



A STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED HEALTH TEACHING PROGRAMME ON KNOWLEDGE REGARDING CARE OF PRESSURE SORE AMONG CAREGIVERS OF HOME-BASED PALLIATIVE CARE PATIENTS

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Abstract: Pressure ulcers are the most common condition among palliative care patients at home care facilities and imposes significant Burdon on patients, relatives and caregivers. When the caregivers are knowledgeable about preventing pressure ulcers it will helps to avoid lot of discomforts for the patients. They place a vital role in preventing pressure ulcers. The Objectives of the present study was to evaluate the effect of planned health teaching programme on knowledge regarding care of pressure sore among caregivers of home-based palliative care patients. Quantitative research approach, pre experimental one group pre-test post-test design was adopted for the study. 30 caregivers are selected from different wards of Chalakudy Municipality by Purposive sampling technique. Analysis done by descriptive and inferential statistics. The result shows that mean posttest knowledge score (19.62) was highly significant than pretest knowledge score (13.65). The calculated t value ($t=9.622$) was higher than the table value ($t=2.05$) at 0.05 level of significance. Hence the findings of the study revealed that the planned health teaching programme was effective in improving the knowledge of caregivers of home-based palliative care patients.

Index Terms - Planned health Teaching Programme, Care Givers, Pressure Sore, Home based Palliative Care Patients.

INTRODUCTION

Bedridden patients are immobile and they cannot move or sit upright. Some patients are not going to improve further but we still give care and love. Care giving maybe directed to individual of any age and varies from short term to long term care according to the physical or mental disability of the care receivers. Due to the physical and mental health problem patients require assistance either on a temporary or a permanent basis. Assisting people to meet their hygienic needs is a fundamental part of nursing care. This include principles of care, observation, control, communication, safety and prevention of cross infection, general age, health status, developmental age and self-concept are all personal care giver characteristics that affect the care giving situation

OBJECTIVES:

1. To assess the level of knowledge regarding care of pressure sore among caregivers of home-based palliative care patients.
2. To evaluate the effect of planned health teaching programme on knowledge regarding care of pressure sore among caregivers of home-based palliative care patients.
3. To find the association between pretest level of knowledge regarding care of pressure sore among caregivers of home-based palliative care patients with selected Sociodemographic data variables

RESEARCH METHODOLOGY

Research approach: Quantitative Research approach was found to be appropriate for the present study. **Research design:** Pre-experimental one -group-pre-test-post-test design. The target population in the study is the caregivers of home-based palliative care patients. **Sampling technique:** Sampling technique was non-probability purposive sampling technique. **Sampling criteria:** A researcher set criteria for selecting the sample on the assumption that sample data will enable him to estimate population parameters. The tool consists of two parts; description of tool structured questionnaire on detection of knowledge of caregivers regarding care of bedridden patients. This was constructed in to two parts.

Part A: Socio- demographic questionnaire

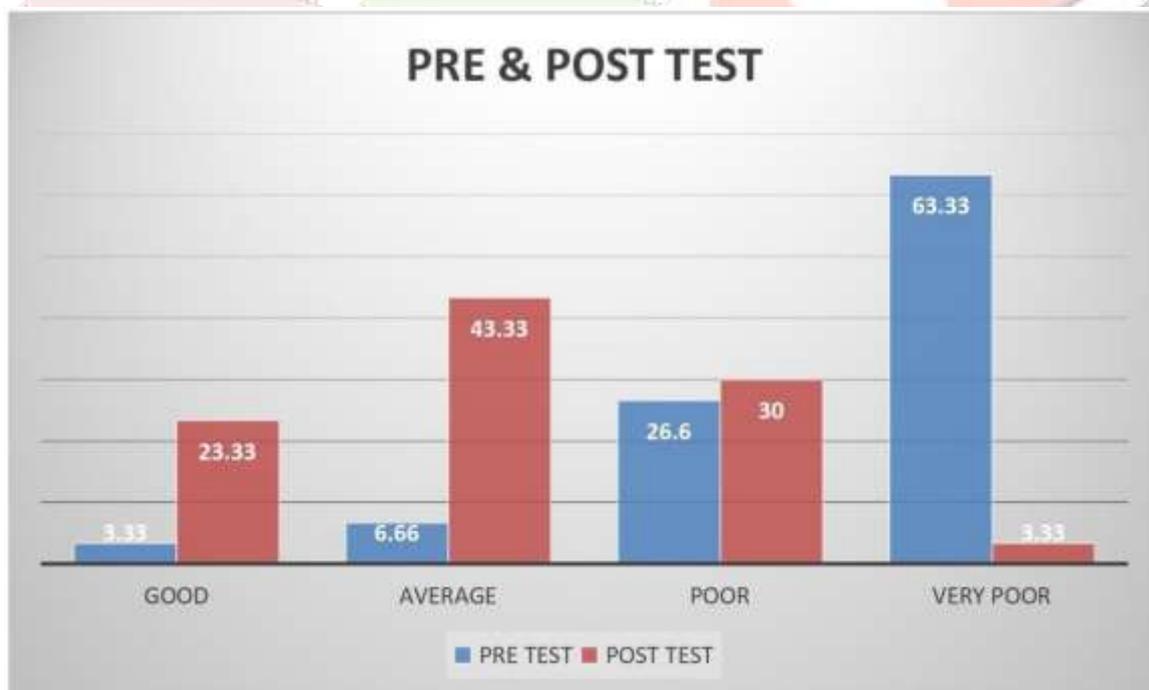
Part B: Self structured knowledge of caregivers of home-based palliative care patients. Reliability of the tool was 0.85.

ANALYSIS AND INTERPRETATION

The majority (63.33%) of caregivers are above 60 years of age group and remaining other belong to below 60 years of age (36.66%). The majority of caregivers were female (90%), and the remaining are men (10%). Majority of the caregivers are undergraduates (56.33%) and remaining are graduates (43.3%). The half of caregivers belong to APL (50%) and BPL (50%). Majority of the caregivers had previous experience and teaching (56.66%) and the remaining (43.33%) had no previous experience and teaching.

Distribution of caregivers of palliative care patients based on Age, Gender, Education (N = 30)

Socio-demographic Variables	Characteristics	Frequency (f)	Percentage (%)
Age	Above 60	11	36.66%
	Below 60	19	63.33%
Gender	Female	27	10%
	Male	03	90%
Education	Under graduate	17	56.66%
	Graduate	13	43.33%
Socio-economic Status	APL	15	50%
	BPL	15	50%
Previous experience And teaching	Yes	17	56.6%
	No	13	43.33%



The diagram showing comparison of pre-test and post-test level of knowledge regarding care of pressure sore among caregivers of home-based palliative care patients

The above cluster diagram shows that in pretest ,the good knowledge regarding the care of pressure sore among caregivers of home based palliative care patients was 3.33% (1) and in the post test it was 23.33%(7) .In the pretest ,6.66% (2) care givers got average score where as in the post test 43.33% (13) had average score . The Poor score in the pre test regarding the care of pressure sore among caregivers of home based palliative care patients was 26.6% (8) and in the post test it was 30% (9) .In pre test 63.33% (19) got very poor

knowledge ,where as it reduced to 3.33% (1) in the post test .The data showed that the planned health teaching programme regarding the care of pressure sore among caregivers of home based palliative care patients were found effective. So H1 accepted at the level of 0.05 significance.

- And also, there is significant association between pretest level of knowledge regarding care of pressure sore among caregivers of home-based palliative care patients with selected Socio-demographic data variables like education and previous experience of care givers.

Selected demographic variable	Level of Knowledge				Chi square value	Degree of freedom	Level of significance
	Good	Average	Poor	Very Poor			
Experience and teaching							
Experienced	2	0	15	0	10.94	3	Significant
Not experienced	9	0	4	0			
Education							
Graduate	10	0	3	0	16.23	3	Significant
Undergraduate	1	0	16	0			

CONCLUSION

The findings reveal that there was significant difference between care of pressure sore among caregivers of home-based palliative care patients before and after the structured teaching programme. There was significant association between pretest level of knowledge regarding knowledge regarding care of pressure sore among caregivers of home-based palliative care patients and selected demographic variables (education, previous experience). Therefore, the planned teaching programme was effective in improving the knowledge of caregivers of home-based palliative care patients at selected setting of this study.

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