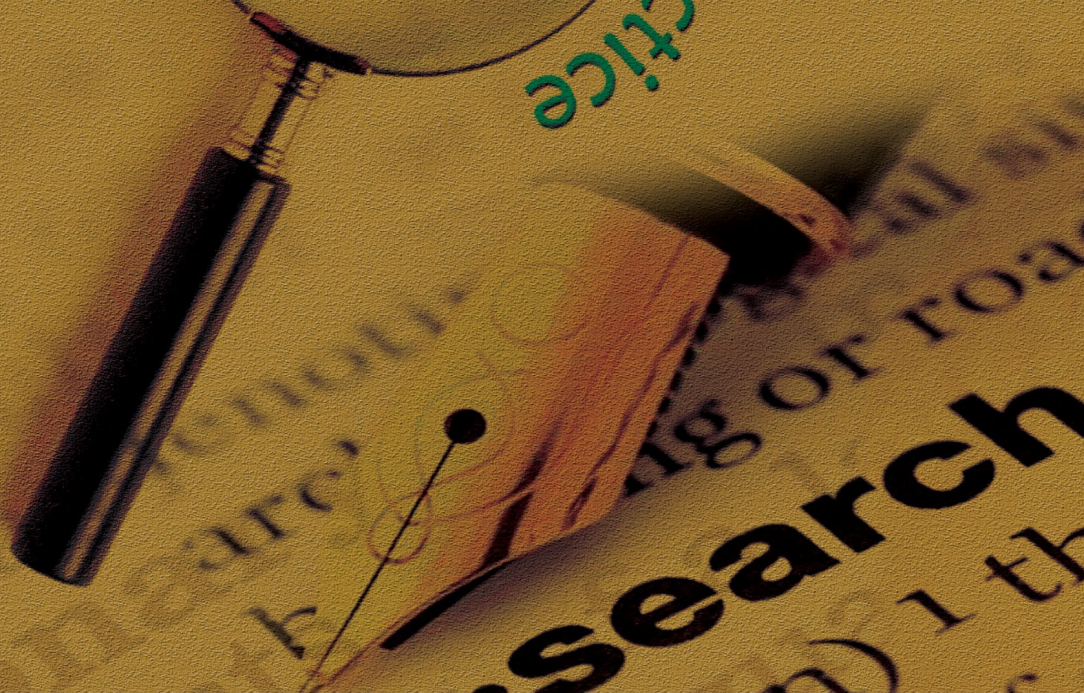


# NURSING ENQUETE

**Volume : 01**

**No : 01**

*Evidence Based Practice*  
Asking is the **Answer.**



*Abstract of Investigation in Nursing Education and Practice*

**BISHOP BENZIGER COLLEGE OF NURSING**

*Accredited by NAAC*





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## Foreword

*It is noteworthy that Bishop Benziger College of Nursing is bringing out a research bulletin soon. I hope that the first issue of the bulletin serve as an outlet to satisfy the ever increasing quest for knowledge of both the students and teachers. I am sure this venture will act as a platform to disseminate the research findings of studies conducted by faculty which will pave the way for generation of new knowledge and innovation of newer techniques and procedures in patient care. I believe that such initiatives will be sustained in the future and enable the students, research scholars and faculty to indulge in the transformation of nursing science through encouraging research studies and its dissemination. I wish that the students and faculty are provided ongoing opportunities to set research priorities in the context of the prevailing burden of disease in the community and focus on studies that will overcome the challenges experienced by the consumers and providers of the health care delivery system. Such efforts will also culminate in evaluating existing therapies of nursing care and pave the way for quality assured patient care. Let these initiatives find channels to further the frontiers of knowledge in nursing science applicable to both hospital and community and strengthen the disciplines of nursing practice, nursing administration, nursing education and nursing research. The management will encourage innovation through research in all the specialties of nursing science. On this occasion, I congratulate both the faculty team and management for this maiden venture and wish that such efforts will be fostered and enriched in the future. Let Bishop Benziger College of Nursing continue to prove its excellence both in nursing education and patient care.*

*My hearty congratulations.*

Thiruvananthapuram  
10<sup>th</sup> August, 2017

Dr. Jolly Jose  
Vice Principal  
Government College of Nursing

## *From the editorial desk.....*



*Welcome to Research Bulletin-2017, an annual publication highlighting research drives and related news in the campus of Bishop Benziger College of Nursing. This initiative is a significant milestone in the journey of our institution towards excellence in education through research and a humble contribution to nursing profession. We believe that, this grounding of institutional research activities intentionally will inform and inspire faculty members and students to practice based on evidence generated through researches.*

*Generous support from management, untiring efforts of editorial team and valuable contributions from authors deserve a note of appreciation in this remarkable achievement.*

*We look forward to receive scientific contributions to the next issues to ensure the consistency and success of this publication. Also, we welcome constructive comments and suggestions that would advance the objectives of the Research Bulletin.*

*Kollam*

*16<sup>th</sup> August 2017*

*Prof. Anoop K R*

*Chief Editor*



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## Effectiveness of self-instructional module on knowledge regarding emergency drugs among staff nurses

*Mrs. Binutha VP<sup>1</sup>, Mr. Antony Thomas<sup>2</sup>, Mrs. Lovelin Morris<sup>3</sup>, Mrs. Athula Mary Jacob<sup>3</sup>,  
Mrs. Jasmine<sup>3</sup>, Mr. Jerin.J<sup>3</sup>*

*<sup>1</sup>HOD- Medical surgical department, <sup>2</sup>Assistant professor, <sup>3</sup>Nursing Tutor*

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**Title:** A study to assess the effectiveness of Self Instructional Module( SIM) on knowledge regarding emergency drugs among staff nurses in Bishop Benziger Hospital (BBH) at Kollam.

### Objectives:

- To assess the knowledge regarding emergency drugs among staff nurses in BBH at Kollam.
- To evaluate the effectiveness of SIM on knowledge regarding emergency drugs among staff nurses in BBH at Kollam.
- To find out the association between the pre test knowledge score and selected demographic variables

### Materials and methods

- **Research approach and design:** Quantitative research approach with quasi experimental one group pretest- post test design
- **Sampling technique:** Purposive sampling
- **Samples:** 30 staff nurses working in ICUs and Causality
- **Tools :** Section A: Demographic profile, Section B – structured questionnaire for assessing knowledge on emergency drugs
- **Data collection process:** Written permission obtained from the concerned authority. The purpose of the study was explained to the subjects and informed consent taken from samples. A pre-test was conducted to assess the knowledge of staff nurses regarding selected emergency drugs with a structured knowledge questionnaire after which Self-instructional Module given. A post-test was conducted after 7 days with same structured knowledge questionnaire.

### Results

The mean pre-test knowledge score was 14.73 and post-test knowledge score was 25.23 with t value 10.818. Since the calculated t value is greater than tabulated t value and p value <0.05, SIM was found to be effective in improving knowledge. The calculated Chi square value shows that there was significant association between knowledge and qualification and there was no association between knowledge with other demographic variables like age, year of experience and previous experience at 0.05 level of significant.

### Conclusion

The present study showed that SIM is an effective tool in improving the knowledge among the samples. And also a significant association was found between qualification and level of knowledge.

*(ACCEPTED FOR PUBLICATION IN INTERNATIONAL JOURNAL OF NURSING EDUCATION)*



## Effectiveness of planned teaching programme on Knowledge and Practice regarding the use of Incentive Spirometry among patients undergoing abdominal surgery

*Mr. Jerin J<sup>1</sup>, Mrs. Binutha V P<sup>2</sup>.*

*<sup>1</sup>Nursing Tutor, <sup>2</sup>Associate professor HOD Medical Surgical Nursing Department.*

---

**Title:** A study to assess the effectiveness of planned teaching program on knowledge and practice regarding the use of incentive spirometry in prevention of post operative pulmonary complications among patients undergoing abdominal surgery in selected hospitals at Kollam.

### Objectives

- To assess the existing knowledge regarding the post-operative pulmonary complications.
- To assess the existing practice regarding the post-operative pulmonary complications.
- To assess the effectiveness of planned teaching regarding the use of incentive spirometry on knowledge of prevention in post-operative pulmonary complications among patients undergoing abdominal surgery.
- To assess the effectiveness of planned teaching regarding the use of incentive spirometry on practice of prevention in post-operative pulmonary complications among patients undergoing abdominal surgery.
- To find out the association between the knowledge regarding the use of incentive spirometry in prevention of post-operative complications with selected demographic variables.
- To find out the association between the practice of incentive spirometry in prevention of post-operative pulmonary complications with selected demographic variables.

### Materials and method

- **Research approach and design:** evaluator approach with quasi experimental pretest post test control group design
- **Sampling technique:** Purposive sampling technique
- **Samples:** 60 patients undergoing abdominal surgery
- **Tools:** baseline Performa includes demographic profile, knowledge questionnaire and observational checklist.
- **Data collection process**

The main study was done on 60 sample with abdominal surgery patients who admitted in the surgical ward and postoperative ward in selected hospitals at Kollam. The planned teaching programme regarding the use of incentive spirometry in prevention of pulmonary complications, was provided to the experimental group on the first day of hospitalization. The pre test was done before the planned teaching programme. Post test was conducted on fifth day using knowledge questionnaire and observation checklist.



**Results:**

- **Findings related to knowledge on incentive spirometry**

The knowledge regarding the use of incentive spirometry was assessed using the knowledge questionnaire. Findings shows that there is change in the knowledge level regarding the use of incentive spirometry that is, the mean pre test score  $8.27 \pm 1.57$  changed to post test score of  $16.10 \pm 20.26$  with a p value of 0.001. The t value was 15.36, there was a statistically significant improvement in knowledge regarding the use of incentive spirometry.

- **Findings related to practice of incentive spirometry**

The practice regarding the use of incentive spirometry was assessed using the Observation checklist. Findings shows that there is change in the practice score regarding the use of incentive spirometry that is, the mean pre test score  $2.07 \pm 0.45$  changed to post test score of  $5.87 \pm 0.63$  with a p value of 0.001. The t value was 31.32, there was a statistically significant improvement in knowledge regarding the use of incentive spirometry.

- **Findings related to effectiveness of planned teaching programme**

The findings of the knowledge and practice scores indicates that the planned teaching programme regarding the use of incentive spirometry in post-operative pulmonary complications is effective in improving the knowledge and practice among patients undergoing abdominal surgery in selected hospitals.

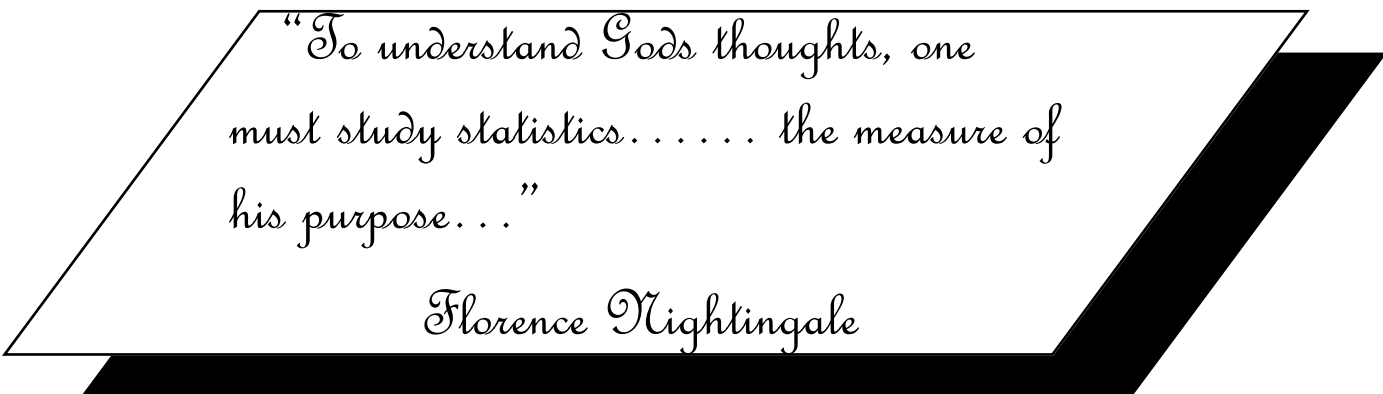
- **Findings related to association between pre test knowledge and practice with the selected demographic variables**

There is no association was found between knowledge and practice with selected demographic variables.

**Conclusion:**

The study showed a significant difference in the mean knowledge and practice score in the experimental group ( $p=0.001<0.05$ ) before and after the planned teaching programme regarding the use of incentive spirometry. So the planned teaching programme is effective in improving the knowledge and practice on incentive spirometry in prevention of pulmonary complications among patients undergoing abdominal surgery in selected hospitals.

*(ACCEPTED FOR PUBLICATION IN INTERNATIONAL JOURNAL OF NURSING EDUCATION)*



*“To understand Gods thoughts, one  
must study statistics. . . . . the measure of  
his purpose. . .”*

*Florence Nightingale*

## Effectiveness of video assisted teaching regarding colonoscopy procedure on knowledge and pre procedure anxiety among patients undergoing colonoscopy

*Mrs. Resmi Ravindran<sup>1</sup>, Mrs. Binutha V P<sup>2</sup>*

*<sup>1</sup>Nursing Tutor, <sup>2</sup>Associate professor HOD Medical Surgical Nursing Department.*

**Title:** A study to assess the effectiveness of video assisted teaching regarding colonoscopy procedure on knowledge and pre procedure anxiety among patients undergoing colonoscopy in selected hospitals at Kollam

### Objectives

- Assess the knowledge and pre procedure anxiety among patients undergoing colonoscopy in selected hospitals at Kollam
- Evaluate the effectiveness of video assisted teaching on knowledge and pre procedure anxiety regarding colonoscopy procedure among patients undergoing colonoscopy in selected hospitals at Kollam
- Find out the association between knowledge and pre procedure anxiety regarding colonoscopy procedure among patients undergoing colonoscopy with selected demographic variable like age, gender, education in selected hospitals.

### Materials and method

- **Research Approach:** - The quantitative approach used in the study
- **Research Design:** - Quasi experimental Pre test Post test control group design
- **Variables:** The independent variable chosen for this study was video assisted teaching and the dependent variable was knowledge and pre procedure anxiety.
- **Sampling technique:** - Purposive sampling.
- **Samples:** 60 patients undergoing colonoscopy
- **Tool:** Section A - Demographic proforma, Section B- Structured Knowledge Questionnaire, Section C - State Scale of Anxiety.
- **Data collection procedure**

The data was collected after obtaining administrative permission from Bishop Benziger Hospital and Upasana Hospital at Kollam and the informed consent from patients. The samples of those who met the inclusion criteria were identified and the investigator introduced her to the samples, sixty samples were selected using purposive sampling method. Three day before the colonoscopy, collection of base line data and pre test knowledge and Pre procedure anxiety was assessed using Structured knowledge questionnaire and state scale of anxiety for both experimental and control group. Then video assisted teaching was given to experimental group. On the day of procedure post test was conducted for both experimental and control group using the same tool.



## Results:

- **Effectiveness of video assisted teaching on knowledge and anxiety among clients undergoing colonoscopy.**

### Regarding knowledge

In the present study mean post test score of experimental group (17.17) is greater than the mean pre test score (8.53) . The p value = 0.001 less than 0.05 level of significance and the mean post test score of experimental group ( 17.7) is greater than the mean post test score of control group ( 8.97). The p value = 0.001 less than 0.05 level of significance.

### Regarding pre -procedure anxiety

In the present study the mean post test score of experimental group (37.28) is lesser than the mean pre test score (49.23). The P value = 0.001 is less than 0.05 level of significance and the mean post test score of control group (48) is greater than the mean post test score of experimental group (37.28) . The p value =0.001 lesser than 0.05 level of significance.

- **Association between knowledge and pre-procedure anxiety with selected demographic variables like age, gender, education, occupation, smoking history and alcohol history.**

The chi-square value 6.35 for age, 0.77 for gender, 4.08 for education, 0.301 for occupation, 2.14 for smoking history and 2.66 for alcohol history. So there is no association between knowledge and selected demographic variables such as age, gender, occupation, education, smoking history and alcohol history. The chi-square value 3.44 for age, 0.778 for gender, 0.890 for education, 0.726 for occupation, 1.76 for smoking history and 0.632 for alcohol history. So there is no association between pre procedure anxiety and selected demographic variables such as age, gender, occupation, education, smoking history and alcohol history.

## Conclusion

The present study aimed to find the effectiveness of video assisted teaching on knowledge and pre procedure anxiety among clients undergoing colonoscopy. The result shows that there was significant increase in knowledge and reduction in anxiety among patients undergoing colonoscopy after video assisted teaching. There was no association found between knowledge and pre procedure anxiety with selected demographic variables.

*(ACCEPTED FOR PUBLICATION IN INTERNATIONAL JOURNAL OF NURSING EDUCATION)*

## Effect of selected nursing interventions on muscle cramps among patients with chronic kidney disease undergoing haemodialysis in Bishop Benziger Hospital at Kollam

*Mrs. Sreeja S<sup>1</sup>, Mrs, Binutha V P<sup>2</sup>.*

*<sup>1</sup> M.Sc. Nursing Student (2014-2016), Associate professor HOD Medical Surgical Nursing Department.*

---

**Title:** An experimental study to assess the effect of selected nursing interventions on muscle cramps among patients with chronic kidney disease undergoing haemodialysis in Bishop Benziger Hospital at Kollam.

### Objectives

- To assess the muscle cramps among patients with chronic kidney disease undergoing hemodialysis.
- To evaluate the effect of selected nursing interventions on muscle cramps among patients with chronic kidney disease undergoing hemodialysis.
- To find out the association between the pretest scores of muscle cramps with the selected demographic variable.

### Materials and methods

- **Research Approach:** - Quantitative research approach..
- **Research Design:** -Quasi experimental non-equivalent pre test post test control group design.
- **Sampling technique:** - Purposive sampling.
- **Samples:** 60 patients with chronic kidney disease undergoing hemodialysis
- **Tools:** Demographic profile, Clinical data, Penn spasm frequency scale, Numerical Pain scale
- **Data collection procedure:** -A formal written permission was obtained from the concerned authorities of the Bishop Benziger hospital prior data collection. The patients with chronic kidney disease undergoing hemodialysis who fulfilled the sampling criteria were identified. The investigator introduced herself to the patients and the purpose of the study was explained to them. A brief introduction about stretching exercises and hot water bag application was given to the subjects. The subjects were asked to give the baseline information and then assessed their muscle cramps (spasm frequency and severity) by using Penn Spasm Frequency scale and pain experienced during muscle cramps were assessed by numerical pain scale. Then the participants performing group of stretching exercise before the initiation of dialysis and hot water bag application during dialysis under the guidance of researcher. The exercise was performed by each participants for a period of 15-20 minute. On the 14<sup>th</sup> day of pretest, post test was done with same tool.



## Results

- **Description of muscle cramp among experimental group**

In pre test, majority (70%) of samples having infrequent full spasm with moderate severity and remaining 30% of samples having spasm >one per hour with severe spasm severity. 53.33% of samples having moderate level of muscle pain and 46.67% of samples having severe muscle pain. In post test majority of samples (63.33%) having mild spasm with mild severity and 90% of samples having moderate level of muscle pain.

- **Effect of selected nursing interventions on muscle cramps among patients with chronic kidney disease undergoing hemodialysis**

The mean post test muscle cramps score of experimental group was lower than the mean pre test scores. The calculated 't' value was greater than the table value at 0.05 level.

- **Association between pre test scores of muscle cramps among patients with chronic kidney disease undergoing haemodialysis and the selected demographic variable**

The chi-square value computed to find the association between pre-test scores of pain level with selected demographic variables showed there was a significant association between pre-test scores of pain level and socio economic status at 0.05 level of significance.

## Conclusion

The study concluded that a significant difference was found between the mean muscle cramps scores in experimental group before and after giving the selected nursing interventions. So the stretching exercises and hot water bag application are effective in reducing the muscle cramps among patients with chronic kidney disease undergoing haemodialysis. And also there was a significant association between pre test scores of pain level and socio economic status

*What is evidence ?*

*Evidence is factual knowledge or data that lends support to or casts doubt on a hypothesis. It is information on which we base our beliefs and ideas of how the world works. – Morris*

## Effectiveness of cardiac counselling on knowledge and anxiety among patients diagnosed with Acute coronary syndromes

*Mrs. Saritha Mohan<sup>1</sup>, Mrs, Binutha V P<sup>2</sup>*

*<sup>1</sup> M.Sc. Nursing Student (2014-2016), <sup>2</sup> Associate professor HOD Medical Surgical Nursing Department.*

---

**Title:** Effectiveness of cardiac counselling on knowledge and anxiety among patients diagnosed with Acute coronary syndromes in selected Hospitals at Kollam

### Objectives

- To assess the level of knowledge of patients diagnosed with acute coronary syndromes, to assess the level of anxiety of patients diagnosed with acute coronary syndromes, to assess the effectiveness of cardiac counselling on level of knowledge of patients diagnosed with acute coronary syndromes,
- To assess the effectiveness of cardiac counselling on level of anxiety of patients diagnosed with acute coronary syndromes,
- To find out the association between pre-test level of knowledge with selected demographic variable,
- To find out the association between pre-test level of anxiety with selected demographic variable.

### Materials and method

- **Research approach:** Quantitative research approach
- **Research design:** non-equivalent experimental one group pre-test post-test design.
- **Sample :** 60 acute coronary syndromes patients from cardiology wards, who meet sampling and inclusion criteria.
- **Sampling technique:** purposive sampling.
- **Tools/Instruments:** Demographic profile, Knowledge questionnaire to assess knowledge among patients with acute coronary syndromes and State Trait Anxiety Scale to assess the anxiety among patients with acute coronary syndromes.
- **Data collection process**

The study was conducted in Bishop Benziger Hospital, Sree Narayana Trust Medical Mission Hospital, and Upasana Hospital, Kollam. Subjects were selected according to purposive sampling. Tools were administered to 60 acute coronary syndromes patients. Demographic proforma, Structured knowledge questionnaire, State Trait Anxiety Scale were used. Pre test was conducted for the samples followed by cardiac counselling. Post test was conducted after 14 days. The cardiac counselling provided within 30 minutes for each patients.



## Results

### **Evaluation of Effectiveness of cardiac counselling on knowledge and anxiety among patients with Acute coronary syndromes.**

The mean post test knowledge score of the selected samples ( $21.4 \pm 13.15$ ) was greater than pre test knowledge score ( $11.7 \pm 2.37$ ). The calculated 't' value was greater than the table value at 0.05 level of significance. The mean post test anxiety score of selected samples ( $50.61 \pm 8.18$ ) was lower than the pre test score ( $68.5 \pm 10.12$ ). The calculated 't' value was greater than the table value at 0.05 level of significance. So the cardiac counselling is effective in improving knowledge and reducing anxiety among patients with acute coronary syndromes in cardiology wards of selected hospitals

### **Association between pre test knowledge and anxiety score with selected demographic variables like age, gender, education, occupation, income and habit.**

There was no significant association between level of knowledge and level of anxiety with their selected demographic variables.

## Conclusion

The findings of the present study showed, a significant difference between pre test and post test knowledge and anxiety score of selected samples ( $p < 0.05$ ) after cardiac counselling. This result indicates and strongly suggests that the cardiac counselling is effective in improving knowledge and reducing anxiety among patients with acute coronary syndromes in cardiology wards of selected hospitals.

### *Evidence based practice*

*Means integrating individual clinical  
expertise with the best available external  
clinical evidence from systematic research  
– Sackett D*

## The Stress and Coping strategies adopted among the mothers of babies admitted in NICU

*Prof. Mrs. Bhasura Chandrachood<sup>1</sup>, Mrs. Rakhi K Sundar<sup>2</sup>, Mrs. Betsy.K Jayims<sup>2</sup>,  
Mrs. Soly Thomas<sup>2</sup>, Mrs. Sony John<sup>3</sup>.*

*<sup>1</sup>HOD Child Health Nursing, <sup>2</sup>Nursing Tutor, <sup>3</sup>Clinical Instructor*

---

**Title:** A study to assess the stress and coping strategies adopted among the mothers of babies admitted in NICU of a selected hospital at Kollam.

### Objectives

- To assess the stress among the mothers of babies admitted in NICU.
- To assess the coping strategies adopted by mothers of babies admitted in NICU.
- To find the correlation between stress and coping strategies of mothers of babies admitted in NICU.
- To find the association between stress of mothers of babies admitted in NICU with selected demographic variables.
- To find the association between coping strategies of mothers of babies admitted in NICU with selected demographic variables.

### Materials and Methods

- **Research approach and design:** Quantitative research approach , descriptive and co-relational design .
- **Sampling technique:** Purposive sampling
- **Samples:** 60 mothers of babies admitted in NICU
- **Tools :** Section A- demographic proforma ,Section B-modified Likert scale to assess stress of mothers of babies admitted in NICU., Section C- modified likert scale to assess coping strategies adopted by mothers of babies admitted in NICU
- **Data collection process:** : Written permission obtained from the concerned authority. The purpose of the study was explained to the subjects and informed consent taken from samples. The stress and coping strategies among mothers was assessed using modified and validated likert scales of stress and coping strategies. The data obtained was statistically analyzed.

### Results

Among the study samples, majority of the mother were between the age group of 21-25 years (53.3%), 48.3% have secondary education and 65% were housewives. Most of the samples have family income between Rs .5000- 10000, 40% were Christians and majority of them have one or two children and 56.6% belongs to nuclear family. In the present study, 98.33% of mothers have severe stress and all samples have strong coping abilities. The mean stress score was 74.746 and that of coping strategies was 80.339. The co- efficient of correlation 'r' was found to be 0.1192, which means that there was only a weak



positive correlation between stress and coping strategies. There was no association between selected demographic variables with stress or with coping strategies.

### Conclusion

The present study showed that there was severe stress among mothers of babies admitted in NICU where as, they adopted strong coping strategies. There was only weak positive correlation of stress and coping strategies among mothers.

*(Published in: Chandrachood B, Sundar KR, Jayims BK, Thomas S, John S. A study to assess the stress and coping strategies adopted among the mothers of babies admitted in NICU of a selected hospital at Kollam. International Journal of Nursing care : 2017,5 (1): p.85-9.)*

## Knowledge and attitude towards gynaecological examination among women residing in working women's hostel

*Prof. Mrs. Annal Angeline<sup>1</sup>, Mrs. Joyce Yesudas<sup>2</sup>, Mrs. Nisha John<sup>3</sup>, Mrs. Elizabeth Serin Raj<sup>3</sup>.*

*<sup>1</sup>HOD of Obstetrics and Gynaecological Nursing Department, <sup>2</sup>Asst. Professor, <sup>3</sup>Nursing Tutor.*

---

**Title :** A study to assess the knowledge and attitude towards gynaecological examination among women residing in working women's hostel Kollam

### Objectives

- To assess the level of knowledge towards gynecological examination among women residing in working women hostel Kollam.
- To assess the attitude towards gynecological examination among women residing in working women's hostel Kollam.
- To find out association between the level of knowledge towards gynecological examination and selected demographic variables.

### Materials and Methods

- **Research approach and design:** Quantitative, descriptive research design
- **Samples :** 50 women residing at working women's hostel Kollam
- **Sampling technique:** Purposive sampling
- **Tools and techniques:** Section A consists of demographic variables, Section B consists of questionnaire to assess the knowledge towards gynecological examination, Section C consists of questionnaire to assess the attitude towards gynecological examination

- **Data collection process:**

Prior to data collection informed consent was obtained. 50 samples were selected using Purposive sampling technique. Self structured questionnaire were used to assess the knowledge and attitude towards gynecological examination.

## Results

- **Knowledge of women**

The data showed that 22(44%) of women had good knowledge, 20 (40%) of women had average knowledge, 4(8%) of women had excellent knowledge and 4(8%) of women had poor knowledge

- **Attitude of women**

The data showed that 35(66%) of women had unfavorable attitude and 15(34%) of women had favorable attitude.

- **Association with demographic variables**

A significant association was found between knowledge and occupation and also between attitude and educational qualification.

## Conclusion

The present study showed that most of the women had good knowledge and unfavourable attitude towards the gynaecological examination. Hence the nurses need to focus more on providing more emotional support and use effective communication before the gynaecological examination which can alleviate the hesitance to approach a health care professional for the gynaecological problems.

*(ACCEPTED FOR PUBLICATION IN KERALA NURSING FORUM)*

## Effectiveness of video assisted teaching programme on knowledge and attitude towards reproductive health among adolescent girls.

*Mrs. Liji s Oommen<sup>1</sup>, Prof. Mrs. Annal angeline<sup>2</sup>*

*<sup>1</sup>M.Sc. Nursing Student (2013-2015), <sup>2</sup>HOD of Obstetrics and Gynaecological Nursing Department*

---

**Title:** To assess the effectiveness of video assisted teaching programme on knowledge and attitude towards reproductive health among adolescent girls in selected schools, at Kollam.

### Objectives

- To assess the level of knowledge and attitude of adolescent girls towards reproductive health.
- To assess the effectiveness of video assisted teaching programme on knowledge and attitude of adolescent girls towards reproductive health.
- To find association between knowledge and attitude of adolescent girls towards reproductive health with selected demographic variables such as age, type of family, occupation of parents, residence, education level of parents, source of information.

## Materials and methods

- **Research approach:** quantitative research approach
- **Research design:** quasi experimental pretest post test control group design
- **Sample :** 200 adolescent girls.
- **Sampling technique:** simple random sampling.
- **Tools:** Section A : Demographic Proforma, Section B: Structured knowledge questionnaire, Section C: Likert attitude scale.

## Data collection Process

The study was conducted at Vimala Hridaya H.S for girls and St. Joseph convent G.H.S.S at Kollam. Around 300 students are included in the age group of 13-15 years in Vimala Hridaya School and 200 students in St. Joseph school. 200 samples were taken and assigned to control and experimental group. The investigator selected the samples by simple random sampling method. The purpose of study was explained to them and informed consent was obtained from the parents. After obtaining the consent, pre-test was conducted for both the experimental and control group. Then the video assisted teaching programme was given on the same day for the experimental group about reproductive health. Then on the 8<sup>th</sup> day, post-test was conducted to both experimental and control group.

## Results

The research study aimed to find the effectiveness of video assisted teaching programme on knowledge and attitude towards reproductive health among adolescent girls. The study result shows there was significant improvement in knowledge towards reproductive health among adolescent girls. It also showed that the mean post-test knowledge score of the experimental group ( $22.94 \pm 2.85$ ) was greater than the mean post-test knowledge score of control group ( $13.73 \pm 3.04$ ) at 0.05 level of significance. The study result shows that there was significant improvement in attitude towards reproductive health. It also showed that mean post-test attitude score of the experimental group ( $57.68 \pm 5.03$ ) was greater than the mean post-test attitude score of control group ( $35.40 \pm 4.32$ ) at 0.05 level of significance.

## Conclusion

The study concludes that video assisted teaching programme was effective in improving knowledge and attitude towards reproductive health among adolescent girls.

*Impact factor means . . . . .*

*A measure reflecting the yearly average number of citations to recent articles published in the journal*



## Knowledge, attitude and practice of housewives regarding domestic waste water management

*Mrs. Sheeja. S<sup>1</sup>, Mrs. Sumith Cleetus<sup>2</sup>, Mrs. Feby Fulgen<sup>3</sup>.*

*<sup>1</sup>HOD Community Health Nursing, <sup>2</sup>Lecturer, <sup>3</sup>Nursing Tutor.*

---

**Title:** Knowledge, attitude and practice of housewives regarding domestic waste water management in selected community areas, Kollam.

### Objectives

- Assess the level of knowledge of housewives regarding domestic waste water management in selected community areas of Kollam
- Assess the attitude of housewives regarding domestic waste water management in selected community areas of Kollam
- Assess the practice of housewives regarding domestic waste water management in selected community areas of Kollam
- Find out the association between knowledge scores of housewives and selected demographic variables

### Materials and methods

- **Research approach and design:** Quantitative, descriptive research design
- **Sampling technique:** Convenient sampling method
- **Samples:** 60 housewives from two nagars of Pallithottam community area
- **Tools:** Self administered structured knowledge and practice questionnaire and likert scale.
- **Data collection process**

Data were collected by using structured questionnaire for knowledge and practice, and five point likert scale was used to assess the attitude. Confidentiality of the study was assured to the respondents and the consent was obtained. Data was collected by using self administered structured knowledge and practice questionnaire and likert scale.

### Results

#### Knowledge :

More than half of the samples (53.33%) possessed poor level of knowledge, 45% had average knowledge and 1.66% had good knowledge regarding waste water management.

#### Attitude :

All the samples had favorable attitude towards waste water management.

#### Practice :

36.6% had poor level of practice, 30% had average level of practice and 33.33% had good level of practice.

#### Association with demographic variables

Education and source of information had significant association with knowledge scores.

## Conclusion

The main objectives of the study were to assess the knowledge, attitude and practice of housewives regarding domestic waste water management in selected community areas of Kollam. More than half of the samples possessed poor level of knowledge regarding waste water management, all the samples had favourable attitude towards waste water management and majority had poor level of practice. Education and source of information had significant association with knowledge scores.

## Effectiveness of spiritual care training program for nurses on their spiritual care competence

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**Title:** A study to assess the effectiveness of spiritual care training program for nurses on their spiritual care competence

### Objectives

- To assess the spiritual care competence of nurses before and after spiritual care training program.
- To compare the spiritual care competence of nurses before and after spiritual care training program.

### Materials and methods

- **Research Approach and Design :** Quantitative approach with pre experimental design.
- **Sample:** 50 registered nurses working in the stroke unit of the selected hospital.
- **Sampling technique:** Total enumerative sampling .
- **Tool:** Section A –Demographic Proforma and section B - Spiritual Care Competence Scale.
- **Data Collection process**

**Phase I:** Pre test data was collected on an individual basis from each participant at the end of shift duty. Spiritual care training program was planned in collaboration with continuing nursing education department and conducted in. class room setting of the hospital in two batches of 25 each.

**Phase II:** The 10 hours of Training Programme on Spiritual Care included topics on –Introduction to spiritual care in nursing, Grief process and patients responses, spiritual values in human relation, Nursing process application in relation to spiritual needs, Professional standards and quality assurance in spiritual care-nurses role. The training program that included exercises to study participants on value clarification, self awareness and development of nursing care plan based on a case scenario were given to study participants for two days (5hrs/day) in collaboration with the in service education department of the hospital. It took 4 days to complete the training program.

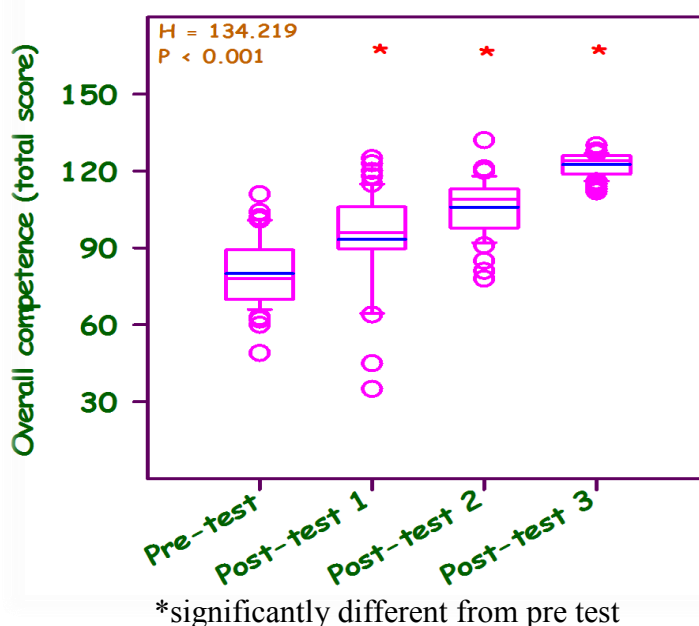
**Phase III:** Reinforcement was given using pamphlet on spiritual nursing care on Day 10 and Flyers were displayed in nurses stations of the selected units on day 15. Post- test data were collected on 10<sup>th</sup> day ,15<sup>th</sup> day and 21<sup>st</sup> day after completing training program

## Results

The scores obtained by nurses in various domains of Spiritual Care Competence Scale has shown a significant difference in the competence of nurses in all six domains as well as overall competence of spiritual care, before and after the training program. A significant difference was found between the scores obtained by nurses in pre-test 1 and post-test 1,2 and 3 on the domain 1-attitude toward patient spirituality ( $H=94.602$ ,  $P<0.001$ ), domain 2-communication ( $H=69.765$ ,  $P<0.001$ ), domain 3- assessment and implementation of spiritual care. ( $H=113.160$ ,  $P<0.001$ ), domain 4- Referral. .( $H=89.740$ ,  $P<0.001$ ), domain 5- Personal support and patient counseling ( $H=117.883$ ,  $P<0.001$ ), domain 6- Professionalization and improving the quality of spiritual care ( $H=95.177$ ,  $P<0.001$ ) and overall competence ( $H=134.219$ ,  $P<0.001$ ). All nurses were females.

66% of the nurses belonged to the age group of 20-30 years, 28% had scored less than 25<sup>th</sup> percentile (chi square=1.36, not significant). 64 % were married,28% had scored less than 25<sup>th</sup> percentile (chi square=2.2, not significant). With regard to religion,82% of nurses were Christians, and 20%of them scored more than 75<sup>th</sup> percentile. Majority of the nurses (68%) were diploma holders in nursing and an equal percentage (10%) of diploma and degree holders in nursing had scored more than 75<sup>th</sup> percentile (chi square=3.58, not significant). Most of the nurses(38%) had an experience of 2-5 years. (chi square=3.8, not significant). 90% of the nurses did not have any previous exposure to spiritual care training programme (chi square=7. 57, not significant).

### Comparison of overall spiritual care competence of nurses before and after spiritual care training program



## Conclusion

The study has shown positive and encouraging results with regard to the effectiveness of spiritual care training program on improving spiritual care competence of nurses. Further studies can be planned with an experimental design with more sample size.

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## Spiritual wellbeing of patients with stroke and their experience on spiritual care competence of nurses in a selected stroke unit

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**Title:** A study to assess the Spiritual wellbeing of patients with stroke and their experience on spiritual care competence of nurses in a selected stroke unit

### Objectives

- To assess and compare the spiritual wellbeing of patients with stroke during their hospitalization
- To assess and compare the experience on spiritual care competence of nurses in a selected stroke unit

### Materials and methods

- **Research Approach and Design:** A quantitative approach with non experimental comparative design.
- **Sample:** 70 patients with stroke who were admitted to the stroke unit.
- **Sampling Technique:** Total enumerative sampling.
- **Tool:** Section A - Demographic Proforma, Section B - Spiritual Well Being Scale (FACIT Sp-Ex-version 14) and Section C - Questionnaire on patient's experience regarding spiritual care competence of nurses.
- **Data Collection Process**

After explaining the purpose of study, informed consent was obtained from the participants. Pre –test data was collected on Day I using Section A, Section B and Section C of the tool. It took nearly 40 minutes by the patients to complete the questionnaire. Post test data regarding spiritual wellbeing was obtained on Day 10 and Day 15. On day 20, both Section B (FACIT Sp-Ex version 14) and Section C, Questionnaire on patients experience regarding spiritual care competence of nurses was administered. All ethical principles were followed during the study and no risks were encountered.

### Results

#### Demographic Variables

Majority of the participants (58.5%) were males and 91% were above 50 years of age. 47% were Christians (figure 3), 95.7% were married and 45.7% had two children. Majority, (54.2%) were educated up to secondary school, 42.8% didn't had a specific job and 34.2% had a monthly income of 5000 to 15000. 82.8% belonged to nuclear family. No association was found between spiritual well being of patients and selected demographic variables.

#### Spiritual Well being of patients with Stroke

The median value of pre-test, post-test 1, post-test 2 and post- test 3 were 48.5, 75, 80.5 and 89 respectively and there was a significant difference in spiritual wellbeing of the patients ( $H=230.657$ ,

P<0.001). Also there was significant difference in spiritual wellbeing of patients from pre-test to post-test 1 (Q=5.8), Post-test 2 (Q=10.351) and post-test 3 (Q=14.431). All values were significant at P <0.001 level. It shows that spiritual wellbeing can be enhanced in a short duration of 10 days if a spiritual care ambience prevails in the unit.

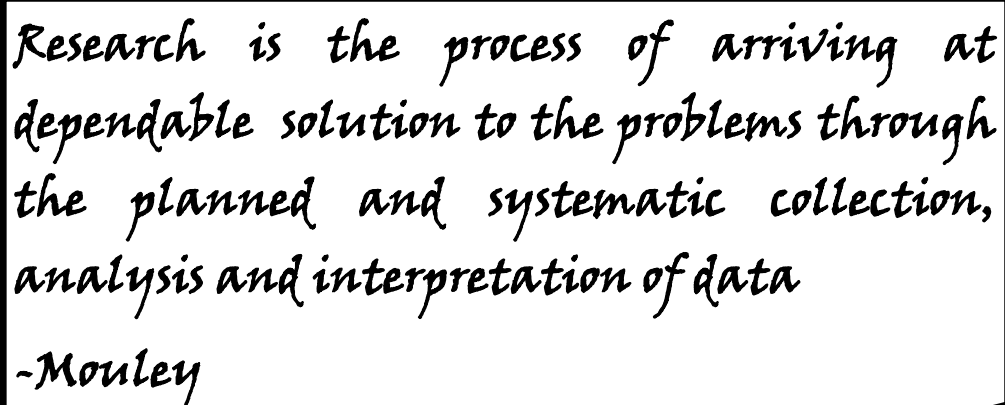
#### **Patients experience regarding spiritual care competence of nurses assigned to them.**

The median value of pre- test was 53.5 and that of post-test was 75. There was a significant difference in patients experience regarding spiritual care competence of those nurses assigned to them (Z=7, P< 0.001). It can be inferred that patients were able to identify in general the spiritual care competence of nurses which contributed to their spiritual wellbeing and nurses were equipped to provide spiritual care in a way that was noticed by patients.

#### **Conclusion**

Holistic nursing care cannot exist without considering the spiritual well being of patients. A detailed analysis of spiritual wellbeing of patients with stroke and comparison of patients experience regarding spiritual care competence of those nurses assigned to them from pre-test to post-test was done. Results have shown that there was a significant improvement in spiritual wellbeing of patients and significant difference in their experience related to spiritual care competence of nurses assigned to them .

*(Published in : Anoopa KR et al. Spiritual wellbeing of patients with stoke and their experience on spiritual care competence of nurses: int. j.res. ayurveda pharm.2017; 8(3).*



Research is the process of arriving at dependable solution to the problems through the planned and systematic collection, analysis and interpretation of data  
-Mouley

## Correlation between emotional quotient and academic performance

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**Title:** Correlation between emotional quotient and academic performance among second year BSc nursing students

### Objectives

- To assess the various domains of emotional quotient of second year BSc nursing students in selected College of nursing, Kollam.
- To assess the overall emotional quotient of second year BSc Nursing students in selected College of nursing, Kollam.
- To assess the academic performance of second year BSc Nursing students in selected College of nursing, Kollam.
- To determine the correlation between various domains of emotional quotient and the academic performance of second year BSc nursing students in selected College of nursing, Kollam.
- To determine the correlation between the overall emotional quotient and academic performance of second year BSc Nursing students in selected College of nursing, Kollam.
- To find the association between emotional quotient and selected demographic variables of second year BSc Nursing students in selected College of nursing, Kollam.
- To find the association between academic performance and selected demographic variables of second year BSc Nursing students in selected College of nursing, Kollam.

### Materials and methods

- **Research Approach and Design:** A quantitative approach with Correlational research design.
- **Sample:** 39 BSc Nursing students .
- **Sampling Technique:** purposive sampling.
- **Tool:** Tool 1 – Demographic proforma, Tool 2 – Emotional quotient self assessment checklist. The academic performance was assessed by the marks scored in the First year BSc nursing examination held in September 2014.

- **Data Collection Process**

Formal permission was obtained from the concerned authorities and informed consent was taken from nursing students. The first year BSc nursing students who fulfilled the sampling criteria were identified. The investigator introduced himself to the subjects and the purpose of the study was explained to them. Confidentiality was assured.

## **Results**

- **Description of demographic variables**

All the students were in the age group of 18 years. All the students were females.

- **Description of sub factors of emotional quotient**

### **Description of self awareness**

53.85% students have high level of self awareness, 28.20% have moderate level of self awareness, 15.38% have very high self awareness and 2.56% have very low level of self awareness.

### **Description of self confidence**

2.56% of students have very low self confidence, 30.77% shows moderate level of self confidence, 53.85% have high self confidence and 12.82% have very high self confidence.

### **Description of self control**

2.56% of students have very low self control, 5.13% have low, 48.72% have moderate, 38.46% have high and 5.13% have very high level of self control.

### **Description of empathy**

2.56% of students have very low and low level of empathy each, 15.39% have moderate, 64.10% have high and 15.39% have very high empathy.

### **Description of motivation**

2.56% of students have very low and low level of motivation each, 28.21% have moderate, 51.28% have high and 15.39% have very high motivation.

### **Description of social competency**

2.56% of students have very low social competency, 5.13% each have low and very high, 25.64% have moderate and 58.98% have high level of social competency.

- **Description of overall emotional quotient**

10.25% of students had very high level of emotional quotient where as 69.23% had high level of emotional quotient. 17.95% of the students were to have moderate level of emotional quotient and only 2.56% had the very low level of emotional quotient. The mean emotional quotient was 66.128.



- **Description of academic performance**

In the case of academic performance, there were no students belonged to the very high and very low category. 46.15% had a high level of academic performance and 51.28% had a moderate level of academic performance. Only 2.56% had low level of academic performance. The mean academic performance was 55.656.

- **Correlation of academic performance and emotional quotient**

The coefficient of correlation  $r$  values are 0.0768, -0.022, 0.1369, 0.0566, -0.0495, 0.0874 and 0.119 respectively for self awareness, self confidence, self control, empathy, motivation, social competency and overall emotional quotient with academic performance. Even though the mean score of emotional quotient is high when compared to mean score of academic performance, statistical analysis shows a weak positive correlation between emotional quotient and academic performance.

- **Association with demographic variables**

No association was found between selected demographic variables and academic performance and emotional quotient.

### **Conclusion**

Present study has shown a weak positive correlation of emotional quotient and academic performance in nursing students and it does not support the findings of any existing studies. Further studies may be carried out with large sample size and students of both gender to generalize the findings of present study.

***Published in: Anoopa KR, Anand S, Khosh SA, James A, Gerald T. Correlation between emotional quotient and academic performance among second year Bsc nursing students. Int.j.res.ayurveda pharm.nov-dec2016;7(6):110-4.***



# **Submission Guidelines**

- The editorial board invites contributions from all the PG, M.phil, and Ph.D scholars in nursing.
- Articles should be prepared on MS Word in Times New Roman font style, font size (Heading 14 and content 12) with 1.5 line spacing on standard paper size.
- All contributions submitted will be subjected to peer review.
- The content should include: Heading, Authors name and designation in Vancouver's Style of referencing, title of the problem, objectives, materials and methods, result and conclusion. If published specify in Vancouver's style of referencing.
- Articles may be sent to [bbconnursingenquete@gmail.com](mailto:bbconnursingenquete@gmail.com)

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