family care giving for stroke patients to evaluate the effects of stroke care giving on caregivers wellbeing. A total of 20 published stroke care giving research articles were included in this review. Across studies the effect of stroke care giving care givers wellbeing and the significant predictors of caregivers depression were analysed. The results showed that stroke care givers have elevated levels of depression both the acute and chronic phase

Section II: Description of pre-test and post test knowledge score.

Regarding pretest knowledge score of respondents out of 40, majority 16(43.33%) respondents have the inadequate knowledge, 15 (41.67%) respondents have moderately adequate knowledge and 09(15%) respondents have adequate knowledge regarding selected aspects of home care management of stroke.

Regarding post test knowledge score of respondents out of 40, majority 11(33.33%) respondents have the adequate knowledge, 28 (63.34%) respondents have moderately adequate knowledge and 1(3.33%) respondents have adequate knowledge regarding selected aspects of home care management of stroke.

The above findings of the study are supported by a descriptive study conducted on assessment of knowledge on importance of autologous blood transfusion. Among 50 students, 21 (42%) students have adequate knowledge; 12 (24%) have moderate knowledge and 17(34%) have inadequate knowledge regarding importance of autologous blood transfusion.

Section III: Comparison of pre test and post test knowledge scores

The mean of pretest that is 10.85 and posttest that is 17.71, standard deviation of pretest and post test is 3.37, 2.54 respectively and calculated t value is higher than the tabulated t value at 0.05 level of significance it indicates that informational booklet is effective to increase the level of knowledge among care giver.

A study was conducted to assess effectiveness of information booklet on knowledge regarding home care of stroke patients among caregivers in selected hospital of city. Sample size 50 caregivers of stroke patient were selected using convenient sampling technique. There was significant difference in mean pretest and posttest knowledge scores of samples after administering information booklet. Thus the researcher concluded that informative booklet is beneficial in improving knowledge regarding home care of stroke patients.

Section IV: Association between the selected demographic variables and the level of knowledge

There is no association between pre test level of knowledge scores of respondents with selected demographic variables. There is no association between knowledge scores and age $\chi^2 = 2.123(P=0.199)$, Gender $\chi^2 = 1.654(P=0.179)$, type of family $\chi^2 = 2.456(P=0.142)$, Occupation $\chi^2 = 5.206(P=0.905)$, Relationship with patient $\chi^2 = 4.301(P=0.721)$, Duration of care giving to the patient $\chi^2 = 5.221(P=0.654)$, at 0.05 level of significance.

Above findings supports that a pre-experimental study was conducted to determine the effectiveness of Planned Teaching Program on prevention of neonatal hypothermia among staff nurses working in NICU. 40 staff Nurses were taken as a sample. The study revealed that the mean post-test knowledge score was higher (M = 33) than the mean pre-test knowledge score (m= 16.83). The association was computed between the pre-test level of knowledge score and the selected factors. The study concluded that there was no significant association between the pre-test knowledge score and selected factors.

CONCLUSION

This chapter deals with the conclusions, nursing implications such as nursing practice, nursing education, nursing research, nursing administration, limitation of the study and recommendations.

The following conclusions were drawn based on data analysis:

The findings of the study revealed that

- Regarding demographic variables of the participants about age majority that is 16(46.67%) were 41-50 years, 14 (43.33%) were 31-40 years and 10(10%) were 51 -60 years.
- Regarding gender 20 (50%) were female 20 (50%) was male.
- About marital status 30 (75%) were married, 10 (25%) were unmarried.
- About the type of family 20 (50%) belongs to joint family, 20(50%) belongs to nuclear family.
- Regarding the occupation 6(16.67%) were skilled, 10 (23.33%) were semi skilled ,4 (6.67%) were professionals , 10(23.33%) were non professionals , 10(23.33%) were others.
- Regarding family income 40(100%) were having above 10000 monthly income

- About relationship with patient 20(50%) were wife /Husband, 10(25%) were brother /sister, 10(25%) were Son /Daughter.
- About duration of care giving to the patient 25(75%) have less than 2 months and 15(25%) have 2-6 months.
- Regarding pretest knowledge score of respondents out of 40, majority 16(43.33%) respondents have the inadequate knowledge, 15 (41.67%) respondents have moderately adequate knowledge and 09(15%) respondents have adequate knowledge regarding selected aspects of home care management of stroke.
- Regarding post test knowledge score of respondents out of 40, majority 11(33.33%) respondents have the adequate knowledge, 28 (63.34%) respondents have moderately adequate knowledge and 1(3.33%) respondents have adequate knowledge regarding selected aspects of home care management of stroke.
- The mean of pretest that is 10.85 and posttest that is 17.71, standard deviation of pretest and post test is 3.37, 2.54 respectively and calculated t value is higher than the tabulated t value at 0.05 level of significance it indicates that informational booklet is effective to increase the level of knowledge among care giver.
- There is no association between pre test level of knowledge scores of respondents with selected demographic variables. There is no association between knowledge scores and age $\chi^2 = 2.123(P=0.199)$, Gender $\chi^2 = 1.654(P=0.179)$, type of family $\chi^2 = 2.456(P=0.142)$, Occupation $\chi^2 = 5.206(P=0.905)$, Relationship with patient $\chi^2 = 4.301(P=0.721)$, Duration of care giving to the patient $\chi^2 = 5.221(P=0.654)$, at 0.05 level of significance.

RECOMMENDATIONS

Nursing research is a widely expanding area with need for validating conservative, interventions and development of new knowledge.

This study recommends the following for achieving this end.

1. The investigator will recommends the tie up hospitals to use the post stroke rehabilitation module to provide health education to caregivers of stroke clients.
2. A true experimental study can be conducted to assess the effectiveness of the post stroke rehabilitation module with practice assessment among the caregivers of stroke clients.
3. An exploratory study can be done at various settings to identify the care givers perception of stroke complications and rehabilitation measures
4. A study can be conducted to evaluate the quality of life among care givers
5. A study can be conducted on selection of one complication with specific rehabilitative measures.

6. Similar study can be replicated on a larger sample to increase validity and generalizability of results.

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