



“A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING PREVENTION OF POST COVID COMPLICATIONS AMONG POST COVID PATIENTS IN SELECTED RURAL AREAS OF VALSAD DISTRICT.”

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Abstract:

Covid-19 is really an infectious disease caused by a recently discovered corona virus. The majority of Covid-19 virus-infected individuals will develop mild to severe respiratory disease and recover without the need for special care. The elderly and individuals who have underlying medical diseases such as cancer, diabetes, lung disease, and cardiovascular disease are more prone to have serious illnesses. COVID-19 affects different people in different ways.

Methods: In this study quantitative approach with pre-experimental research design was used. The setting of the study was selected rural area of Valsad district. Sample size was 30. In this study non-probability sampling technique convenient sampling technique was done. Structured questionnaire was used. Data analysis was done mainly using descriptive statistics paired t-test for hypothetical testing and chi square test was done for association.

Result:

The present study evaluates the knowledge of post COVID patients regarding prevention of post COVID complications and found that 13.33% of the samples had poor knowledge 80% of people had average knowledge and 6.67% of people had good knowledge in the pre-test. The overall mean percentage of knowledge in pre-test was 9.36 with the standard deviation of 3.52. In the post test the overall mean percentage of knowledge in post-test was 14.5 with the standard deviation of 3.98.

Conclusion:

Analysis data shows that the post test knowledge score has significantly higher than the pre test knowledge score at $p < 0.05$ level of significance i.e. mean difference is 5.19. There was a significant improvement in knowledge of post COVID patients. The study revealed that structured teaching programme was observed to be very effective method to improving knowledge on prevention of post COVID complications.

Keywords: Knowledge, Prevention, Post, Covid, Complication

I. INTRODUCTION

Corona virus illness (Covid-19) is really an infectious disease caused by a recently discovered corona virus. The majority of Covid-19 virus- infected individuals will develop mild to severe respiratory disease and recover without the need for special care. The elderly and individuals who have underlying medical diseases such as cancer, diabetes, lung disease, and cardiovascular disease are more prone to have serious illnesses.¹

According to World Health Organization (2021); In India there have been 31,026,829 confirmed cases of COVID-19 with 412,531 deaths. They reported that deaths climbed last week after nine straight weeks of decline. It recorded more than 55,000 lives lost, a 3% increase from the week before. Cases rose 10% last week to nearly 3 million, with the highest numbers recorded in Brazil, India, Indonesia and Britain.² According to global burden disease of post COVID-19; as the number of reported cases of COVID-19 exceeds 250 million globally and deaths exceed 5 million, there is growing awareness and concern about those who suffer long- term conditions which appear to be associated with the virus. The organ systems most frequently affected by these post-COVID conditions as per the claims data include central nervous, cardiovascular, and respiratory systems.³

NEED OF THE STUDY

COVID-19 has turned the world upside down. Everything has been impacted. How we live and interact with each other, how we work and communicate how we move around and travel. Every aspect of our lives has been affected. There is an urgent need to study post-COVID-19 patients to understand the long-term, multisystemic effects of the virus, which persist across all age groups and illness severities. Even a small percentage of lingering cases could translate into a substantial global health burden, demanding targeted assessment and care strategies.⁴

Despite testing negative, many COVID-19 survivors continue to face physical, cognitive, and psychological challenges that are often overlooked. Post-Intensive Care Syndrome (PICS) remains underrecognized, even among healthcare professionals, highlighting the need for greater awareness and structured follow-up care. Assessing post-COVID knowledge and recovery is vital for improving long-term outcomes.⁵

Globally, as of December 19, 2022, there were **649,038,437 confirmed cases of COVID-19** and **6,645,812 deaths** reported to the World Health Organization (WHO). By December 12, 2022, over **13 billion vaccine doses** had been administered worldwide. During the peak of the pandemic, **188 countries implemented nationwide school closures**, disrupting education for more than **1.6 billion children and young people**. In India, between January 3, 2020 and December 19, 2022, **44,676,087 confirmed cases** and **530,674 deaths** were reported.⁶

This study is needed to address the gaps in knowledge concerning post- COVID complications in selected rural areas of Valsad District. As the pandemic has unfolded, there's a growing need to enhance awareness and understanding of preventing post-COVID complications. This study aims to assess the effectiveness of a structured teaching program, contributing valuable insights for healthcare practitioners, policymakers, and the community to develop targeted interventions and strategies for post-COVID care in rural settings. It seeks to improve overall health outcomes, reduce complications, and empower post-COVID patients with crucial knowledge for better long-term management of their health.

OBJECTIVES

- To assess the knowledge of post covid patients regarding prevention of post covid complication before and after administration of the structured teaching program.
- To evaluate the effectiveness of the structured teaching program on prevention of post covid complications among post covid patients in selected rural areas of Valsad district.
- To find out the association between pre-test knowledge score of post covid patient with their selected demographic variables in selected rural areas of Valsad district.

METHODS

In this study a quantitative approach with Pre experimental pre-test post-test design was used. The variables included in this study are dependent variables, independent variables. The setting of the study was conducted rural area Chhiri village, Vapi of Valsad district. population was post covid patients, living in selected Chhiri village at Vapi. Sample size was 30 covid patients from selected

area of Valsad district. Sampling technique non-probability sampling technique was used, in that convenient sampling technique was done. Structured knowledge

RESULTS & DISCUSSION

The analysis in this chapter includes 4 sections.

Section A:

Table 1: Frequency and percentage distribution of post covid patients regarding prevention on post covid complications according to demographic variables

N=30

SR NO.	Demographic Data	Frequency (f)	Percentage (%)
1.	Age		
	A. 18-28 years	08	26.66%
	B. 29-38 years	07	23.33%
	C. 39-48 years	14	46.66%
	D. More than 60 years	01	3.33%
2.	Gender		
	A. Male	16	53.33%
	B. Female	14	46.66%
	C. Transgender	00	0%
3.	Educational status		
	A. Illiterate	02	6.66%
	B. Primary/secondary	09	30%
	C. Graduate	07	23.33%
	D. Post graduate	12	40%
4.	Marital status		
	A. Married	20	66.66%
	B. Unmarried	05	16.66%
	C. Divorced	02	6.66%
	D. Widow/Widower	03	10%
5.	Occupation		
	A. Unemployed	02	6.66%
	B. Govt. Employee	06	20%
	C. Private employee	13	43.33%
	D. Skilled labor	09	30%
6.	Family Income		
	A. More than 10,000	10	33.33%
	B. Rs. 10,001 – 15,000	13	43.33%
	C. Rs.15,001 – 20,000	01	3.33%
	D. Rs.20,001 and above	06	20%
7.	Area of residence		
	A. Urban	00	0%
	B. Rural	30	100%
8.	Source of information about COVID-19		
	A. Family &friends	05	16.66%

	B. Relatives	05	16.66%
	C. Health worker	02	6.66%
	D. Mass media	18	60%

Table No. 1 Represents the distribution of post covid patients. According to age in 18-28years, 14(46.66%) of them belong to the age group between 39 – 48years. Regarding gender of post covid patients 16(53.33%) were male and educational status 12(40%) were post graduate. marital status 20(66.66%) were married. Regarding the occupation 13(43.33%) were private employee. place of residence 30(100%) were rural areas. according to their sources of COVID 19 information 18(60%) were mass media.

SECTION: B

Table 2: Frequency and percentage distribution of post covid patients based on knowledge regarding prevention of post covid complications in pre and post test N=30

S.NO	Knowledge	Pre-test		Post-test	
		Frequency(f)	Percentage (%)	Frequency (f)	Percentage (%)
1.	Poor Knowledge	19	63.33%	04	13.33%
2.	Average Knowledge	11	36.67%	24	80%
3.	Good Knowledge	0	0%	02	6.67%

Table 2, Represents that during pre-test knowledge score 19 (63.333%) had poor knowledge, 11 (36.667%) had average knowledge and none of them had good knowledge. In post-test knowledge score 04(13.333%) had poor knowledge, 24 (80%) had average knowledge and 02 (6.6667%) had good knowledge level.

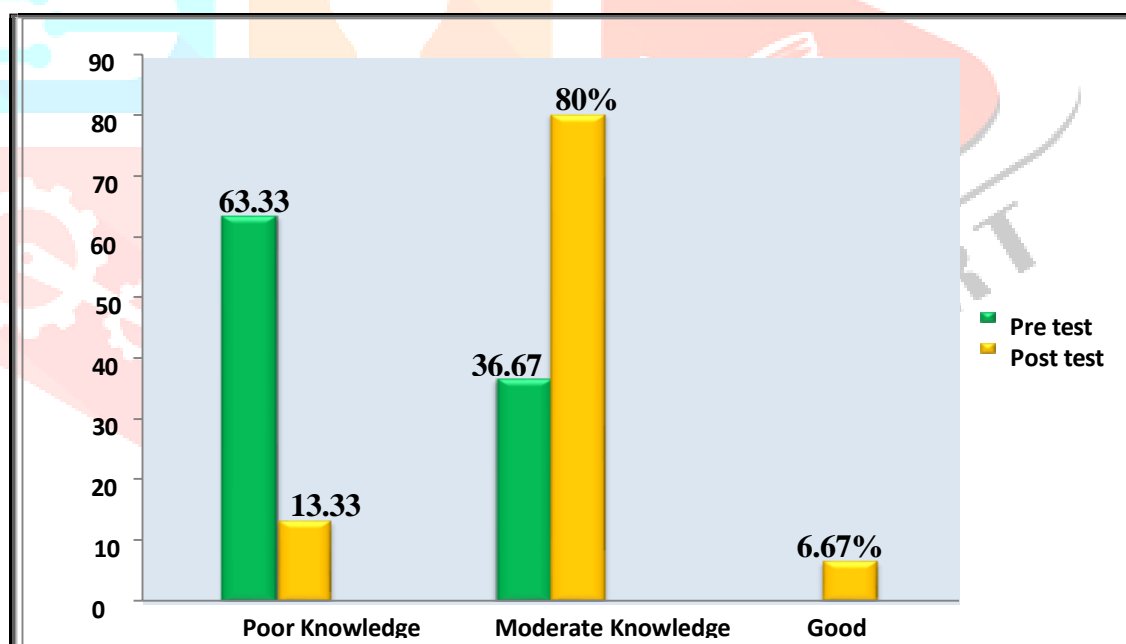


Figure 1. Distribution of post covid patients based on knowledge regarding prevention of post covid complications in pre and post test

Section C: Comparison of pre-test and post-test level of knowledge regarding prevention of post covid complications.

Table 3: Comparison of pre test and post test level of knowledge regarding prevention of post covid complications. N=30

S.NO	Knowledge	Mean	S.D	't' value	Tab value	Remark
1.	Pre-test	9.36	3.52	5.19	0.754	S
2.	Post-test	14.5	3.98			

Table 3 shows that the pre-test mean score 9.36 and post-test mean score was 14.5. It is higher than the pre-test mean score. The calculated ‘t’ value 14, which is significant at $p < 0.05$ level. The finding implies that the information structured teaching programme has significant effect in the improvement of knowledge regarding prevention of post covid complications.

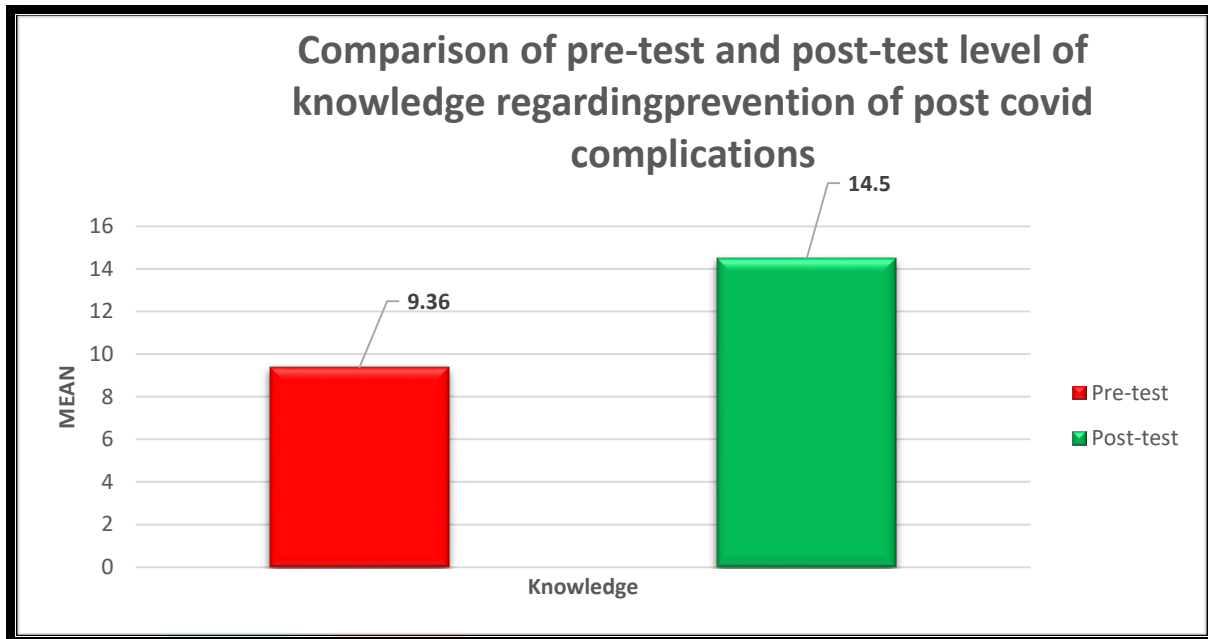


Figure 2 Comparison of pre-test and post-test level of knowledge regarding prevention of post covid complications

SECTION D:

Table. 4: Chi-square tests on the level of knowledge regarding prevention of post covid complications with their selected demographic variables.

N=30

Sr. no.	Demographic variables	Good	Poor	Average	Df	Chi table	Chi Calculated	X ²	Remark
1.	Age								
	(A) 18-28 years	05	01	02	03	7.81	7.45	6.133	S
	(B) 29-38 years	03	0	04					
	(C) 39-48 years	08	0	05					
	(D) More than 60 years	02	0	0					
2.	Gender								
	(A) Male	15	02	0	01	3.84	12.71	0.841	S
	(B) Female	08	0	05					
	(C) Transgender	0	0	0					
3.	Educational Status								
	(A) Illiterate	02	0	01	03	7.81	5.84	1.924	NS
	(B) Primary/Secondary	08	01	0					
	(C) Graduate	10	02	01					
	(D) Post graduate	03	0	02					
4.	Marital Status								

	(A) Married	11	01	10	03	7.81	3.18	0.695	NS
	(B) Unmarried	01	0	0					
	(C) Divorced	03	0	02					
	(D) Widow/Widower	02	0	0					
5.	Occupation								
	(A) Unemployed	02	0	0	03	7.81	0.46	1.036	NS
	(B) Govt. Employee	03	0	02					
	(C) Private employee	05	01	06					
	(D) Skilled labor	06	0	05					

The table 4. shows that the association between the knowledge score with the demographic variables. This table shows the knowledge score of the samples and describes the degree of freedom, chi square value, table value. This table also shows the significance of the study. Age is significant. Educational status, Marital status, Occupation, family income, Area of residence and sources of information about covid-19 are not significant.

IMPLICATIONS:

The findings are useful in the field of education nurse, administration of nurses and clinical practice.

NURSING PRACTICE:

- This structured teaching programme can be used to all school.
- School health nurses can teach the school adolescents with the help of structured teaching programme on prevention of post covid complications.
- Training programme can be arranged for school teachers in order to emphasize the healthy life style to the students.

NURSING EDUCATION:

- The concept of COVID19 and its prevention of complications can be incorporated in the curriculum.
- Nurse educator should take the initiative to conduct education programme regarding the COVID19 and its prevention of complications.
- Motivate the students to update the knowledge regarding the measures to prevent the post covid complications.

NURSING ADMINISTRATION:

- The nurse administrator coordinates her work along with the school teachers.
- To encourage them to teach the clients in nursing administrator should organize educational programme such as workshops, seminars regarding prevention of post covid complications especially among the female clients and parents.
- Nurse administrator can participate in formulating polices for implementation of structured teaching programme.
- Provide opportunities for school health nurse to attend training programme.

NURSING RESEARCH:

- Educational institution and service organization can motivate researchers for implementing structured teaching programme on covid and viral diseases topics related to health of clients.
- The findings can be used as evidence-based practice by school health nurse to increase awareness among post covid patients.
- Disseminate the research findings on effect of structured teaching programme through conferences, seminar and by publishing the article in nursing journals.

CONCLUSION:

- From the findings of the present study, the level of knowledge of post covid patients regarding prevention of post covid complications was inadequate during the pre-test assessment. However, findings of the post-test in the group, level of knowledge had improved. The improvement was due to the administration of structured teaching programme. Therefore, the knowledge of the post covid patients could be improved by providing ongoing educational programme.

RECOMMENDATIONS:

- A comparative study can be conducted between urban and rural school students.
- A similar study can be done by using various teaching methods.
- The similar study can be conducted by using experimental group and control group.
- A study can be conducted among school students and in community areas.
- A descriptive study can be conducted on incidence of adolescents with COVID19

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DISSEMINATION OF FINDINGS

The findings may be communicated by journal publication and standardization, presentations, symposia, conferences, and health education.

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