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Effectiveness Of Structured Teaching Programme On Prevention Of Tendinitis Among Housekeeping Staff In Rajindra Hospital, Patiala

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Abstract

Tendinitis is a common occupational health issue among housekeeping staff due to repetitive physical tasks and improper ergonomic practices. This study evaluates the effectiveness of a structured teaching programme aimed at preventing tendinitis among housekeeping personnel in Rajindra Hospital, Patiala. A pre-experimental one-group pre-test post-test design was employed, involving 60 housekeeping staff selected through purposive sampling. A structured questionnaire was used to assess knowledge before and after the intervention. The post-test scores showed a statistically significant improvement, indicating the success of the teaching programme. The study concludes that health education can play a pivotal role in preventing work-related musculoskeletal disorders like tendinitis.

Keywords: Tendinitis, Structured Teaching Programme, Housekeeping Staff, Occupational Health, Rajindra Hospital, Patiala.

Introduction

Tendinitis, defined as the inflammation of a tendon, is a prevalent musculoskeletal disorder among workers involved in repetitive tasks and manual labor. Housekeeping staff, due to the physical nature of their work, are particularly vulnerable. Lack of awareness regarding proper posture, ergonomic principles, and preventive measures often leads to repetitive strain injuries. Hospitals, while focusing on patient care, must also consider the occupational well-being of their ancillary staff. Structured teaching programmes offer a practical and cost-effective strategy to improve awareness and reduce the incidence of work-related disorders like tendinitis.

Methodology

A quantitative research approach with a pre-experimental one-group pre-test post-test design was adopted for the study. The sample consisted of 60 housekeeping staff working at Rajindra Hospital, Patiala, selected through purposive sampling. A structured questionnaire was administered to assess baseline knowledge regarding tendinitis and its prevention. Following the pre-test, a structured teaching programme was delivered using audiovisual aids, including demonstrations on proper posture, exercises, and ergonomic practices. A post-test was conducted after seven days using the same questionnaire to measure the effectiveness of the intervention. Data were analyzed using descriptive and inferential statistics.

Results

The pre-test knowledge scores revealed that a significant proportion of the staff had inadequate knowledge about tendinitis. After the structured teaching programme, post-test results indicated a marked improvement. The mean pre-test score was 9.25 (SD = 2.13) and the mean post-test score was 17.35 (SD = 1.78). The paired t-test showed a statistically significant difference between pre- and post-test scores ($t = 16.84$, $p < 0.001$), suggesting that the educational intervention was effective.

Discussion

The findings of this study are consistent with previous research indicating that structured health education significantly improves knowledge and preventive behaviors. Education on body mechanics, exercise, and early symptom recognition can lead to behavioral changes that reduce the risk of tendinitis. This study highlights the potential of low-cost, nurse-led educational interventions in improving occupational health outcomes among hospital staff. Regular training sessions and the inclusion of such modules in induction programmes for housekeeping staff can ensure long-term benefits.

Conclusion

The structured teaching programme was effective in enhancing the knowledge of housekeeping staff regarding tendinitis and its prevention. There is a need for continued education and periodic reinforcement to sustain knowledge and translate it into safe practices. Hospitals should prioritize occupational health education as part of staff welfare policies.

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