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Research Article

A STUDY TO EVALUATE THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING SENSORY STIMULATION IN UNCONSCIOUS PATIENTS AMONG STAFF NURSES IN SELECTED HOSPITALS

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ABSTRACT

Introduction: Unconsciousness more appropriately referred to as loss of consciousness or lack of consciousness. Glasgow coma scale (GCS) is a widely used scoring system to assess coma and impaired consciousness. Patient with a score of 8 or less is moderate and score of 13-15 are mild unconscious. **Objectives:** 1) to assess the pre test knowledge score. 2) to administer Structured Teaching Programme on knowledge regarding sensory stimulation in unconscious patients. 3) to assess the post test knowledge score. 4) to evaluate the effectiveness of structured teaching programme among staff nurses regarding sensory stimulation in unconscious patients. 5) to determine the association between pretest knowledge score and selected demographic variables. **Methods and materials:** The research approach used was evaluative approach. The research design selected for the study was a quasi- experimental design. Setting of the study: The setting was selected hospitals. The sample includes staff nurses; sampling technique was used simple random sampling. **Description of tools:** A structured knowledge questionnaire method was used to collect data from sample. **Result and discussion:** The analysis of mean, S.D., and mean percentage of the knowledge score in pre-test and post-test revealed that the mean percentage in pre-test was 14.98% where as in post - test 18.20%. This shows that the in structure teaching programme on knowledge regarding sensory stimulation in unconscious patients was effective.

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INTRODUCTION

Unconsciousness more appropriately referred to as loss of consciousness or lack of consciousness. Glasgow coma scale (GCS) is a widely used scoring system to assess coma and impaired consciousness. Patient with a score of 8 or less is moderate and score of 13-15 are mild unconscious.

Background of the study: Occupational therapists are significant contributors to neuro-rehabilitation, often working in multidisciplinary teams in acute, long-term and community settings. People with severe traumatic brain injury (TBI) need careful observation and assessment to inform clinical decision-making regarding care, treatment, discharge arrangements and evidence-based conversations with families regarding recovery. Although rehabilitation of people with brain injury has had significant attention in occupational therapy literature, very little has addressed the assessment of disorders of consciousness (DOC) in severe brain injury.

This paper examines one measure used by occupational therapists in Australia that was developed specifically for survivors of severe TBI who are slow-to-recover, providing further evidence of validity

Need for the study: Unconscious patients may survive for days or months and often experience decreased quality of life. The outcome ranges from recovery to death.^[12] Coma generally last a few days to few weeks, rarely more than 2 to 5 weeks. After this some patient gradually comes out of coma or some may progress to a vegetative state, and some may die. Some patients may remain in a vegetative state for years or even decades.^[11] The outcome from coma and vegetative state depends upon cause, location, severity and extend of neurological damage.

Objectives: 1) To assess the pre test knowledge score regarding sensory stimulation in unconscious patients among staff nurses. 2) To administer Structured Teaching Programme on knowledge regarding sensory stimulation in unconscious patients for staff nurses in selected hospitals. 3) To assess the post test knowledge score regarding sensory stimulation in unconscious patients among staff nurses. 4) To evaluate the

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effectiveness of structured teaching programme among staff nurses regarding sensory stimulation in unconscious patients. 5) To determine the association between pretest knowledge score and selected demographic variables.

Hypotheses: H₁: There is significant difference between pre-test and post-test knowledge regarding sensory stimulation among staff nurse. H₂: There is a significant association between the pre-test knowledge score and selected demographic variables among staff nurses.

Assumptions: 1) Staff nurses will have some knowledge regarding sensory stimulation in unconscious patients. 2) Structured teaching programme will improve the knowledge of staff nurses regarding sensory stimulation in unconscious patients.

MATERIAL AND METHOD

Research approach: quantitative research with evaluative approach. **Research design:** quasi experimental one group pre-test and post-test design. **Population:** all the staff nurses. **target population:** staff nurses in selected hospitals. **accessible population:** staff nurses who are available at the time of data collection in selected hospital. **Setting of the study:** selected hospitals. **Sample size and sample:** 60 staff nurses. **Sampling technique:** Simple random sampling technique

Description of tool: Part I – demographic data age, gender, educational background, working experience, source of information, previous knowledge, qualification. Part II – Structured knowledge questionnaire regarding sensory stimulation in unconscious patients.

RESULTS AND DISCUSSION

Section I: Description of staff nurses with regards to demographic variables

Majority 25 (41.67%) of subject were in the age group of 21-25 years, Majority 36(60%) of subject were females, majority 27 (45%) of subject were belongs to other religions. Majority 42(70%) of subject were educated up to diploma, majority 32(53.33%) of subject were having monthly income of 10000-20000rs, Majority 29(48.33%) of subject were working in medical and surgical ward, Majority 36(60%) of subjects were having experience of 0-3 years, Majority 33(55%) of subject were not having any previous exposure Majority 9(33.33%) of subject were having information from academic education.

Section II: Description of pre-test knowledge score regarding sensory stimulation in unconscious patients among the staff nurses

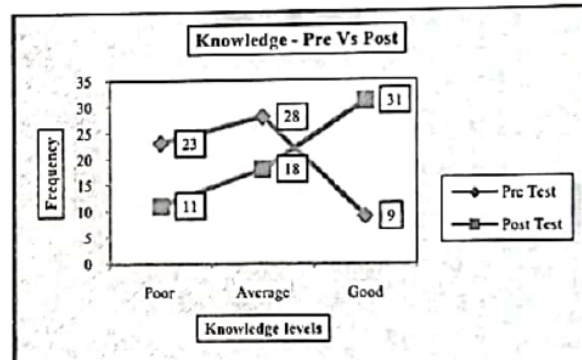
Analysis of the pre- test knowledge scores of staff nurses revealed that in the pre- test out of 60 staff nurses majority 28(46.67%) of the subjects had average knowledge regarding sensory stimulation, 23(38.33%) had poor knowledge regarding sensory stimulation and only 9(15%) had good knowledge regarding sensory stimulation.

Section III: Description of post-test knowledge score regarding sensory stimulation in unconscious patients among staff nurses

Analysis of the post - test knowledge scores of staff nurses revealed that in the pre- test out of 60 staff nurses majority 31 (51.67%) of the subjects had good knowledge regarding sensory stimulation, 18(30%) had average knowledge regarding sensory stimulation and only 11(18.33%) had poor knowledge regarding sensory stimulation

Section IV: Description of effectiveness of structured teaching programme on knowledge regarding sensory stimulation in unconscious patients among staff nurses

The analysis of mean, S.D., and mean percentage of the knowledge score in pre-test and post-test revealed that the mean percentage in pre-test was 14.98% where as in post – test 18.20% This shows the effectiveness in structure teaching programme on knowledge regarding sensory stimulation in unconscious patients.



Line diagram showing comparison of pre- test and post- test knowledge score of staff nurses s regarding sensory stimulation in unconscious patients.

Section V: Description on the association of pretest knowledge score in relation to demographic variables.

The analysis of association of selected demographic variables with knowledge scores using chi-square revealed that there was significant association between knowledge score and selected demographic variables such as age, educational status and work experience. But it is found that there was a no significant association between knowledge score and selected demographic variables such as gender, religion, monthly income, area of work, previous exposure and source of information at 5 % level of significance. Hence H₂ accepted in case of variable such as age, educational status and work experience and H₂ is rejected in case of variables such as gender, religion, monthly income, area of work, previous exposure and source of information.

CONCLUSION

The study findings concluded that staff nurses had poor knowledge regarding sensory stimulation .The structured teaching programme had great potential for accelerating the awareness regarding sensory stimulation in unconscious patients among staff nurses.

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A Study to Assess Effectiveness of Structured Teaching Programme on Knowledge Regarding First Aid among Drivers in Selected City

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Abstract: *Objectives:* 1. To assess the existing knowledge of drivers regarding first aid. 2. To evaluate the effectiveness of structured teaching program on knowledge regarding first aid among drivers. 3. To find out the association between pre- test knowledge score with selected demographic variables. *Methods:* The research design selected for the study was a quasi- experimental design. The setting was selected school/college of selected city. The sample includes drivers; sample was selected using simple probability random sampling. The Structured knowledge questionnaire was used to collect data from samples. *Result:* Analysis of the pre- test knowledge scores of drivers revealed that in the pre- test out of 30 drivers majority of 26(86.66%) drivers had poor knowledge, 4 (13.33%) had average knowledge and 0 (0%) had good knowledge regarding of first aid. The analysis of the post - test knowledge scores of drivers revealed that in the post- test out of 30 drivers majority of 23 (76.66%) drivers had average knowledge, 7 (23.33%) had Good and 0 (00%) had poor knowledge regarding First aid. *Interpretation and conclusion:* The findings of the present study showed that, the post-test knowledge score was higher than the pre-test knowledge score range. The hypothesis are proved and accepted.

Keywords: First Aid, Drivers

1. Introduction

"Learn first aid, be the hero". -JFRC

According to American nurses association (ANA) (1973): Community Health Nursing is a synthesis of nursing practice and public health practice applied in promoting and preserving the health of populations. The nature of this practice is general & comprehensive. It is not limited to particular age or domestic group. It is continuous and not episodic. The dominant responsibility is the population as a whole. Therefore nursing directed to individuals, families or group contributes to health of total maintenance.

The instances of recorded first aid were provided by religious knights, such as the "knight hospitaller" formed in the 11th century, providing care to pilgrims and knights. The term "firstaid" was first coined in 1878 as civilian ambulance services spread through the empire through organizations such as St. John ambulance starting in the U.K with high risk activities such as ports and railways. Many developments in first aid and many other medical techniques have been driven by wars. Today there are several groups that promote first aid such as military and the scouting movements. New techniques and equipments have helped make today's first aid simple and effective.

2. Need of the Study

The rise in accidents for adolescents may be related to traffic accidents caused by those with newly acquired driving licenses (there were 15174 traffic accidents involving personal injury in 2012 in Hungary, in which 605 were fatal). The statistics show that more young people between 0-24 aged group die in different types of accidents, than all the other reasons. In Hungary about 24,000 children are hospitalized every year, from which about 300 involve fatalities. A significant risk group are consisted of kindergarten children (3-7 years old), because they are often

involved in accidents. Thus, it will be important to have a person close to the child who has appropriate knowledge about accidents because with proper attention they can be prevented.

Proper training and reinforcement of first aid skills in professional drivers may play a major role in prevention of complication, preserve life and decrease the death of may accident victims training package on first aid to professional drivers will improve their competency in providing first aid to victims of accidents

3. Review of Literature

Mohamed H. El-Sharkasy (2015) Impact of First Aid Training Program for Car Drivers about Road Traffic Injuries in Port Said Quasi-experimental study. This study was carried out in Port Said Governorate at Port Said car stations. It was carried out on 100 car drivers. Two tools were used to collect data. However, there was significant improvement in knowledge and practice of the entire sample after implementation of the program. The total of knowledge and practice were highly statistically significant. The researcher concluded that The implemented program about first aid for road traffic injuries had a significant impact on car-drivers knowledge and practice.

4. Assumption

The study assume that

- Drivers may have some knowledge regarding first aid.
- Structured teaching programme will enhance the knowledge of drivers regarding First aid.
- Driver's level of knowledge will be influenced by demographic variables.

5. Limitations

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Following are the limitation of the study, it include;

- The study is limited to only for School/college bus drivers.
- The sample size is limited to 30 subjects.
- The study is limited to School/college bus drivers who are willing to participate in the study.
- Samples those are available during the data collection period.

Hypothesis

- HO1: There will be no significant difference between the pre-test and post- test knowledge score regarding first aid among drivers.
- HO2: There will be no significant association between pre-test knowledge] score with selected demographic variables.
- H1: There will be significant difference between the pre-test and post-test] knowledge score regarding first aid among drivers.
- H2: There will be significant association between the pre- test knowledge] score with selected demographic variables.

6. Methodology

Research approach: Evaluative approach was used for this study.

Research Design: Quantitative, Quasi-experimental, one-group pre-test, post-test design.

Variables under study: 1) The independent variable in the study was structured teaching programme on first aid. 2) Dependent variable in the study was knowledge of school/college bus drivers on first aid.

Setting: The study was conducted in the School/colleges in selected city.

Population: The population includes bus drivers in school/colleges in selected city.

Target Population: Consists of colleges and schools bus drivers.

Sample and sampling technique

Sample: In the present study sample is school/college bus drivers .

Sample size: The sample size for the present study is the sample size for the present study is who fulfill the set inclusion criteria.

Sampling Technique: Probability simple random sampling

Inclusion Criteria

Drivers included in the study, those who are,

- 1) Able to read, write and understand Marathi.
- 2) Working in schools.
- 3) Working in colleges.

Exclusion Criteria

Drivers excluded from the study , those who are,

- 1) Undergone for first aid training course
- 2) Not willing to participate in the study.
- 3) Not available at the time of data collection.

Tools Preparation

Tool used for the research study was structured questionnaire, regarding first aid among school/college bus drivers. The tool was prepared after extensive review of literature search, consultation with experts, and based on the past clinical experience of the investigator.

Development of Tools

The research instrument consists of two parts:

Part I-Demographic data: It consist of 5 items related to demographic variables such as age, marital status, educational status, previous knowledge and year of experience.

Part II- Structured knowledge questionnaires:- It consists of 30 items. Each item was multiple choices with 4 responses.

Preparation of structured teaching programme (STP):

The title of the Teaching plan was "Knowledge regarding first aid" The Structured Teaching Programme was consists of the following contents definition, Questions related to hemorrhage, Questions related to heat stroke, Questions related to lifting the Casualty.

Validation of the tools: To ensure the content validity the instrument was given to 10 experts from different field of Community Health Nursing, MD in Community medicine, and from biostatistician. The experts were requested to give their opinions and suggestions regarding the relevance, adequacy and appropriateness of the tool. Their suggestions were taken into consideration and the modifications were incorporated in the preparation of the tool and Structured Teaching Programme.

Reliability: In order to establish reliability of the tool, by Split half method was used. 6 samples were taken to check the reliability. Reliability of the tool was 0.96 which showed that tool was reliable.

Feasibility of the study: The investigator conducted a Pilot study.

Pilot study: The pilot study was conducted in School/Colleges, from 1/1/2019 - 7/1/2019 on bus drivers from selected city, to assess the feasibility of the study and to decide the plan for analysis.

Data Collection Procedure: Prior permission will be taken from the School/colleges in selected city. Informed consent will be taken from study participants and data will be kept confidential. The period of data collection was from 9/1/2019-30/1/2019. The data was collected by investigator herself. The data was collected by the investigator. Pretest was conducted on schools/colleges bus drivers who fulfill the inclusion criteria soon after the pre-test structured teaching programme was administered. Evaluation was done

by conducting post-test after 7 days of administration structured teaching programme by using the same structured questionnaires.

Plan for data analysis: 1) Description of demographic characteristics of the subjects was computed by using frequency and percentage. 2) Mean, Standard deviation of pre and post- test knowledge scores was computed. 3) "t" test was applied to determine the significance of mean difference between mean pre-test and post- test knowledge scores. 4) Chi- square test was used to find the association of knowledge score with demographic variables and the findings were documented in tables, graphs and diagram.

Scoring Mode: Score 1 was given to every correct answer. 0 was given to every wrong answer. Based on the percentage of scores, level of knowledge was graded as Poor- 0 to10 Average- 10 to 20, Good- 20 to 30.

7. Result

Organization of the data: The collected data is tabulated, analyzed, organized and presented under the following sections:

Section -I Description of Drivers With Regards To Demographic Variables

Table 3: Shows the frequency and percentage distribution of demographic variables

Sr. No.	Variable	Groups	Frequency	Percentage
1.	Age	18-28	13	43.33
		29-38	15	50
		39-48	2	6.66
		49-58	0	00
2.	Marital Status	Married	22	73.33
		Unmarried	8	22.66
		Divorced	0	00
		Separated	0	00
		Widow	0	00
3.	Education	Primary	3	10
		Secondary	9	30
		Higher Secondary	11	36.66
		Graduate	7	23.33
		Post-Graduate	0	00
4.	Previous knowledge regarding First Aid	Yes	10	33.33
		No	20	66.66
5.	Year of Experience	0-5 Year	11	36.66
		6-10 Year	14	46.66
		11-12 & above	5	16.66

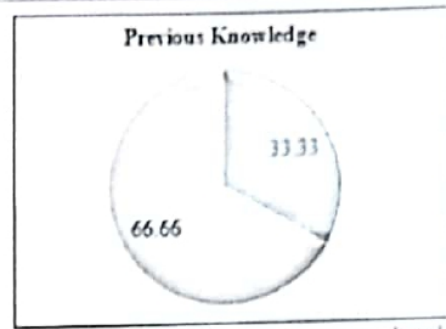


Figure 1: The pie diagram shows percentage distribution of drivers based on previous knowledge

Section-II

Description Of Pre-Test Knowledge Score Of Drivers Regarding Knowledge Of First Aid By Using Frequency And Percentage Of Pre-Test Knowledge Score.

Table 9: General assessment with pre-test m, N=30

Pre Test	Groups		Frequency	Percentage
	0-10	Poor	26	86.66
11-20	Average	4	13.33	
21-30	Good	0	0.00	
Total			30	100.00

Section III

Description of Post- Test Knowledge Score of Drivers Regarding Knowledge of First Aid by Using Frequency and Percentage of Post Test Knowledge Score.

Table 10: General Assessment with Post -Test, N=30

Post Test	Groups		Frequency	Percentage
	0-10	Poor	00	00.00
11-20	Average	23	76.66	
21-30	Good	7	23.33	
Total			30	100.00

Section IV

Description of Effectiveness Of Structured Teaching Programme On Knowledge Regarding First Aid Among Drivers.

Table 11: Showing Mean Percentage of Pre Test and Post Test Knowledge Score

Group	Frequency	Average
Pre Test	30	7.26
Post Test	30	17.8

Testing of hypothesis: Paired t value of pre- test and post -test knowledge score

Table 13: Significance of Difference between Knowledge Scores in Pre and Post- Test Among Drivers

Group	Frequency	Mean	S.D.	t value	P value
Pre Test	30	7.26	3.20	27.10	0.00001
Post Test	30	17.8	3.85		

Here p value is less than 0.05 hence there is significant difference between pre and post test knowledge scores. The null hypothesis (H0) stated there is no significant difference between pre test and post test knowledge. So the

null hypothesis (H01) was rejected and (H1) hypothesis was accepted.

Section -V

Description on the Pre Test Knowledge Score in relation To The Demographic Variables.

Table 14: Association of knowledge of drivers regarding first aid with their selected demographic variables

Sr. No.	Variable	Groups	Pre Test		Chi Square	d.f.	p value	Significance
			Poor	Average				
1.	Age	18-28	11	2	0.30	3	0.95	Not significant
		29-38	13	2				
		39-48	2	0				
		49-58	0	0				
2.	Marital Status	Married	19	3	0.0059	4	0.99	Not significant
		Unmarried	7	1				
		Divorced	0	0				
		Separated	0	0				
3.	Education	Widow	0	0	15.21	4	0.00003	Significant
		Primary	3	0				
		Secondary	9	0				
		Higher secondary	11	0				
		Graduate	3	4				
4.	Previous knowledge	PG	0	0	9.24	1	0.0000	Significant
		Yes	6	4				
5.	Year of Experience	No	20	0	0.38	2	0.82	Not Significant
		0-5 Year	10	1				
		6-10 Year	12	2				
		11-12 & above	4	1				

Significant- $p < 0.05$

In that variable like educational status, and previous knowledge were significantly associated with pre- test knowledge. demographic variable such as, age , marital status and year of experience so there is **no association between pre-test level of knowledge** about first aid and above mentioned demographic variables.

The null hypothesis (H01) stated that there is no significant association between pre test knowledge score with selected demographic variable.

So the null hypothesis (H02) was rejected and (H2) hypothesis was accepted.

8. Summary

- Majority of 15 (50%) of drivers were in the age group of 29-38years, 13(43.33%) were in the age group of 18-28years, 2(6.66%) were of 39- 48years and 0(0%) were belongs to the age group of 49-50year.
- Majority of 22 (73.33%) of drivers were married, 8 (26.66%) were unmarried, 0 (0%) of were divorced and rest 0 (0%) were widow.
- Majority 11(36.66%) of drivers were educated up to higher secondary, 9(30%) were secondary, 7 (23.33%) were graduate, 3 (10%) were primary and rest 0 (0%) were post graduate drivers.
- The demographic variables such as educational status, and previous knowledge regarding first aid are having association with pre -test knowledge about first aid and demographic variables such as age, marital status, Year of experience and had no association between pre-test level of knowledge regarding first aid

9. Conclusion

The mean of post test score (17.8%) was higher than the mean of pre- test knowledge score (7.26%). The study findings concluded that drivers had poor knowledge regarding first aid. The structured teaching programme had great potential for accelerating the awareness regarding first aid among drivers.

10. Recommendations

- Driver's awareness about first aid should be maintained through mass media, booklets, and brochures.
- Teaching programme on first aid of selected measures like hemorrhage, heat stroke and lifting the casualty and immediate action on emergency should be introduced among high risk people in different settings.
- The study can be replicated on a large scale for wider generalizations.
- The study can be conducted on the basis of assessing knowledge, attitude



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M. D.

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A Descriptive Study to Assess the Knowledge Attitude and Practice regarding use of Helmet among Graduand Students at Selected Colleges

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Abstract: *Introduction:* Motorcycle crash victims form a high proportion of those killed or injured in road traffic crashes. Injuries to the maxillofacial region, following motorcycle crashes, are a common cause of severe morbidity and mortality. World-wide, road traffic injuries have been reported to be the leading causes of death among young people aged 15-29 years. *Objectives:* 1) To assess the knowledge regarding use of helmet among the graduand students in selected colleges. 2) To assess the attitude regarding use of helmet among the graduand students in selected colleges. 3) To assess the practice regarding use of helmet among the graduand students in selected colleges. 4) To find out the correlation between knowledge and practice regarding use of helmet among the graduand students in selected colleges. 5) To find out the correlation between knowledge and attitude regarding use of helmet among the graduand students in selected colleges. 6) To find out the correlation between attitude and practice regarding use of helmet among the graduand students in selected colleges. 7) To find out the association between knowledge, attitude and practice scores with selected demographic variables among graduand students. *Methods and materials:* The research approach used was evaluative approach. The research design selected for the study was a non-experimental descriptive survey design. *Setting of the study:* The setting was selected colleges. The sample includes graduand students; sampling technique was used convenient sampling. *Result and discussion:* The findings of the study were showed that graduand student has moderate knowledge (56%) and practice (85%), good attitude (93.33%) regarding use of helmet. It is beneficial for graduand students to know the importance of wearing helmet.

1. Introduction

Motorcycle crash victims form a high proportion of those killed or injured in road traffic crashes. Injuries to the maxillofacial region, following motorcycle crashes, are a common cause of severe morbidity and mortality. World-wide, road traffic injuries have been reported to be the leading causes of death among young people aged 15-29 years.

2. Background of the study

Injuries are a major but neglected global public health problem, requiring concerted efforts for effective and sustainable prevention. Injuries from all causes are a leading cause of death with 5.1 million people dying in 2000. Road traffic injuries account for the majority of morbidity and mortality Due to all forms of injuries. Globally every year 1.2 million people are killed and 20 million-50 million receive moderate to severe injuries as a result of road traffic crashes. The statistics of RTA in our country shows that the actions taken by the government are still not adequate to prevent accident cases. Strategy of WHO 2004 "Road safety is no accident" attracts the whole world's attention towards the rapidly growing incidences of road traffic accident. This slogan gives us a positive belief and encourages us to take measures regarding prevention from road traffic injuries.

3. Need for the Study

So many numbers of deaths are occurring among youths of India because of riders without helmet. As a community health nurse I felt the need to study on this aspect, which helps to understand about the concept of use of helmet in graduand student.

4. Objectives

- 1) To assess the knowledge regarding use of helmet among the graduand students in selected colleges.
- 2) To assess the attitude regarding use of helmet among the graduand students in selected colleges.
- 3) To assess the practice regarding use of helmet among the graduand students in selected colleges.
- 4) To find out the correlation between knowledge and practice regarding use of helmet among the graduand students in selected colleges.
- 5) To find out the correlation between knowledge and attitude regarding use of helmet among the graduand students in selected colleges.
- 6) To find out the correlation between attitude and practice regarding use of helmet among the graduand students in selected colleges.
- 7) To find out the association between knowledge, attitude and practice scores with selected demographic variables among graduand students.

Hypothesis: H1: There is significant relation between the knowledge Attitude and practice score regarding use of helmet among graduand students. **H2:** There is significant association between knowledge Attitude and practice score with selected demographic variable among graduand students.

Assumption

- 1) Students will have limited knowledge regarding use of helmet
- 2) Students will have favorable and unfavorable attitude towards use of helmet
- 3) Students will have poor practice regarding use of helmet.



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5. Material and Method

- **Research approach:** The research approach used was evaluative approach.
- **Research design:** The research design selected for the study was a non-experimental descriptive survey design.
- **Population:** all graduand students.
- **Target population:** graduand students in selected colleges.
- **Accessible population:** graduand students who are available at the time of data collection in selected colleges.
- **Setting of the study:** selected colleges.
- **Sample size and sample:** 100 graduand students.
- **Sampling technique:** sampling technique was used convenient sampling.
- **Description of tool:**
 - Part I – Demographic data on variables such as age, gender, educational qualification, birth order, religion, type of family, birth order
 - Part II – Structured knowledge questionnaire regarding use of helmet.
 - Part III – It consists of five point attitude likertscale regarding use of helmet.

6. Results and Discussion

Section I: Description of graduand students with regards to demographic variables

Majority of graduand students 33 (33%) were between 22-24 years, 30 (30%) between 25-27 years, 27 (27%) between 28-30 years and 10 (10%) between 19-21 years. Majority of graduand students 49% were Hindus, 30% were Christian and 21% were Muslim. Majority of graduand students 53% were undergraduate and 47% were postgraduate. Majority of graduand students 40% of first birth, 30% of third birth, 16% of fourth birth and 14% of second birth. Majority of graduand students 60% were staying in nuclear type of family, 30% were in joint type of family and 10% were extended type of family.

Section II: Description of graduand students with regards to their knowledge score regarding use of helmet
Majority of graduand students 56% having moderate, 39% having adequate, 5% of them having inadequate knowledge regarding use of helmet.

Section III: Description of graduand students with regards to their attitude score regarding use of helmet
The majority of graduand students 93.33 were having good and 73.33 were having bad attitude regarding use of helmet.

Section IV: Description of graduand students with regards to their practice score regarding use of helmet
The majority of graduand students 85% were having moderate, 80% having adequate and 1.67% was having inadequate practice regarding use of helmet.

Section V: correlation between knowledge score, attitude score and practice score of graduand students regarding use of helmet

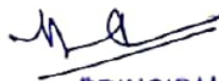
In this study correlation between knowledge score, attitude score and practice score of graduand students was studied with the of Karl Pearson's correlation coefficient formulae. It shows that there is significant correlation between knowledge vs attitude score of graduand students as Correlation coefficient is 0.79, there is significant correlation between attitude vs practice score of graduand students as Correlation coefficient is 0.78 and there is significant correlation between Knowledge vs practice score of graduand students as Correlation coefficient is 0.92.

7. Conclusion

The findings of the study were showed that graduand student has moderate knowledge (56%) and practice (85%), good attitude (93.33%) regarding use of helmet. It is beneficial for graduand students to know the importance of wearing helmet.

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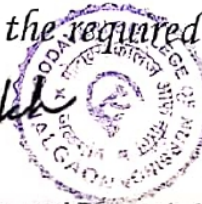
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A Study to Assess the Knowledge and Attitude of Eligible Couple Regarding Permanent Family Planning Methods in Selected Rural Area of Jalgaon

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Abstract: The study to assess the knowledge and attitude of eligible couples regarding permanent family planning methods in selected rural area of Jalgaon district was carried out in partial fulfilment of the requirement for the award of the degree of master in science in nursing at Godavari college of Nursing, DrUlhasPatil Medical College Jalgaon, the objectives of this study were to assess the level of knowledge and attitude of permanent family planning method in eligible couples. The study was based on evaluative approach. The samples were 60 eligible couples who fulfilled the exclusion and inclusion criteria. The study is primarily concerned with the assessment of knowledge and attitude of eligible couples of rural area towards permanent family planning methods. simple randomized sampling was followed in this study. The conceptual framework of this study is based on Rosenstock's Health Belief Model. The health belief model was developed to provide a framework to explain why some people take specific actions to avoid ill effect of family health while others fail to protect themselves. The analysis of the data was done in accordance with the objectives of the study. The data was analyzed by collectively by the frequency, mean, mean percentage. The description of tool can be assessed with Socio Demographic Data, Questionnaire regarding permanent family planning methods, Linkert attitude scale. One-way ANOVA and unpaired t-test were used within groups comparison categories. For variables having more than two categories unpaired t-test was used in this study.

Keywords: Knowledge and attitude, permanent family planning methods, eligible couples

1. Introduction

"Small Family, Happy and Prosperous Family".

Human development is the ultimate objective of all planning efforts. Planning takes into account the resources and pathways available for human development and human resources available for carrying out the developmental Plans. Family planning in India continues to be synonymous with sterilization, although government policies strive to promote reversible methods¹.

Indeed, much of the recent fertility decline in India (especially in the southern states) is attributed to increasing acceptance of sterilization, particularly female sterilization. Family planning evolution and the widespread high use of sterilization has several roots².

India launched the National Family Welfare Program in 1951 with the objective of "reducing the birth rate to the extent necessary to stabilize the population at a level consistent with the requirement of the National economy"³.

Attitudes are associated with physical neural state, verbal opinion, ideologies and above all integrated philosophy of life. Attitudes are a stage of sensitiveness and proneness to act. Attitudes can be defined as readiness to acts; mental posture, guide for conduct; feeling desires, fear, conviction, a cumulative perception; predispose to form certain opinions, thinking one develops a kind of mental set.³

Current Demographic Scenario

India, currently the second most populous country in the world, has 17% percent of world's population in less than

three percent of earth's land area, India began the 20th century with the population about 238 million and by 2000 it ended up with 1 billion. While the global population has increased threefold during the last century, from 2 billion to 6 billion, India has increased its population nearly five times during the same period India's population is expected exceed that of China before 2030 to become the most populous country in the world.⁴

2. Literature Survey

A study was conducted on attitude toward Family Size Preferences among urban people and to understand the fertility transition in urban areas. Urban residents may not have a significantly different motivation as to why they would like to have children compared to people from rural areas. In this study researcher concludes that urban residents by way of responding to the pressure from economic constraints and hoping success in the social ladder, are slowly accepting social norms and values that promote small family sizes.⁵

A study conducted regarding decline aggregate fertility and increasing aggregate contraceptive method use from 1990 to 2000. study showed the result that yet, in rural Zambia, progress in family planning has lagged far behind the advances made in Zambia's urban areas. The contraceptive prevalence rate in Lusaka and other urban areas outstripped the rate in rural Zambia by nearly percentage points (41.2 percent versus 16.66 percent) in 2001. The total fertility rate varied between urban and rural areas by 2.5 children (4.3 versus 6.9 children). This paper considers the urban rural differentials in Zambia and assesses family planning outreach as a tool to narrow this divide.⁶

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Rao et al. in Tamil Nadu (2011), conducted a study and pointed out that family planning knowledge was widespread in their study area and all the respondents were aware of at least one method of contraception, the adoption of family planning was found hampered probably on account of fear of side effects and misconceptions about family planning.⁷

Kameswararao et al (2015) conducted a cross-sectional study descriptive study among 50 Family Planning adopting families and 50 non Family Planning adopting families from the village of Vector and the city of Karimnagar in Andhra Pradesh. Use random sampling method. For inferential calculation Chi-square test is used. Results shows that Family Planning adopting families have better standard of living because they have amenities like housing, television, and vehicles and less mortality and morbidity ($P < 0.001$) However they lack positive feeling towards life.⁸

3. Problem Definition

A study to assess the knowledge and attitude of eligible couple regarding permanent family planning methods in selected rural area of Jalgaon.

4. Objectives

- 1) To assess the level of knowledge of eligible couple's residing in rural area regarding permanent family planning methods.
- 2) To assess the attitude of eligible couple's residing in rural area regarding permanent family planning methods.
- 3) To associate the attitude and knowledge of eligible couple's regarding permanent family planning methods with selected demographic variables.

5. Methodology

The present study is a quantitative study, this study has evaluative approach, Non experimental design was chosen for the study. This design was selected as it best matched the study topic. The study was conducted at rural area. The population and samples were 60 eligible couples who fulfilled the exclusion and inclusion criteria. The sampling technique used in this study was simple random sampling technique and tools used for the data collection included demographic Performa and structured interview questionnaire for knowledge and Likert scale for attitude.

6. Results

The following are the major finding of the study

Section I

Demographic variables:

- 1) Maximum 35(58.33%) of them were in the age of 18-28 years. frequency 20 (33.33%) of them were in the age of 29-38 years. Frequency 5(8.33%) of them were in the age of 39-44 years. And 0 of them were in the age of above (>) 45 years.

- 2) According to their educational status reveal the maximum secondary education 24 (41.66%), illiterate 10 (16.66%), primary education 17 (28.33%) and graduation & post – graduation 8(13.33%).
- 3) According to religion reveal the maximum Hindu 31 (51.66%), other specify 11 (18.33 %), Muslim 9 (15 %) and Christian 9 (15 %).
- 4) According to occupation reveal the maximum others 23 (38.33%), private job 19 (33.33%), self-job 15 (23.33%) and government job 3 (5%).
- 5) According to their monthly income status reveal the maximum Rs.5000 /- 29 (48.33%), Rs. 10,000/- and >Rs. 10,000/- 7 (11.66%).
- 6) According to types of family reveal the maximum joint family 39 (66.66%), nuclear family 21 (33.33%) and expanded family 0 (0%).
- 7) According to duration of marriage reveal the maximum 1-3 yrs. 26 (43.33%) ,4-6yrs. 16 (26.66%) ,7-10 yrs. 15 (25 %) and >10 yrs. 3 (5 %).
- 8) According to number of children 1-2 children 33 (55%), 2-4 children 23 (38.333%) and > 4 children 4 (6.66%).

Section II

Association of knowledge score in relation to demographic variables

This section deals with association of knowledge and attitude scores with demographic variables of the study eligible couples. One-way ANOVA and unpaired t-test were used within groups comparison categories. For variables having more than two categories unpaired t- test was used.

Section III

Association of attitude score in relation to selected demographic variables.

There is not-significant association between age, educational status, religion, occupation, monthly income, types of family, duration of marriage and number of children

7. Discussion

The present study was a study conducted to assess the knowledge & attitude of eligible couple regarding permanent family planning. The Non Experimental Descriptive study design was adopted for the present study.

Data was collected from 60 eligible couples from rural area of Nashirabad, dist, Jalgaon.

The tool of the study has three sections:

- SECTION A: Socio Demographic Data
- SECTION B: Questionnaire regarding permanent family planning
- SECTION C: Likert attitude scale.

The data collected was analyzed by using Descriptive and Inferential statistics and presented in the form of table and graphs. ANOVA test was used to calculate the relation between the demographic variables and knowledge & attitude regarding permanent family planning among eligible couples.

The summary of the results is discussed and presented under the following headings:

Section-A Assess the knowledge of eligible couple's regarding permanent family planning method.

Section-B: Assess the attitude of eligible couple's regarding permanent family planning method.

Section-C: Association of knowledge & attitude of eligible couple regarding permanent family planning method with demographic variables.

8. Conclusion

After the detail analysis, this study leads to the following conclusion

The people of rural area do not have 100% knowledge regarding permanent family planning and its impact on population, to assess the knowledge and attitude of eligible couple.

Association of knowledge score in relation to selected demographic variables. There is not-significant association between age and religion and there is significant association between educational status, occupation, monthly income, types of family and duration of marriage.

Association of attitude score in relation to selected demographic variables. There is not-significant association between age, educational status, religion, occupation, monthly income, types of family, duration of marriage and number of children.

Here, based on above finding it was concluded that written prepared material by investigation help the eligible couple to improve their knowledge and attitude of eligible couple regarding permanent family method.

9. Future Scope

The findings of the study have several implications in different branches of nursing profession, i.e. Nursing education, nursing practice, Nursing Administration and Nursing research. By assessing the knowledge & attitudes of eligible couples regarding permanent family planning derive a clear picture that age, education, religion, occupation, monthly income, types of family, duration of marriage and number of children, family planning advice taken or not these all part of our society need to improve. So that the explosion of population would be control.

Nursing Education

- Nurses along with other community workers, leaders must take steps to recognize poor attitudes of eligible couples regarding family planning methods as a serious societal and public health problems.
- Student nurses during clinical and community posting can provide health education against the adverse effects of over population.
- Nurses posting at family planning clinic can render family planning advice through guidance and counseling.

Nursing Practice

- The present study revealed that the knowledge & attitudes of eligible couples of rural area is poor than the knowledge & attitudes of eligible couples of urban areas.
- The rural health care center and other family planning should have taken more initiative to improve the knowledge & attitudes of eligible couples of rural areas.
- The nurse educators during their home visit and using of media must give advice to implementation of permanent family planning methods and control the family size.

Nursing Administration

- Today nursing has become complex and highly varied practice discipline with the rapidly growing, well developed and well documented scientific and humanistic knowledge based.
- A massive awareness camping involving the community, religion leaders, priests, non-Government-organization, women's organizations, social activist at all level should be organized to developed good attitudes of eligible couples regarding family palming
- Various programs regarding permanent family planning should be promoted.
- Administrative support should be provided to eligible couples to adopt permanent family planning methods to adopt small family norms.

Nursing Research

- The present study revealed that there are need to create good knowledge & attitude towards family planning among eligible couples. the findings of the present study shall provide a base line data for research studies to be conducted in future.
- Further research can be conducted in large samples.
- Further research can be conducted only in rural area.
- Further research can be conducted only in urban area.

10. Recommendation

Onthe basis of finding of the study, it is recommended that the following studies can be concluded

- More elaborate study with large size sample could be done in future.
- A study can be done to assess the knowledge and attitude of permanent family planning method in both rural eligible couples in large scale.
- An extensive study can be done in rural eligible couples only.
- A study can be done to assess the attitudes of highly educated eligible couples and lower level of educated eligible couples.

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A Study to Assess the Effectiveness of Structured Teaching Program on Knowledge Regarding Prevention of Pressure Sore among the Family Members of Immobilized Patient in Selected Hospital at Selected City

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Abstract: A pressure sore can be defined as “an area of localized damage to skin and underlying tissues caused by pressure, friction and or combination of them. The objective of the study to assess the knowledge regarding prevention of pressure sore among the family members of immobilized patient and to evaluate the effectiveness of planned teaching program on prevention of pressure sore. The research design was descriptive research design. The sample size was 50 family members of immobilized patient at selected city, a non-probability purposeful sampling technique were used. The data was collected by using standardized questioner tool. The findings of this study revealed that knowledge of family members of immobilized patient have improved after the planned teaching program which showed that planned teaching programme is an effective intervention to improve the knowledge of the subjects.

Keywords: Immobilized patient, prevention, pressure sore, family member, knowledge

1. Introduction

“Good nursing care should prevent pressure sore”.

Amanda Hahn

Pressure sore have a significant effect on both patient and health care provider. A pressure sore can be defined as “an area of localized damage to skin and underlying tissues caused by pressure, friction and or combination of them. A setting or lying still without shifting your position can cause damage to your skin and the underlying tissues called as “pressure sore”. Some people more likely to develop pressure sore, but they are usually preventable. Most people naturally shift position after a while when they are in sitting position or lying down. When asleep, for example: people will normally change their positions up to 20 times during night, however some people are too ill or weak to be able to an if the body stays in same position for period of time the skin become damaged. Although pressure sore can be treated with dressings and creams. In some people they can be more severe and leads to life threatening complications¹. All patients are potentially at risk of developing a pressure ulcer. However they are more likely to occur in people who are seriously ill, have a neurological condition, impaired mobility, impaired nutrition, or poor posture or a deformity. Also, the use of equipment such as seating or bed which are not specifically designed to provide the pressure relief, can cause pressure ulcers. As a pressure ulcers can arise in a number of ways, intervention for prevention and treatment need to be applicable across a wide range of settings including community and secondary care.

This may require organizational and individual change and a commitment to effective delivery.²

Relieving direct pressure such as change position and keep moving as much as possible, stand up to relieve pressure if you can, ask your carer to reposition you regularly if you can't move, change position at least every 2 hours, use special pressure relieving mattresses and cushions, don't drag your heels or elbows when moving in your bed or chair. Skincare such as keep your skin clean and dry, avoid scented soaps as they can be more drying, moisturise your skin thoroughly after washing, avoid using talcum powder as this dries the skins natural oils, keep your skin well moisturised. General tips such as make sure the bedsheets are smooth and not wrinkled when you are lying in bed, sheets should be cotton or silk like fabric, eat a well-balanced diet, have at least 2 litres of fluid a day, tell your doctor or nurse if you notice any skin changes or discomfort as soon as possible.³

2. Literature Survey

Review of literature is a systematic identification, location, strutting, and summary of written material that contain information on research problems.

A study done on “Impact of prevention structures and processes on pressure ulcer prevalence in nursing homes and acute-care hospitals.” A total of 7377 residents in 60 nursing homes and 28,102 patients in 82 acute-care hospitals in India participated in annual point prevalence surveys. The result was

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samples within the arranged groups showed no clinically relevant demographical differences. Nosocomial prevalence rates in hospitals dropped from 26.3% in the first year to 11.3% in the last year (nursing homes from 13.7% to 6.4%). The use of pressure ulcer-related structures remarkably increased during each repetition to more than 90%.⁴

The incidence of pressure ulcers vary greatly depending on setting in the hospitals incidence rate having range from 1% to 30%. Higher rates are noted in ICUs where patients are less mobile and have severe systemic illnesses. The fourth National pressure ulcers prevalence survey found an annual hospital prevalence rate of 10% in long term care setting incidence and prevalence rate have range from 3% to 30% less is known about pressure ulcer in home care but studies have reported incidence 4.6% to 15% and prevalence rate have 5% to 15%.⁵

An experimental study was conducted on prevention of pressure ulcer among immobilized orthopedic patients. The aim of this study was to improve the quality of care and patient safety with a hip fracture. A total of 478 patients with a hip fracture were included between April 2003 and March 2004. A clinical pathway was introduced on 1-10 2003. The results from the first 210 patients in the control group and the last 210 patients in the experimental group were revealed. The study shows, experimental group, acquired pressure ulcers decreased by 50% ($p < 0.007$). It is possible to reduce the development of hospital acquired pressure ulcers among elderly patients with a hip fracture even though it is not possible to eliminate the effect of factors such as increased age and the patients' medical status.⁶

A study was conducted on prevention of pressure ulcer an evaluation of awareness in the families of patients at risk. 62 caregivers (78% family members and 22% non-related) filled out the questionnaire related to the prevention and treatment of pressure sores. The result showed that only 11% knew about the pressure ulcer, 42% of care givers were not aware of the possible pressure ulcer causes, and 54.8% were not able to mention any pressure ulcer risk factors. They concluded that the families and care givers of bedridden patients have insufficient knowledge of pressure ulcer prevention, indicating the need of providing knowledge regarding pressure ulcer prevention.⁷

Pre-experimental study conducted on Effect of an educational program on a family caregiver's prevention and management of pressure ulcers in bedridden patients after discharge from hospitals in Palestine. The sample size was 80 caregivers Preexperimental, prospective, with pretest and posttest, design was followed. The result of the study was about 58.8% of the caregivers were women and 53.8% aged younger than 30 years. The performance of the caregivers has significantly improved after the program in most of the items ($P < 0.05$). Scores of subscales: wound care and dressing, proper nutrition, maintaining personal hygiene, incontinence training and knowledge about ulcers were all significantly higher after training ($P < 0.05$). The difference between the total domains

after the program ($M = 3.47$) was significantly higher than the total domains before the program ($M = 3.30$; t test 4.87; $P = 0.00$). Conclusion of the study was the study revealed a high effectiveness of this educational-training program in managing and preventing pressure ulcers for bedridden patients by caregivers at their homes.⁸

A cross sectional study was conducted in Varanasi, India to find out the prevalence of pressure ulcer among immobilized patients and predisposing factors for ulceration. A total of 445 patients were included from medical and surgical wards. The hospitalized patients examined for site, number, grade of pressure ulcer, Hemoglobin, serum albumin and blood sugar levels of these patients were also reported. Result showed that, the prevalence pressure ulcer was high (4.94%) among these hospitalized patient. The study identified the risk factors for ulceration such as anemia, malnutrition and diabetes. Morbidity was reported among prolonged hospitalized patients (40.9%), especially in neurological wards.⁹

Problem Definition

"A study to assess the effectiveness of structured teaching program on knowledge regarding prevention of pressure sore among family members of immobilized patient in selected hospital at selected city."

Objectives of Study

- 1) To assess the pretest knowledge score regarding prevention of pressure sore among the family members of immobilized patient.
- 2) To evaluate the effectiveness of planned teaching program on prevention of pressure sore.
- 3) To compare the pretest and posttest knowledge.
- 4) To find out association between knowledge and selected demographic variables.

3. Material and Methods

A single group pretest and posttest (quasi-experimental) design was chosen for the study. In the present study a pretest was administered by means of structured questionnaire depicted as P1 and then planned health teaching was given depicted as X, a post test was conducted using the same structured questionnaire depicted P2. The study design is depicted as –

Pre Test	Planned teaching health	Post Test
P1	X	P2

A quantitative approach in pre experimental research design was found to be more appropriate to assess the effectiveness of planned health teaching regarding prevention of bed sore. The proposed study was undertaken in at family members of the selected immobilized patient admitted in Hospitals. The population and samples family members of the selected immobilized patients who were fulfilling the inclusion and exclusion criteria and the sample consisted of 50 family members of the selected immobilized patients. The sampling

technique used in this study was purposive sampling technique. Tools used for data collection include two section namely demographic variable and structured knowledge questionnaires.

4. Results

A structured questionnaire is used for data collection. The analysis was done with the help of descriptive and inferential statistics.

Sr. No.	Data analysis	Method	Remark
1.	Descriptive statistics	Mean, standard deviation, mode.	Knowledge on prevention of pressure sore
2.	Inferential statistics	Paired t'-test	Effectiveness of planned teaching
		χ ² test	Associate demographical variable with level of knowledge and practice.

The data was analyzed and is presented in the following sections:-

The collected data is analyzed on the bases of objectives of the study in the following way:

Section 1: Description on frequency and percentagewise distribution of baseline data.

Section 2: Description on frequency level and percentagewise distribution of prevention of pressure sore.

Section 3: Chi-square test – association between demographic variables.

Section 4: Karl Pearson's correlation test

Section 5: Hypothesis testing

There will be significant increased in knowledge regarding prevention of pressure sore among family members of immobilized patient

Knowledge Area	Mean knowledge score	Mean %	S.D.	't' value	'p' value
Pre test	10	50%	19.69	17.69	>0.05
Post test	14.8	74%			

The P value is less than the level of significance that is 0.05. This indicates that the gain in posttest knowledge is significant. It proves the significance of planned health teaching in the improvement of the knowledge statistically.

5. Discussion

The finding of the study was discussed with reference to the objectives and with the findings of the other studies in this section. The present study was undertaken to assess the effectiveness of the structure teaching program on knowledge regarding prevention of pressure sore among the family members of immobilized patient in selected hospital. Excellent skin care is an attribute of quality care. Prevalence of skin break down and pressure injuries has become a standard by which hospitals are evaluated and assessed with pressure injuries recognized as an international patient safety problem.

preventions involves ongoing risk assessment of all patients, implementation of prevention strategies including skin inspection and repositioning patients at regular intervals, analysis of casual factors in the event of pressure injury development and selection of appropriate pressure relieving devices. The pressure sore remains a common health problem worldwide within the different health care setting. Thus, the objective of our study was to assess the knowledge regarding prevention of pressure sore among the family members of immobilized patient and to evaluate the effectiveness of planned teaching program on prevention of pressure sore.

So, accordingly the major findings of this study is as follow-

- In the pre-test knowledge score, (64%) of family members had good knowledge, and (20%) had average knowledge, and (6%) family members had poor knowledge.
- After the intervention during posttest, it was observed an increase knowledge score of patients with maximum (82%) of family members having very good knowledge & (18%) having good knowledge.
- Paired t-test with two-tailed P value was less than 0.0001, i.e. extremely statistically significant with 95% confidence interval, therefore it could be concluded that the planned health teaching regarding prevention of of pressure sore.

6. Conclusion

The planned health teaching programme significantly brought out improvement in the knowledge of family members regarding prevention of bed sore. Analysis of data showed that there was significant difference between pretests and posttest knowledge score and effectiveness of planned teaching regarding prevention of pressure sore among the family members of immobilized patient in selected hospital and there is no significant association between demographic variable.

7. Future Scope

The future scope of this study has implications for nursing administration, nursing education, nursing research and nursing practice.

Nursing Services

Nurses working in the clinical practice and community set up can benefit from such researches, as it will provide more insight regarding the prevention of bed sore among family members. They should know the importance of the preventive aspect with regard to bed sore.

Nursing Education

The nursing teachers can use the result of the study as an informative illustration for the students. Nursing education should help in inculcating values and a sense of responsibility in the students to educate the prevention of bed sore and to foster the practice of health education to promote and prevent complications.

Nursing Administration

Nursing administration can depute nurses for various workshops, conferences, and special courses; and also in-service education programs can be arranged for the nursing staff. The findings of the study should be used as a basis of in-service education programs for nurses so as to make them aware of the present problems in the society.

Nursing research

Nursing research is an essential aspect of nursing as it uplifts the profession and develops new nursing norms and a body of knowledge. Another research has been added to the Nursing literature. Very few studies have been done on a similar basis. The research design, findings and the tool can be used as avenues for further research.

There is a need for extended and intensive nursing research in the area of health education for prevention of bed sore to improve their knowledge for better health and prevent them from possible complications and make them healthy and productive citizens.

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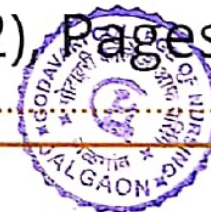
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