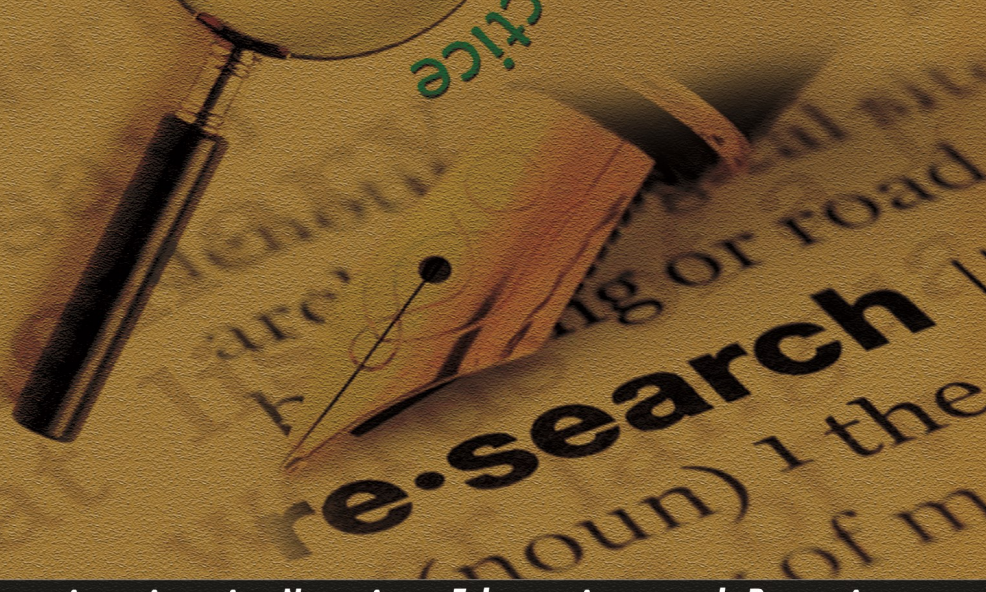


# NURSING ENQUETE

**Volume : 03**

**Issue : 01**

Evidence Based Practice  
Asking is the Answer.



*Abstract of Investigation in Nursing Education and Practice*



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# **A Study to Assess the Effectiveness of Planned Teaching Programme on Knowledge Regarding Optimal Use of Antibiotics to Prevent Bacterial Resistance among Mothers at Selected Community Area, Kollam**

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## **Title**

A study to assess the effectiveness of planned teaching programme on knowledge regarding optimal use of antibiotics to prevent bacterial resistance among mothers at selected community area, Kollam

## **Objectives**

The objectives of the study are to:-

- Assess the pretest knowledge regarding optimal use of antibiotics to prevent bacterial resistance among the mothers at selected community area, Kollam.
- Determine the effect of planned teaching program on knowledge regarding optimal use of antibiotics to prevent bacterial resistance among the mothers at selected community area, Kollam.
- Find the association between pretest knowledge and selected demographic variables.

## **Materials and methods**

- **Research approach** –In this study experimental approach was used.
- **Research design**-The research design adopted for this study was pre experimental research design.
- **Sample technique** –In this study Convenience sampling was used.

- **Sample** - Mothers in DonBosco and Sneehatheeram Nagar at Pallithottam, Kollam. The sample size for this study was 60.
- **Tools:-**

**Tool 1-** Demographic Performa.

**Tool 2** – Structured questionnaire to assess the knowledge among mothers regarding optimal use of antibiotics to prevent bacterial resistance.

## Data collection process

The main study data collection for the study was conducted from 26-2-2018 to 5-3-2018. The setting of the study was DonBosco Nagar and Snehatheeram Nagar of Palithottam and mothers of children below 15 years were the sample. A formal written permission was obtained from the concerned authorities of the Community Health Centre Kollam and informed consent was taken from the mothers. The investigators introduced themselves to the subjects and the purpose of the study was explained to them. Confidentiality was assured. Pretest was given on 26-2-2018 then the planned teaching programme was given for the mothers for whom pretest was being conducted. After 3 days the posttest was done and data were analyzed.

## Result

The result showed that majority of samples (45%) belonged to the age group between 20-30 years, 25% were in the age group between 31-40 years, 15% were in the age group below 20 years and 15% were in the age group above 40 years. Most of the samples (98%) were Christians and 1.66% were Muslims. Among the mothers participated in this study, 51.60% belonged nuclear family, 40% belonged to joint family and 8.33% belonged to single parent family. A considerable majority (60%) of mothers had two children, 30% had one child and 10% had more than two children. Among the mothers, 65% had educational status of SSLC or below SSLC, 28.33% of them were graduates, 5% were predegree holders and 1.66% belonged to other categories. Most of the samples (65%) use television, 16.66% use newspaper and magazines, 3.33% use radio and 15% of them use all the above accessible mass medias. A good percentage of mothers (66.66%) had monthly income between Rs.2000-5000 and 3.33% of mothers had monthly income between Rs.5001-10000.

In our study the, mean post test score (15.58) greater than pretest score (12.22) on knowledge regarding optimal use of antibiotic to prevent bacterial resistance. The SD of pretest was 1.15 and posttest was 2.04. The t value (11.23) was greater than table value (2.00) i.e., the planned teaching programme was effective in increasing the knowledge regarding optimal use of antibiotic to prevent bacterial resistance among the mothers of children below 15 years. The association was found out by chi square test. It was inferred that the present study showed no significant association between knowledge and demographic variables such as age, media education of mothers, monthly income, type of family (calculated value less than tabulated value at 0.05 level of significance). There was significant association between knowledge of mothers regarding optimal use of antibiotics to prevent bacterial resistance and their 'religion' (calculated value greater than tabulated value at 0.05 level of significance).

## **Conclusion**

This study attempted to assess the effectiveness of planned teaching programme on knowledge regarding optimal use of antibiotics to prevent bacterial resistance among mothers. The following conclusions are made from the findings of the study;

- Structured teaching programme was found to be effective in enhancing of knowledge regarding optimal use of antibiotics to prevent bacterial resistance among mothers.
  - There was no association between knowledge and demographic variables such as age, media education of mothers, monthly income, and type of family.
-

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## Effectiveness of structured teaching programme on knowledge regarding prevention of urinary tract infection among adolescent girls in selected schools at Kollam district.

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### **Title:**

A study to assess the effectiveness of structured teaching programme on knowledge regarding prevention of urinary tract infection among adolescent girls in selected schools at Kollam district.

### **Objectives:**

- To assess the knowledge regarding prevention of urinary tract infection among adolescent girls.
- To assess the effectiveness of structured teaching programme regarding prevention of urinary tract infection among adolescent girls.
- To find out the association between knowledge regarding prevention of urinary tract infection among adolescent girls and selected demographic variables.

### **Hypotheses:**

**H<sub>1</sub>:** There will be significant difference between pretest and posttest scores of knowledge among adolescent girls.

**H<sub>2</sub>:** There will be significant association between knowledge of the adolescent girls regarding prevention of Urinary tract infection and selected demographic

### **Material and Methods:**

- **Research approach:** In this study quantitative research approach was used.
- **Research design:** One group pretest-posttest design.



- **Sampling technique:** In this study simple random sampling was used.
- **Samples:** The samples consisted of 60 adolescent girls aged 15-18 years from St. Aloysius higher secondary school, Kollam district.
- **Tools:**

**Tool 1** - Demographic Proforma.

**Tool 2** – Structured questionnaire to assess the knowledge among adolescent girls regarding prevention of urinary tract infection.

### **Data collection process:**

Data were collected after obtaining prior administrative permission and informed consent from adolescent girls. The tools for data collection were demographic proforma including age, educational status, employment, place of residence and religion and a structured questionnaire for assessing knowledge among adolescent girls regarding prevention of urinary tract infection.

### **Result:**

The association between knowledge regarding prevention of urinary tract infection and demographic variables was found out by chi square test. It was inferred that the present study showed no significant association between knowledge and demographic variables like age, religion, place of residence, educational status and employment. The mean posttest knowledge score (14.35) was greater than mean pretest knowledge score (9.28). The t value 16.35 was greater than the table value (2.00) which indicates that there is significant difference between pretest and posttest scores on knowledge among adolescent girls showing that the structured teaching programme was effective. Thus the structured teaching programme was effective in increasing the knowledge regarding prevention of urinary tract infection among adolescent girls.

### **Conclusion:**

The following conclusions are made from the findings of the study;

- Structured teaching programme was found to be effective in enhancing of knowledge regarding prevention of urinary tract infection among adolescent girls.
- There was no association between knowledge among adolescent girls and selected demographic variables.

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## **A Study to Assess the Effectiveness of Video Assisted Teaching Programme on Knowledge Regarding the Effect of Drug Abuse among Adolescents in Selected Schools at Kollam**

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---

### **Title**

A Study to Assess the Effectiveness of Video Assisted Teaching Programme on Knowledge Regarding the Effect of Drug Abuse among Adolescents in Selected Schools at Kollam.

### **Objectives**

The objectives of the study are to:-

- To assess the existing knowledge regarding the effect of drug abuse among adolescents.
- To assess the effectiveness of video assisted teaching program on knowledge regarding the effect of drug abuse among adolescents.
- To find out the association between selected demographic variables and knowledge regarding the effect of drug abuse among adolescents in selected schools at Kollam.

### **Hypotheses**

**H<sub>1</sub>:** There will be significant difference between mean pretest and posttest scores of knowledge regarding the effect of drug abuse among adolescents.

**H<sub>2</sub>:** There will be significant association between knowledge regarding the effect of drug abuse among adolescents and selected demographic variables such as gender, religion, family type, and family history of drug abuse and food habits.

## Materials and methods

- **Research approach** –In this study quantitative research approach was used.
- **Research design**-The research design adopted for this study was pre experimental research design.
- **Sample technique** –In this study purposive sampling technique was used.
- **Sample** - Students from St. Aloysius Higher Secondary School, Kollam. The sample size for this study was 60.
- **Tools:-**

**Tool 1-** Socio-demographic Proforma.

**Tool 2** – Structured knowledge questionnaire.

## Data collection process

The data collection was conducted from 26.02.2018 to 03.03.2018, in St. Aloysius higher secondary school, Kollam. The data were collected after obtaining administrative approval and consent from principal of the selected school. The samples were selected based on inclusion and exclusion criteria. A total of 60 samples were selected by purposive sampling technique. After conducting the pretest, the researchers gave the intervention and on the fifth day, posttest was conducted and the data analysis was done by using descriptive and inferential statistics.

## Result

The data shows that the mean difference is 3.7. The posttest mean is 13.77 is greater than pretest mean 10.07 which indicate the significant increase in the knowledge score of the adolescence. The calculated 't' value is 14.13 is greater than the table value. Hence the H<sub>2</sub> is rejected and H<sub>1</sub> is accepted. It reveals that the video assisted teaching programme regarding the effect of drug abuse among adolescence was effective.

In the case of religion, the chi square value was 7.84 which were greater than table value 5.99 at 0.05 level of significance.so there was an association found between religion and pretest knowledge. In case of gender, the chi square value 1.41 which was lesser than table value 3.84 at 0.05 level of significance. So there was no association between gender and pretest knowledge.

In case of family type also, there was no association with the chi square value 0.121 which was lesser than table value 3.84 at 0.05 level of significance. In family history, the chi square value 0.816 which was lesser than table value 3.84 at 0.05 level of significance. So the data reveals there is no association between family history and pretest knowledge. In case of food habits, the chi square value 0.587 which was lesser than table value 3.84 at 0.05 level of significance. so there is no association between food habits and pretest knowledge. Hence, except for religion there was no association between pretest knowledge and selected demographic variables.

## Conclusion

The study result showed that there was significant improvement in knowledge regarding the effect of drug abuse among adolescents after providing a video assisted teaching programme revealing its effectiveness.

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### Effectiveness of Self Instructional Module on Knowledge Regarding Home Care Management among Patients undergoing Hemodialysis in selected Hospitals at Kollam

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## Title

“A study to assess the effectiveness of self-instructional module on knowledge regarding home care management among patients undergoing hemodialysis in selected hospitals at Kollam.”

## Objectives

The objectives of the study are:

- To assess the knowledge regarding home care management among patients undergoing Hemodialysis in selected hospitals at Kollam.
- To assess the effectiveness of self-instructional module regarding home care management among patients undergoing Hemodialysis in selected hospitals at Kollam.
- To find out the association between the level of knowledge regarding home care management and selected demographic variables such as age, education, occupation, gender and frequency of dialysis.

## Hypotheses

H<sub>1</sub>-There will be significant difference between the pretest and posttest knowledge scores regarding home care management among Hemodialysis patients.

H<sub>2</sub>- There will be significant association between the knowledge regarding home care management among patients undergoing Hemodialysis and selected demographic variables such as gender, age, education, occupation, and frequency of dialysis.

## Materials and Methods

- **Research Approach :** The quantitative research approach was adopted to assess the effectiveness of self instructional module on knowledge regarding home care management of haemodialysis patients.
- **Research Design:** Pre Experimental one group pretest-posttest design was adopted for the study.
- **Sampling technique :** Purposive sampling was used in this study.
- **Samples :** The sample size was 30.
- **Tools :**
  - Tool 1: Demographic Proforma
  - Tool 2 : Self Instructional Module



## Data collection process

The main data collection for the study was conducted from 26/02/2018 to 03/03/2018. The setting for the study was Bishop Benziger Hospital, Kollam. The investigators gained a formal written permission from the concerned authorities of the hospitals prior to data collection.

The haemodialysis patients in the hospitals who fulfill the sampling criteria were identified. The investigators introduced themselves to the subjects and explained the purpose of the study to them. Confidentiality was assured and written consent was obtained. A brief introduction about home care management was given to the subjects.

30 patients were selected from Bishop Benziger Hospital, Kollam. The pretest was conducted on the first day to the group using knowledge questionnaire. Self instructional module was presented to them and post test was conducted. The data collection got terminated by thanking the respondents for their cooperation. The data collected were compiled for analysis.

## Results

In the present study the demographic data revealed that 6.67% were in the age group 30-39 years, 13.33% were in the age group 40-49 years, 30% in the age group 50-59 years and 50% in the age group 60-70 years. 26.67 % were females and 73.33 % were males. 53.33 % had school education, 30 % had higher secondary education and 16.67 % were graduates in the sample under study. 73.33 % of the patients were unemployed, 6.67 % were govt.employees, 3.33 % were private employees and 16.67 % belonged to other categories. About 70 % of patients undergo hemodialysis twice a week and 30 % of patients undergo hemodialysis thrice a week. The present study revealed that 10 % of patients undergoing hemodialysis had average knowledge, 63.33 % of patients had good knowledge and 26.67 % of patients had excellent knowledge regarding home care management when pretest was done. After providing Self Instructional Module, there was significant difference between mean pretest and posttest scores. The mean knowledge posttest score ( 14.27 ) is greater than mean knowledge pretest score ( 9.13 ) regarding home care management among patients undergoing hemodialysis. The ' t ' value ( 13.73 ) is greater than the table value ( 2.05 ) at 0.05 level

of significance. ie, the self instructional module was effective. Hence the research hypothesis was accepted. It shows that self instructional module was effective in increasing the knowledge regarding home care management among patients undergoing hemodialysis.

## Conclusion

The study result showed that there was significant improvement in knowledge among hemodialysis patients regarding home care management after providing a self instructional module revealing it's effectiveness.

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### **Effectiveness of Structured Teaching Programme on knowledge regarding oral cancer among adolescent boys in selected schools at Kollam**

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---

## **Title**

“A Study to assess the effectiveness of structured teaching programme on knowledge regarding oral cancer among adolescent boys in selected schools at Kollam.”

## **Objectives**

The objectives of the study are;

- To assess the knowledge regarding oral cancer among adolescent boys in selected schools at Kollam.
- To assess the effectiveness of structured teaching programme on knowledge regarding oral cancer among adolescent boys in selected schools at Kollam.
- To find out the association between the pretest knowledge regarding oral cancer among adolescent boys and selected demographic variables.

## Hypotheses

All hypotheses will be tested at 0.05 level of significance.

**H<sub>1</sub>**- There is significant difference between pretest and posttest knowledge scores of adolescent boys regarding oral cancer.

**H<sub>2</sub>**- There is significant association between pretest knowledge of adolescent boys regarding oral cancer and selected demographic variables.

## Materials and Methods

- **Research Approach:** A quantitative research approach.
- **Research Design:** In the present study one group pretest – posttest research design was used which belongs to pre experimental design.
- **Sampling technique:** Non probability purposive sampling technique.
- **Samples:** The sample size was 60.
- **Tools :-**

Tool 1: Demographic proforma

Tool 2: Structured knowledge questionnaire

## Data collection process

Data were collected after obtaining prior administrative permission and informed consent from adolescent boys. The tools for data collection procedure were demographic proforma including age, type of family, area of residence, educational status, bad habits, oral hygiene practices and previous knowledge about oral cancer and structured knowledge questionnaire.

The data collection was done from 26/2/2018 to 5/3/2018. Setting for the study was Govt. Model V.H.S.S & H.S.S for boys, Thevally, Kollam. On the first day, pretest was done by structured knowledge questionnaire regarding oral cancer. Then structured teaching programme given to the adolescent boys and post test was done after 5 days by using the same structured knowledge questionnaire regarding oral cancer. Then the study findings were analyzed.

## Result

In the present study the demographic data revealed that 60% of the sample belonged to 16 years of age, 83.33% of the sample belonged to nuclear family, 61.66% of the sample live in urban area. 80% of the sample were plus one students, 33.33% of the sample had the bad habit of consuming alcohol, 16.66% had the bad habit of smoking, 8.33% had the bad habit of betel nut chewing .46 .70% of the sample had the practice of oral hygiene once in a day and 30% had the oral hygiene practice twice in a day. The data showed that 35% of the sample had previous knowledge about oral cancer.

The present study revealed that 65% of the sample had poor knowledge and 35% had moderate knowledge regarding oral cancer in pretest. 75% of the sample had moderate knowledge and 25% of the sample had good knowledge regarding oral cancer in post test. After the structured teaching programme, there was significant difference in the mean pretest and posttest scores. The mean pretest knowledge score was 10.68 and posttest knowledge score was 14.42. The 't' value was 24.87. The calculated value was greater than table value which indicates that the structured teaching programme was effective in improving knowledge regarding oral cancer.

The present study showed that there was no significant association between knowledge and selected demographic variables like age, type of family, educational status, bad habits, oral hygiene practice and previous knowledge on oral cancer. There was significant association between knowledge and demographic variable 'area of residence'.

## Conclusion

The present study aimed to assess the effectiveness of structured teaching programme on knowledge regarding oral cancer among adolescent boys in selected schools at Kollam. The study results showed that there was significant improvement in knowledge regarding oral cancer among adolescent boys after providing structured teaching programme which is really encouraging and appreciable.

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## Effectiveness of Video Assisted Teaching on Knowledge regarding Home Care Management among Patients Diagnosed with Acute Coronary Syndrome in selected hospitals, Kollam

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- 

### Title

A study to assess the effectiveness of video assisted teaching on knowledge regarding home care management among patients diagnosed with acute coronary syndrome in selected hospitals, Kollam.

### Objectives

- To assess the effectiveness of video assisted teaching on knowledge regarding home care management among patients diagnosed with acute coronary syndrome.
- To determine the association between pretest knowledge scores and selected demographic variables.

### Hypotheses

All hypotheses were tested at 0.05 level of significance.

- H<sub>1</sub>**- There is significant difference between the mean pretest and posttest knowledge scores of patients with acute coronary syndrome in experimental group.
- H<sub>2</sub>**- There is significant difference in the mean posttest knowledge scores of patients in the experimental and control group.
- H<sub>3</sub>**- There is significant association between pretest knowledge scores and selected demographic variables like Age in years, Gender, Education, Occupation, Monthly Income, Diet and Habit.



## Materials and methods

- **Research Approach:** In this study quantitative research approach was used.
- **Research design:** Quasi experimental non randomized control group design was used.
- **Sampling technique:** In this study Purposive sampling technique was used for sample selection.
- **Sample:** The study sample consisted of 60 acute coronary syndrome patients from selected hospitals, out of this 30 in experimental group and 30 in control group selected from Bishop Benziger Hospital, Kollam and Upasana hospital, Kollam.

## Tool

- Section A: Demographic proforma
- Section B: Knowledge questionnaire to assess knowledge among patients with acute coronary syndrome.

## Data collection process

After obtaining formal written permission from the concerned authorities, the investigator introduced herself and written consent was obtained from samples. A total of 60 samples among which 30 in experimental group and 30 in control group were selected by using purposive sampling method based on inclusion and exclusion criteria. The pretest was conducted on first day to both the groups using Knowledge questionnaire. Immediately after the pretest, video assisted teaching programme of 40 minutes duration was given to the samples in experimental group. For control group routine care was given. On the 7<sup>th</sup> day, post-test was done in both experimental and control group.

## Results

### 1) Description of demographic variables

- Age: 38.3% of sample belonged to the age group of 61-70 yrs and 15% of samples belonged to 51-60 yrs.
- Sex: 68.3% of samples were Males.

- Education: Majority of samples had School level education (48.3%) and only 5% of samples were illiterate.
- Occupation: 50% of samples belonged to Private employee category and 10% belonged to Government employee category.
- Monthly Income: 48.3% of the samples had monthly income Rs 5,001-Rs 10,000.
- Diet: Majority of samples (60%) were in the Non Vegetarian Category.
- Habits: It was found that (45%) samples have No such habits.

## **2) Effectiveness of Video assisted teaching regarding home care management among patients diagnosed with Acute Coronary Syndrome.**

The present study revealed that the mean posttest knowledge score of experimental group (12.97) was higher than the mean pretest score (10.57). The calculated t value was greater than the table value at 0.05 level of significance. This suggested that Video assisted teaching was effective in improving knowledge regarding home care management among patients diagnosed with acute coronary syndrome in selected hospitals, Kollam.

## **3) Association between knowledge scores among patients with Acute Coronary Syndrome with demographic variables.**

The data shows that there was significant association between pretest knowledge score with the demographic variable, education. Since the calculated chi-square values were greater than table value at 0.05 level of significance.

## **Conclusion**

The present study was aimed to find the effectiveness of video assisted teaching on knowledge regarding home care management among patients diagnosed with acute coronary syndrome in selected hospitals, Kollam. The results showed that there was significant improvement in knowledge regarding home care management among patients diagnosed with Acute Coronary Syndrome in selected hospitals and also there was a significant association between knowledge score with demographic variable 'Education'.

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## Effectiveness of Mirror Therapy on Upper Extremity Motor Function among Stroke Patients in Selected Hospitals, Kollam

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*2 Head of Department, Medical surgical nursing, Bishop Benziger College of Nursing, Kollam*

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### Title

Effectiveness of mirror therapy on upper extremity motor function among stroke patients in selected hospitals, Kollam.

### Objectives

- To assess the effect of mirror therapy on upper extremity motor function among stroke patients in selected hospitals, Kollam.
- To find the association between pretest motor scores with selected demographic variables such as age, gender, occupation, educational status, marital status, annual income, region of living on upper extremity motor function among stroke patients in selected hospitals, Kollam.

### Hypotheses

All the hypotheses were tested at 0.05 level of significance

H<sub>1</sub>: There is significant difference between mean pretest motor function score and post test motor function score among stroke patients in the experimental group.

H<sub>2</sub>: There is significant difference in posttest motor function scores of the affected upper extremity in the experimental and control group.

### Materials and methods

- **Research approach:** In this study quantitative approach was used.
- **Research design:** Nonrandomized control group design was adopted for this study.
- **Sampling technique:** In this study convenient sampling was used.
- **Samples:** In this study, sample consisted of 60 stroke patients from selected hospitals of Kollam, 30 in experimental group and 30 in control group.

- **Tools:** Demographic information and self structured mirror therapy exercises which includes 12 statements on a 4 point Likert scale.

### **Data collection process**

Formal permission was obtained from the concerned authorities and informed consent was taken from the stroke patients. The investigators introduced themselves to the participants and the purpose of the study was explained to them. Confidentiality was assured. Convenient sampling technique was used to select the 60 samples who were admitted in both Bishop Benziger Hospital, Kollam and Upasana Hospital Kollam.

### **Results**

#### **1. Description of demographic variables**

- **Age:** Majority of the samples belonged to the age range of 61-65 in both experimental group (46.67%) and control group (56.67%).
- **Gender:** Equal percentage distribution was found for both the genders among experimental group while 53.33% of the samples were males in control group.
- **Occupation:** It was observed that majority of the samples were unemployed in both experimental group (80%) and control group (86.67%).
- **Educational status:** It shows that majority of the samples in both experimental group (83.33%) and control group (83.33%) had elementary level of education.
- **Marital status:** In experimental group 83.33% and in control group 56.67% were married.
- **Annual income:** Majority of the samples in the experimental group (56.67%) had an annual income of Rs. 10,001-15,000.
- **Region of living:** Majority of the samples in both experimental group (53.33%) and control group (73.33%) lived in the rural region.

#### **Effectiveness of mirror therapy on upper extremity motor function among stroke patients in the experimental and control group.**

The mean posttest score ( $23.73 \pm 4.43$ ) of the experimental group was higher than the mean pretest score ( $22.2 \pm 3.97$ ) and the calculated paired 't' value (5.86) is greater than table value (1.69) at 0.05 level of significance. Hence there was statistically significant difference between pretest scores and posttest scores of the experimental

group. So there was significant difference in pretest motor function scores and posttest motor function scores of the affected upper extremity in the experimental group.

The mean posttest score ( $23.73 \pm 4.43$ ) of the experimental group was higher than the mean posttest score ( $23.23 \pm 4.03$ ) of the control group and the calculated unpaired 't' value 0.46 is less than table value 2.001 at 0.05 level of significance. Hence there was no statistically significant difference between the upper extremity motor function scores among experimental and control group.

## Conclusion

The present study aimed to find the effectiveness of mirror therapy on upper extremity motor function among stroke patients in selected hospitals, Kollam. The findings of the study showed that the mirror therapy was not very effective in improving the upper extremity motor function among stroke patients in selected hospitals, Kollam.

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## Effectiveness of Structured Teaching Programme on Knowledge and Practice of Staff Nurses Regarding Endotracheal Suctioning among Staff Nurses in Intensive Care Units of Selected Hospitals in Kollam.

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*<sup>1</sup>M.Sc. Nursing Student (2016-2018), <sup>2</sup>HOD of Medical Surgical Nursing Department*

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### Title:

Effectiveness of structured teaching programme on knowledge and practice of staff nurses regarding endotracheal suctioning among staff nurses in intensive care units of selected hospitals in Kollam.

### Objectives

- To determine the effectiveness of structured teaching programme on knowledge regarding endotracheal suctioning among staff nurses in intensive care units.
- To determine the effectiveness of structured teaching programme on practice regarding endotracheal suctioning among staff nurses in intensive care units.
- To correlate between knowledge and practice of endotracheal suctioning among staff nurses in intensive care units.
- To find out the association between mean pretest knowledge scores and demographic variables.



- To find out the association between mean pretest practice scores and demographic variables.

### **Hypotheses**

All hypotheses were tested at a 0.05 level of significance,

**H<sub>1</sub>** – There is significant difference between mean pretest and posttest knowledge scores regarding endotracheal suctioning among staff nurses in intensive care units.

**H<sub>2</sub>** - There is significant difference between mean pretest and posttest practice scores regarding endotracheal suctioning among staff nurses in intensive care units.

**H<sub>3</sub>** – There is relationship between knowledge and practice scores regarding endotracheal suctioning.

**H<sub>4</sub>** - There is association between mean pretest scores of knowledge with demographic variables.

**H<sub>5</sub>** – There is association between mean pretest scores of practice with demographic variables.

### **Materials and Methods**

- **Research approach and design:** Quantitative approach with Pre-experimental one group pretest posttest design was used in this study.
- **Sampling technique:** Purposive sampling technique was applied for the selection of samples.
- **Samples:** Samples were 50 intensive care unit nurses working in Bishop Benziger Hospital and Upasana Hospital, Kollam.
- **Tools:** Structured Knowledge Questionnaire and Clinical Performance Assessment Checklist were used to assess the effectiveness of structured teaching programme on knowledge and practice of staff nurses regarding endotracheal suctioning among staff nurses in intensive care units of selected hospitals in Kollam.

### **Data collection process**

Prior to data collection a formal written permission was obtained from the head of the institutions. The purpose of the study was explained to the samples. Purposive sampling technique was used to select the participants. Written consent was taken from the participants.

Pretest was done on the first day followed by structured teaching programme (Day 1) and reinforcement intervention (Day 7) to all the samples and posttest on the 7<sup>th</sup> and 14<sup>th</sup> day. The data collection was terminated by thanking the participants for their co-operation. The data collected was then compiled for analysis.

### **Results:**

The data were analyzed using both descriptive and inferential statistics on the basis of the hypotheses of the study. The findings of the study revealed that the mean posttest knowledge score of selected samples ( $13.82 \pm 0.74$ ) was higher than the mean pretest score ( $6.46 \pm 1.99$ ). The findings of the study also revealed that the mean posttest practice score of selected samples ( $17.74 \pm 0.80$ ) was higher than the mean pretest practice score ( $8.04 \pm 2.49$ ). The calculated ANOVA value for knowledge (389.34) was greater than the table value (3.05) and for practice, the calculated ANOVA value (424.81) was greater than the table value (3.05) at a 0.05 level of significance. The calculated correlation coefficient value was 0.66, which indicated that there is statistically strong positive relationship between knowledge and practice scores regarding endotracheal suctioning among staff nurses in different intensive care units.

### **Conclusion**

The findings of the study revealed that there was statistically significant difference in the knowledge and practice scores of staff nurses regarding endotracheal suctioning among staff nurses before and after the administration of the intervention in the selected samples. The present study suggested that Structured Teaching Programme was effective in improving knowledge and practice regarding endotracheal suctioning among staff nurses in different intensive care units.

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## **Assess the effect of Individualized Medication Education programme on knowledge and Drug taking character among cardiac patients in Bishop Benziger Hospital, Kollam.**

*Mrs. Binutha V. P<sup>1</sup>, Mrs. Sherin Sebastian<sup>2</sup>, Mrs. Resmi Ravindran<sup>3</sup>, Mr. Jerin J<sup>3</sup>, Mrs. Reshma V. S<sup>3</sup>, Mrs. Sony John<sup>4</sup>, Mrs. Safreena Mary<sup>4</sup>, Mrs. Anitta Thomas<sup>5</sup>*

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*4. Clinical Instructor, Bishop Benziger College of Nursing, Kollam*

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### **Title**

Assess the effect of individualized medication education programme on knowledge and drug taking character among cardiac patient in Bishop Benziger Hospital.

### **Objectives**

#### **The objectives of the study are;**

- To assess the knowledge among cardiac patient about their medication therapy.
- To assess the drug taking character among cardiac patient.
- To determine the effect of individualized medication education programme.
- To find the association between the knowledge and drug taking character with selected demographic variables.

### **Hypotheses**

All hypotheses were tested at a 0.05 level of significance,

**H<sub>1</sub>** – There is significant difference between mean pretest and posttest knowledge score regarding drug taking character among cardiac patient in Bishop Benziger Hospital.

**H<sub>2</sub>** - There is significant difference between knowledge score regarding individualized medication education programme.

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## Materials and Methods

**Research approach and design:** Quantitative approach with Pre-experimental one group pretest posttest design was used in this study.

**Sampling technique:** Purposive sampling technique was applied for the selection of samples.

**Samples:** Samples were 50 cardiac patient who attended in Outpatient Department at Bishop Benziger Hospital, Kollam.

**Tools:** Structured Knowledge Questionnaire was used to assess the effect of individualized medication education programme on knowledge and drug taking character among cardiac patient in Bishop Benziger Hospital

### Data collection process

Prior to data collection a formal written permission was obtained from the head of the institutions. The purpose of the study was explained to the samples. Purposive sampling technique was used to select the participants. Written consent was taken from the participants. Pretest was done on the first day followed by individualized medication education programme (Day 1) to all the samples and posttest on the 7<sup>th</sup> day. The data collection was terminated by thanking the participants for their co-operation. The data collected was then compiled for analysis.

### Results:

The data were analyzed using both descriptive and inferential statistics on the basis of the hypotheses of the study. The findings of the study shows that there was a significant increase in mean posttest knowledge score of the sample ( $P < 0.0001$ ) regarding individualized medication education programme among cardiac patient in Bishop Benziger Hospital. The study results shows that mean posttest knowledge score of selected samples (13.98) was higher than the mean pretest score (9.28). The calculated value was greater than the table value at 0.0001 level of significance.

## Conclusion

The findings of the study revealed that there was statistically significant difference in the knowledge of cardiac patients regarding drug taking character before and after the administration of the intervention in the selected samples. The present study indicated that there was a significant difference between mean pretest and posttest knowledge score regarding individualized medication education programme among cardiac patient in Bishop Benziger Hospital.

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## Effectiveness of information booklet on knowledge of primary school teachers regarding behavioral problems and their prevention among children in selected primary schools at Kollam.

*Ms Anila Cleetus.<sup>1</sup>, Ms Diana Cyril<sup>1</sup>, Ms Emy Edison<sup>1</sup>, Ms Feviya Das<sup>1</sup>, Ms Praisey Amala Prasad<sup>1</sup>, Mrs Betsy K Jayims<sup>2</sup>*

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*<sup>2</sup>Assistant professor, Department of Child Health Nursing, Bishop Benziger College of nursing, Kollam.*

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## Title

A study to assess the effectiveness of information booklet on knowledge of primary school teachers regarding behavioural problems and their prevention among children in selected primary schools at Kollam

## Objectives

The objectives of the study are;

- To assess the knowledge of primary school teachers regarding behavioral problems and their prevention among children.
  - To assess the effectiveness of information booklet on knowledge of primary school teachers regarding behavioral problems and their prevention among children.
  - To find the association between pretest knowledge of primary school teachers
-

regarding behavioral problems and their prevention among children and selected demographic variables.

### Hypotheses

All hypotheses were tested at 0.05 level of significance.

- H<sub>1</sub>:** There will be a significant difference between pretest and posttest knowledge scores of primary school teachers on behavioral problems and their prevention among children
- H<sub>2</sub>:** There will be a significant association between pretest knowledge score of the primary school teachers regarding behavioral problems and their prevention among children and demographic variables.

### Materials and Methods

- **Research Approach :** A quantitative research approach was used.
- **Research Design :** In the present study one group pretest – posttest research design which belongs to pre experimental design was used.
- **Sampling technique :** Purposive sampling technique.
- **Samples :** The sample size was 60.
- **Tools :** Tool 1: Demographic Proforma.

Tool 2: Structured questionnaire.

### Data collection process

Data were collected after obtaining prior administrative permission and informed consent from primary school teachers. The tool for data collection were demographic proforma including name, age, address, religion, educational or qualification, influence of media, previous experience, previous source of information regarding behavioral problems and their prevention, previous history of behavioral problems and structured questionnaire regarding behavioral problems.

The data collection was conducted from 26/2/2018 to 5/3/2018. The purposive sampling technique was used to select the samples. The setting for the study was done in Infant Jesus Anglo-Indian Higher Secondary School Tangasseri, Balika Mariam L.P School, and St. George Thrikkadavoor, at Kollam. . On the first day, pretest was done

by using structured questionnaire regarding behavioral problems. Then information booklets were given to the primary school teachers and posttest was done after five days by using the same structured questionnaire regarding behavioral problems.

## Results

The pretest mean was 11.983 and then posttest mean was 25.3. The data shows that the mean difference was 13.317. The posttest mean 25.3 was greater than pretest mean 11.983 which indicates the significant increase in the knowledge score of the primary school teachers. The calculated 't' value is 24.31 is greater than the table value 2. Hence, the research hypothesis was accepted. It reveals that the information booklet was effective in improving the knowledge of primary school teachers on behavioral problems and their prevention among children.

The association of pretest knowledge of primary school teachers with selected demographic variables was done by using chi square test. When computed the data, calculated Chi square values for age, religion, years of experience, educational qualification, attendance in any training programme and previous source of information were 2.340, 2.448, 3.394, 5.796, 1.692, and 3.581 respectively at 0.05 level of significance. So, it can be concluded that there is no association between pretest knowledge among primary school teachers with selected demographic variables (Age, Religion, Year of Experience, Education qualification, Attendance in any training programme and previous source of information).

## Conclusion

The present study aimed to assess the effectiveness of information booklet on knowledge of primary school teachers regarding behavioural problems and their prevention among children in selected primary schools at Kollam. The study results showed that there were a significant improvement in knowledge among primary school teachers after providing a information booklet were statistically significant at 0.05 level. It reveals that the information booklet was effective in improving the knowledge of primary school teachers on behavioral problems and their prevention among children.

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## A Survey Study to assess the Functional Participation Ability among Preschool Children of First Kid Primary School, Kollam

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### Title

A survey study to assess the functional participation ability among preschool children of first kid primary school at Kollam.

### Objectives

- To assess the functional participation ability among preschool children
- To find out the association between functional participation ability among preschool children and selected demographic variables

### Assumptions

The study assumes to,

- Assess the functional participation ability among preschool children

### Materials and methods

- **Research approach:** Quantitative research approach was adopted in the study to assess the functional participation ability among preschoolers in first kid primary school at Kollam.
- **Research design:** Non experimental, survey research design was adopted .
- **Sampling technique:** The samples were selected by convenient sampling.
- **Samples:** The sample size for the study was 60.



- **Tools:**

Tool used for the study were demographic proforma and self-structured work book

### **Data collection process**

Prior permission was obtained from the Principal of Bishop Benziger college of Nursing and administrative approval and consent from Principal of selected school, Kollam. The data collection was conducted from 26/2/2018 to 5/3/2018. The data were obtained by using a self-structured work book on the functional participation among preschool children on the aspects of fine motor, gross motor and visual motor skills based on miller function and participation scale. Convenient random sampling was used to select 60 students between the age group of 3-5 years studying in the selected school. The students were provided with work book consisting of activities 23 specific to their age and their participation is scored on the check list developed by the researchers. Then the study findings were analyzed.

### **Result**

The findings show that 1.6% had mild mastery 5% had moderate mastery and 93.3% had complete mastery over the task which was assigned for them. The scoring of activities with regard to visual motor aspect reveals that 3.33% had mild mastery , 5% had moderate mastery and 91.66% had complete mastery over the given task . The activities on fine motor aspects reveals 1.66% had mild mastery and 98.33% had complete mastery over the given task and the activities on gross motor aspect reveals that 1.66% had mild mastery , 5% had moderate mastery and 93.33% had complete mastery over the given task respectively.

Regarding the demographic data it was revealed that 33.3% belonged to 3 years of age , 33.3% were in 4 years and 33.3% in 5 years.41.66% were girls, 58.33% were boys. Regarding the educational qualification of their parents 83. 3% parents were graduates, 10% parents possess higher secondary education and 6.6% parents were SSLC holders or below. Regarding the socio economic status of parents, 80% belonged to upper class, 20% belonged to middle class .There were significant association between functional

participation ability of preschoolers with their demographic variables such as age, educational qualification of parents, and socio economic status of parents except that of sex.

## **Conclusion**

The present study aimed to assess the functional participation ability among pre-school children at selected primary schools at Kollam. Chi square test was used to find the association between functional participation and associated demographic variables like age, sex, educational qualification of parents, socioeconomic status of parents. The findings show that 0 (0%) had unable to perform 1 (1.6%) had mild mastery 3 (5%) had moderate mastery 56 (93.3%) had complete mastery over the task which was assigned for them and there was a significant association between functional participation ability of preschoolers with their demographic variables such as age, educational qualification of parents, and socio economic status of parents except that of sex. The study findings have implications in nursing practice, nursing education, nursing administration and nursing research.

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## **Effectiveness of Video Assisted Teaching Program regarding the Knowledge of Polycystic Ovarian Disease and its Prevention among Adolescent Girls Studying in selected Higher Secondary Schools at Kollam**

***Mrs. P.V. Greeshma<sup>1</sup>, Prof. Mrs. Annal Angeline<sup>2</sup>***

*<sup>1</sup>M.Sc. Nursing Student (2016-2018), <sup>2</sup>HOD of Obstetrics & Gynecological Nursing Department, Bishop Benziger College of Nursing, Kollam*

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### **Title:**

Effectiveness of video assisted teaching program regarding the knowledge of polycystic ovarian disease and its prevention among adolescent girls studying in selected higher secondary schools at Kollam.

### **Objectives**

- \* To assess the effectiveness of video assisted teaching program on polycystic ovarian disease and its prevention among adolescent girls studying in selected higher secondary schools at Kollam.
- \* To find the association between pretest knowledge on polycystic ovarian disease and its prevention with selected demographic variables.

### **Hypotheses**

All hypotheses were tested at 0.05 level of significance

**H<sub>1</sub>:** There is significant difference between the mean pretest and posttest knowledge scores of experimental group regarding the knowledge of polycystic ovarian disease and its prevention among adolescent girls.

**H<sub>2</sub>:** There is significant difference between the posttest knowledge scores of experimental group and control group regarding the knowledge of polycystic ovarian disease and its prevention among adolescent girls.

**H<sub>3</sub>:** There is significant association between pretest knowledge scores with selected demographic variables.

## Materials and Methods

- **Research approach and design:** Quantitative approach with quasi experimental non-equivalent pretest posttest control group design was used.
- **Sampling technique:** Simple random sampling technique was used to select the samples.
- **Samples:** Samples were 100 adolescent girls studying in higher secondary schools at Kollam.
- **Tools:** Section A: Demographic proforma,  
Section B: Structured knowledge questionnaire to assess the knowledge of polycystic ovarian disease and its prevention.
- **Video assisted teaching program:** The intervention used in this study was video assisted teaching programme regarding knowledge of polycystic ovarian disease and its prevention among adolescent girls.

## Data collection procedure

Prior to data collection, a formal written permission was obtained from the institution and written consent was taken from the participants. Samples fulfilling the inclusion criteria were included in the study. 50 participants were assigned to control group and 50 to experimental group. Pretest was done using the knowledge questionnaire. Video assisted teaching program was given to experimental group only and posttest for both the groups was done on the 14<sup>th</sup> day using the same tool.

## Results

The research study aimed to find the effectiveness of video assisted teaching program regarding the knowledge of polycystic ovarian disease and its prevention among adolescent girls. The study result shows there was significant change in the knowledge level after using the video assisted teaching program. It also showed that the mean posttest knowledge score of the experimental group ( $21.6 \pm 2.84$ ) was greater than the mean posttest knowledge score of control group ( $15.98 \pm 3.65$ ) at 0.05 level of significance.

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**Conclusion:**

The findings of the study revealed that there was significant difference in the knowledge scores of adolescent girls. It proves that video assisted teaching program was effective in imparting knowledge of polycystic ovarian disease and its prevention among adolescent girls.

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**Effectiveness of Structured Teaching Programme on Knowledge  
Regarding Menopausal Osteoporosis among Peri menopausal Women  
in selected Community area at Kollam**

*Ms. Arya s.<sup>1</sup>, Ms. Merin Roy<sup>1</sup>, Ms. Nikitha Joy<sup>1</sup>, Ms. Sandra Cheriyan<sup>1</sup>,  
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of Nursing Kollam*

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**Title**

A study to assess the effectiveness of structured teaching Programme on knowledge regarding menopausal osteoporosis among peri menopausal women in selected community area at Kollam.

**Objectives**

The objectives of the study are:

- To assess the knowledge regarding menopausal osteoporosis among peri menopausal women in selected community area at Kollam.
- To assess the effectiveness of structured teaching Programme on knowledge regarding menopausal osteoporosis among peri menopausal women in the selected community area at Kollam.
- To find out association between knowledge regarding menopausal osteoporosis among peri menopausal women and selected demographic variables in the selected community area at Kollam.

## Assumptions

The study assumes that;

- There are certain demographic factors that influence the knowledge regarding menopausal osteoporosis.
- Perimenopausal women are interested in knowing more about menopausal osteoporosis
- Knowledge regarding menopausal osteoporosis will be minimal among Perimenopausal women.

## Materials and Methods

- **Research Approach:** Researchers adopted the quantitative research approach to assess the effectiveness of structured teaching Programme on knowledge regarding menopausal osteoporosis among peri menopausal women in selected community area at Kollam.
- **Research Design:** Pre experimental one group pretest posttest research design was adopted for this study.
- **Sampling technique:** The non-probability convenient sampling technique was used to select 60 peri menopausal women in this study.
- **Samples:** Peri menopausal women in the age group of 40-50 years.
- **Sample size:** The sample consisted of 60 peri menopausal women.
- **Tools :**
  - Section A: Demographic proforma
  - Section B: Structured knowledge questionnaire

## Data collection process

Data collection was done after obtaining prior administrative permission and informed consent from peri menopausal women. Data collection was done from 26/2/2018 to 5/3/2018. The non-probability convenient sampling technique was used to select the samples. Setting for the study was done at Pallithottam area, Kollam. Structured knowledge questionnaire related to menopausal osteoporosis was given to 60 peri menopausal women. Then structured teaching was done to the peri menopausal women and posttest was done after 5 days by using the same structured knowledge questionnaire regarding menopausal osteoporosis. The completed questionnaires were collected for analysis.

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## Result

In the present study the demographic data revealed that 38.33% women were under the age of 35- 40 years and most of the women (90%) in the community area were Christians. Majority of the peri menopausal women (88.33%) were married and most of the women (80%) had primary education .Most of them (93.33%) were unemployed and majority of them (93.33%) had a monthly income less than 5000. Most of peri menopausal women (90%) belong to nuclear family .93.33% of peri menopausal women got more information from the social Medias. Majority of the women (55%) were non - vegetarians.

The present study revealed that 51.67% of the peri menopausal women had inadequate knowledge, 45% had moderate knowledge and only 3.33% had adequate knowledge regarding menopausal osteoporosis in the pretest. After the structured teaching programme, 65% of the peri menopausal women got adequate knowledge, 35% got moderate knowledge regarding menopausal osteoporosis. While assessing the effectiveness of structured teaching Programme on knowledge regarding menopausal osteoporosis, the result has showed over all experimental group with pre test mean value of 14.72 and standard deviation of 4.01. The post test mean score and standard deviation were 23.38 and 2.75 respectively. The paired 't' test value is 21.03, this was significant at  $p > 0.05$  level. The mean post test score (23.38) greater than mean posttest score (14.72) on knowledge regarding menopausal osteoporosis. The t value (21.03) is greater than table value (2.00) at 0.05 level of significance. Thus the null hypothesis was rejected and the research hypothesis was accepted. This indicates that structured teaching Programme was effective mainly to improve the knowledge of perimenopausal women regarding menopausal osteoporosis. So the study showed that structured teaching Programme was effective to increase the knowledge of menopausal osteoporosis among Perimenopausal women. It was analyzed that there is significant improvement in posttest. Rather than the effectiveness the association of the demographic variables with knowledge were computed by using chi square test. It was inferred that the present study showed significant association between knowledge and demographic variables like religion and education and no significant association with variables like age, marital status, occupation, monthly income, family type, source of information, food type (calculated value greater than tabulated value at 0.05 level of significance).

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## Conclusion

The present study aimed to assess the effectiveness of structured teaching Programme on knowledge regarding menopausal osteoporosis among premenopausal women in selected community areas at Kollam. The study result showed that there was a significant improvement in knowledge among Perimenopausal women after providing a structured teaching Programme and were statistically significant at 0.05 levels. It also showed significant difference between mean value of pre test and post test knowledge. So the structured teaching was effective in improving level of knowledge regarding menopausal osteoporosis.

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### **A study to assess the effectiveness of Structured Teaching Programme on knowledge regarding thyroid problems among adolescent girls**

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Nursing Kollam, Kerala*

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#### **Title:**

A study to assess the effectiveness of structured teaching programme on knowledge regarding thyroid problems among adolescent girls.

#### **Objectives**

- To assess the knowledge regarding thyroid problems among adolescent girls.
- To evaluate the effectiveness of structured teaching programme on knowledge regarding thyroid problems among adolescent girls.
- To find out the association between pre test knowledge score regarding thyroid problems among adolescent girls and selected demographic variables.



## Hypotheses

**H<sub>1</sub>**:- There will be significant difference between the mean pre test and posttest knowledge score regarding thyroid problems.

**H<sub>2</sub>**:- There will be significant association between pre test knowledge score regarding thyroid problems among adolescents and selected demographic variables.

## Materials and Method

- **Research Approach:** Quantitative approach was used.
- **Research design:** The research design adopted for the study was one group pre test- post test research design
- **Sampling technique:** Convenient sampling technique.
- **Samples:** 60 adolescent girls who are studying in VII class in Infant Jesus Anglo Indian School, Kollam.
- **Tools**
  - Tool 1: Demographic Performa which including age, religion, monthly income, Family type, Dietary pattern, Menstrual pattern.
  - Tool 2: Structured Knowledge Questionnaire regarding thyroid problems.

## Data collection

Data were collected after obtaining prior administrative permission from the school authorities and informed consent from the samples. The tools for data collection were demographic proforma including age, religion, monthly income, family type, dietary pattern, menstrual pattern and Structured Knowledge Questionnaire. The data collection was done from 26/02/2018 to 05/03/2018. The convenient sampling was used to select the 60 samples. The study was conducted in Infant Jesus Anglo Indian School at Kollam. On the first day, pretest was done by using Structured Knowledge Questionnaire followed by Structured Teaching Programme for the 60 adolescent girls. Post test was done after five days by using the same Structured Knowledge Questionnaire regarding thyroid problems.

## Result

### Section I : Demographic characteristics of adolescents girls.

In the present study the demographic data revealed that out of 60 samples majority of the adolescent girls were under the age of 13 years (86.6%) and most of the adolescent girls in the school were Christians (61.6%). Most of them were living in nuclear family (71.6%). The economic status of the adolescent girls range from 5000-10000 (36.6%). Majority of adolescent girls like non vegetarian food items (91.6%). The study shows that most of the adolescent girls had regular menstrual period (90%).

### Section II: Knowledge of thyroid problem among adolescent girls.

The present study revealed that out of 60 samples 96.66% of adolescent girls had poor knowledge, 1.66% had average knowledge and no adolescent girls had good knowledge regarding thyroid problems in pretest. After a structured teaching programme 28.33% had good knowledge, 50% had average knowledge and 1.66% had poor knowledge. So, the study shows that there is significant difference between the pre test and post test knowledge scores regarding thyroid problems among adolescent girls.

### Section III : Effectiveness of structured teaching programme on knowledge regarding thyroid problems

The present study shows that the pre test knowledge score mean was 6.72 ( $\pm 2.13$ ). The mean post test score was 14.55 ( $\pm 1.92$ ) was greater than the mean pre test score 6.72 ( $\pm 2.13$ ) 27.93 't' value. The 't' test value was 27.93, it was greater than the table value so the structured teaching programme was effectiveness between the pre test knowledge score and post test knowledge score is 6.83. The 't' test value is 27.93, it is greater than the table value the structured teaching programme was effective. Hence the null hypothesis was rejected and research hypothesis was accepted.

### Section IV : Association between knowledge score and selected demographic variable.

It was inferred that the pre test study shows significant association between knowledge and demographic variables like age  $\chi^2 = 0.414$  calculated value less than table value at 0.05 level of significance, so there is no significant association, religion  $\chi^2 = 1.286$  calculated value less than table value at 0.05 level of significance so there is no significant association, type of family  $\chi^2 = 0.818$  calculated value less than table value at

0.05 level of significances there is no significant association, foods habits  $\chi^2 = 0.188$  calculated value less than table value at 0.05 level of significance so there is no significant association and menstrual pattern  $\chi^2 = 0.230$  calculated value less than table value at 0.05 level of significance so there is no significant association, family history of thyroid illness  $\chi^2 = 1.478$ , so there is no significant association with knowledge. Significant association between pre test knowledge and demographic variable like monthly income  $\chi^2 = 6.597$  calculated value is greater than table value at 0.05 level of significance, so there is significant association with the knowledge. Hence  $H_2$  hypothesis is accepted and null hypothesis is rejected. So there was significant association between demographic variables and knowledge at 0.05 level of significance.

### Conclusion

The present study aimed to assess the effectiveness of structured teaching Programme on knowledge regarding thyroid problems among adolescent girls in selected schools at Kollam. The study result showed that there was a significant improvement in knowledge among adolescent girls after providing a structured teaching Programme and were statistically significant at 0.05 levels. It also showed significant difference between mean value of pre test and post test knowledge. So the structured teaching was effective in improving level of knowledge regarding thyroid problems among adolescent girls.

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## **Effectiveness of an Interventional Programme on Knowledge regarding use of Amruthum Nutrimix among Mothers of Under Five Children in selected Urban Anganwadis of Kollam, Kerala.**

***Ms. Athira S. Vijayan<sup>1</sup>, Mrs. Sheeja S.<sup>2</sup>***

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### **Title:**

Effectiveness of an interventional programme on knowledge regarding use of Amruthum Nutrimix among mothers of under five children in selected urban anganwadis of Kollam, Kerala.

### **Objectives**

- To assess the knowledge regarding use of Amruthum Nutrimix among mothers of under five children in selected urban anganwadis of Kollam.
- To assess the effectiveness of interventional programme on knowledge regarding use of Amruthum Nutrimix among mothers of under five children.
- To find the association between pretest knowledge score and selected demographic variables.

### **Hypotheses**

All hypotheses were tested at a 0.05 level of significance,

**H<sub>1</sub>** - There is significant difference between mean pretest and posttest knowledge scores of mothers of under five children.

**H<sub>2</sub>** - There is significant association between pretest knowledge score and selected demographic variables.

### **Materials and Methods**

- **Research Approach:** In this study quantitative research approach was used.
- **Research design:** Pre experimental one group pretest posttest design was used
- **Sampling technique:** In this study convenient sampling was used for sample selection.
- **Sample :** In this study the sample consisted of 100 mothers of under five children who are the beneficiaries of anganwadi from the community.

- **Tools:** Section A: Demographic proforma  
Section B: Structured knowledge questionnaire.  
Section C: Interventional programme which included Structured teaching programme, Self-instructional module and Cooking demonstration.

### **Data collection process**

The data were collected after obtaining prior administrative permission and informed consent from the mothers.. The study was conducted in 9 anganwadis of Pallithottam. Subjects were selected by convenient sampling method based on inclusion and exclusion criteria. Before collecting data from samples, brief introduction was given about the study and purpose of data collection was explained and consent was taken from the mothers. 100 samples were selected and were divided into 4 groups. On the first day of intervention, pretest was conducted followed by structured teaching program; on the second day self-instructional module was given to the samples and cooking demonstration was conducted for each of the groups.

### **Results**

The findings of the study showed that the mean pretest score of experimental group is (6.15) and posttest score of experimental group is (12.73) and calculated 't' value (23.87) is greater than table value at 0.05 level of significance. So there is a significant difference in posttest knowledge scores before and after intervention. There is no association between knowledge score and demographic variables.

### **Conclusion**

The present study was aimed to find the effectiveness of an interventional programme on knowledge regarding use of Amruthum Nutrimix among mothers of under five children in selected urban anganwadis of Kollam. The result of the study showed that there is a significant difference in posttest knowledge scores before and after intervention. This shows that the interventional programme was effective in improving knowledge regarding use of Amruthum Nutrimix among mothers of under five children in selected urban anganwadis. There was no association between knowledge score and demographic variables.

## The Coping Strategies of Caregivers of Patients in Selected De Addiction Centers at Kollam

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### Title

The coping strategies of caregivers of patients in selected de addiction centers at Kollam.

### Objectives

The objectives of the study are:

- To assess the coping strategies of care givers of patients in selected de addiction centers at Kollam.
- To find the association between coping strategies and selected demographic variables such as age, sex, education, and relation with the client.

### Assumption

The study assumes that;

- Care givers are having very good coping strategies.
- Caregivers are using specific coping strategies

### Materials and Methods

- **Research Approach :** The quantitative research approach was adopted for this study.
- **Research Design:** The research design selected was Nonexperimental descriptive research design.
- **Sampling technique :** Non probability convenient sampling technique was used to select the subjects.
- **Samples:** The sample size was 60.
- **Tools:**

Tool 1: Demographic proforma

Tool 2:-Family Crisis Oriented Personal Evaluation Scales

### **Data collection process**

After obtaining prior administrative permission and informed consent from care givers the data collection was done. The tools for data collection procedure were demographic proforma including age, sex, education, occupation, relation with patient. The data collection was conducted from 26/2/2018 to 5/3/2018. Setting for the study was at Sreenikathan de addiction center, Chathanoor and Gandhi Bhavan Mithrapuram Kollam. Initially, the care givers of patients in de addiction centers who fulfilled the sampling criteria were identified. Then we introduced ourselves to the subjects and purpose of study was explained to them. Confidentiality was assured and a written consent was obtained. A brief introduction about coping strategies was given to the subjects and tools were administered. The data collected were compiled for analysis.

### **Result**

In the present study, the demographic data revealed that 10% of care givers under study belonged to the age group of 20-25 years, 38% were of 26-40 years and rest that is 52% were above 41 years. The data also revealed that 48% of the care givers were males and 52% females. The data regarding education level was that there were 4% illiterates in the sample under the study. Majority of care givers that is 34% of sample were having education up to SSLC, 24% were with plus two, 12% were with primary education and 26% were with degree and above. The data regarding occupation was that 28% of care givers were unemployed, majority, and 34% were self-employees, 24% private employees and 14% were government employees. The data also showed that 42% of care givers was siblings, 34% were spouses, 2% were son and 8% were others. The collected data showed that 26% of care givers had poor coping strategies, 50% with moderate and 24% with good coping strategies. Regarding the sub factors of coping strategies 67.7% of care givers used Acquiring social support as their coping strategies where as 66.55% were using Reframing, 52.1% seeking Spiritual support and 65.90% used to Mobilizing to acquire and accept help. And the least used coping strategies were Passive appraisal which was only 45.80%. The mean and standard deviation of the sub factor Acquiring

social support was computed as 30.5 and 7.89 respectively and that for reframing was 26.6 and 6.32, seeking spiritual support was 13.04 and 4.5, mobilizing to acquire and accept help was 13.18 and 3.85 and that for passive appraisal was 9.16 and 2.52 respectively. As a whole the coping strategies of the care givers acquired a mean of 92.9 and standard deviation of 18.9. Thus it was proved that care givers were using specific coping strategies.

**Conclusion:**

The study revealed that most of the care givers 50 % had moderate coping strategies and they were using specific coping strategies. The most used coping strategies was Acquiring social support 67.7 % and the least used was Passive appraisal 45.8%. Most of care givers were in age group of above forty one is 52%, majority were females of 42%, most had education up to SSLC 34%, most of them are self-employed 34% and 34% were wives . The study also concluded that there was a significant association with coping strategies and education.

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## Effectiveness of Progressive Muscle Relaxation Therapy on Job Stress among Workers in Cashew Factories, Kollam

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### **Title:**

Effectiveness of progressive muscle relaxation therapy on job stress among workers in selected cashew factories, Kollam.

### **Objectives**

- To assess the effectiveness of progressive muscle relaxation therapy on job stress among workers in selected cashew factories, Kollam.
- To find out the association between job stress and selected demographic variables like age, sex, education, marital status, type of family, income, religion and job experience among workers in selected cashew factories, Kollam.

### **Hypotheses**

All hypotheses were tested at a 0.05 level of significance,

- H<sub>1</sub>** - There is significant difference between the mean pretest and posttest scores of job stress in the experimental group.
- H<sub>2</sub>** - There is significant difference in the mean posttest scores of job stress in the experimental and control group.
- H<sub>3</sub>** - There is significant association between job stress and selected demographic variables like age, sex, education, marital status, type of family, income, religion and job experience.

### **Materials and Methods**

- **Research Approach:** In this study quantitative research approach was used.
- **Research design:** Quasi experimental pretest posttest control group design was used.
- **Sampling technique:** In this study simple random sampling was used for sample selection.

- **Sample :** In this study the sample consisted of 60 workers in cashew factories, out of this 30 in experimental group and 30 in control group selected from Arthiyil Cashew Factory, Naduvilakkara, Kollam and St. Gregorious Cashew factory, Kottarakara, Kollam
- **Tools:** Part 1 – Demographic proforma  
Part 2 – Self structured Job stress assessment scale

### **Data collection process**

After obtaining formal written permission from the concerned authorities, the investigator introduced self and written consent was obtained from samples. A total of 60 samples among which 30 in experimental group and 30 in control group were selected by simple random sampling method based on inclusion and exclusion criteria. The pretest was conducted on first day to both the groups using job stress assessment scale. Thereafter the researcher provided progressive muscle relaxation therapy for the samples in experimental group for about 20 minutes every day for 20 days while only routine work was given for the control group. Post test was conducted on 21<sup>st</sup> day for both experimental and control group using the same tool.

### **Results**

The present study revealed that the mean posttest stress score of experimental group (37.63) was lower than the mean pretest score (79.20). The mean posttest stress score of control group was 80.10. The calculated t value was greater than the table value at 0.05 level of significance. This suggested that Jacobson's progressive muscle relaxation therapy was effective in reducing the job stress among workers in cashew factories. There was significant association between pretest job stress score with age, education, type of family, income, and job experience, since the calculated chi square values were greater than table value at 0.05 level of significance. There was no significant association between pretest job stress score with sex, marital status, and religion, since the calculated chi square values were lesser than table value at 0.05 level of significance.

**Conclusion**

The present study was aimed to find the effectiveness of progressive muscle relaxation therapy on job stress among workers in selected cashew factories, Kollam. The result showed that there was significant reduction of job stress after the progressive muscle relaxation therapy. Also there was significant association between job stress and demographic variables such as age, education, type of family, income and job experience.

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**Effectiveness of a Structured Teaching Program on Knowledge of  
Enuresis and Encopresis among Adolescence in Bishop Benziger College  
of Nursing, Kollam**

*Prof. S Anand<sup>1</sup>*

*Hod Department of Mental Health Nursing, Bishop Benziger College of Nursing, Kollam*

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**Title:**

A Study to Assess the Effectiveness of a Structured Teaching Program on Knowledge of Enuresis and Encopresis among Adolescence in Bishop Benziger College of Nursing, Kollam.

**Objectives:**

The Objectives were

- To assess the knowledge of Enuresis and Encopresis among Adolescence
- To determine the effectiveness of structured teaching program on Knowledge of Enuresis and Encopresis among Adolescence.

**Methodology:**

- **Research approach:** Quantitative Approach
- **Research design:** Pre experimental one group pretest and posttest design
- **Setting:** Bishop Benziger College of Nursing, Kollam.
- **Population:** Adolescents of Selected Nursing Colleges, Kollam.
- **Samples:** III Year BSc Nursing Students in Bishop Benziger College of Nursing, Kollam.

- **Sampling technique:** Non Probability Convenient Sampling technique
- **Sample size:** 32 Adolescent Girls in Bishop Benziger College of Nursing, Kollam.
- **Tools:** Self-Structured Questionnaire.

### **Data collection**

Pretest was administered followed by STP. After 5 days posttest knowledge was assessed. Descriptive Statistics – Frequency, percentage distribution and Knowledge assessment was assessed. Inferential Statistics - Paired't 'test calculation were calculated for both Enuresis and Encopresis. Permission was obtained from the institutional Ethics Committee.

### **Result:**

Nearly 60% of the samples were the age group of 20 Years. All were Female. Very less percentage (3.1%) of the parents was completed the primary level and post graduate level respectively. But more than half of the parents (62.5%) studied Higher Secondary School Level. 53% of the samples belongs to urban area. In the pretest, 34.37% samples had Poor Knowledge and 37.50% samples had Good Knowledge regarding Enuresis and remaining had average knowledge. Whereas, 25% had poor Knowledge and 56.25% samples had Good Knowledge of Encopresis. In the posttest, Good Knowledge of Enuresis was increased in to 96.87%. Nobody had Poor Knowledge score in Enuresis. Encopresis too, Good Knowledge score increased in to 90.62%. Remaining 9.38% had Average Knowledge. Calculated paired t test values show that extremely statistically significant at 0.0001 level of Significant in both the conditions. Enuresis paired t test values = 41.0330, df = 31, standard error of difference = 0.117. Encopresis paired t test values= 28.2326, df = 31, standard error of difference = 0.105.

### **Conclusion:**

This Structured Teaching Program is most effective to change the Knowledge of Enuresis and Encopresis among BSc Nursing Students.

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## Effectiveness of Structured Teaching Programme on Knowledge Regarding Behavioral Therapy and its Foundation among Adolescents in Selected College of Nursing

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### Title

A study to assess the effectiveness of structured teaching program on knowledge regarding behavioral therapy and its foundation among Nursing students in selected colleges, Kollam.

### Objectives of the study:

- To assess the knowledge regarding behavioral therapy and its foundation among third year B.sc nursing students in selected nursing colleges
- To determine the effectiveness of behavioral therapy and its foundation among third year B.sc nursing students in selected nursing colleges
- To find association between the knowledge regarding behavioral therapy and its foundation with the selected demographic variables

### Hypotheses

**H<sub>1</sub>**-There will be significant difference between pretest and posttest knowledge scores of the third year b.sc nursing students regarding behavioral therapy and its foundation.

**H<sub>2</sub>**-There will significant association between pretest knowledge and the selected demographic variables.

### Methodology

- **Research approach:** Quantitative approach was used
- **Research design:** Quasi experimental design( one group pre test posttest design)
- **Variables:**
  - Independent variable:** structured knowledge questionnaire.
  - Dependent variable:** knowledge regarding behavioral therapy and its foundation
- **Setting of the study:** The study was conducted at Bishop Benziger College of Nursing, Kollam

- **Population:** The population included were B.Sc. Nursing students.
- **Sample:** In this present study the sample were third year B.sc Nursing students
- **Sampling technique:** Convenient sampling technique was adopted.
- **Inclusion criteria:**
  - Who are present at the time of data collection
  - Who are willing to participate.
- **Tool and technique:**
  - Section A:** demographic details
  - Section B:** Structured knowledge questionnaire on behavioral therapy and its foundation.

### **Data collection procedure:**

After receiving the ethical clearance from ethical committee of Bishop Benziger College of Nursing, The students fulfilling the inclusive criteria were selected and explained about the study and oral concern was taken. pretest was conducted. Then structured teaching on behavioral therapy and its foundation was conducted using the power point presentation for the duration of 45 minutes. The post test was conducted on fifth day using the same tool.

### **Result**

The major findings of the study shows that majority of the samples belongs to the age group of 21-22 years. Most of the parents of the participants have higher secondary education, all the participants had previous knowledge regarding the behavior therapy and its foundation. According to the place of living, the participants are equally from rural and urban area. With regard to knowledge in pretest 40% had average knowledge and 36% had good knowledge and after the intervention of structured teaching program the knowledge has increased to 90% good knowledge and 40% had average knowledge and none of them had poor knowledge. The mean difference shows that the 2.9 with t value of 6.6 is highly significant at 0.001 level. With regard to association it was found that significant association was existing between age and the previous knowledge only. Thus this study proves that structured teaching program had good effect on imparting knowledge to the nursing students.

**Conclusion:**

The present was conducted to assess the effectiveness of structured teaching program on knowledge regarding behavioral therapy and its foundation among the nursing students in selected colleges, Kollam. In order to achieve the objectives, Quasi experimental one group pretest and post test design was used. The sample size was 30 and samples were the third year B.Sc. nursing students. The findings of the study shows that there is significant improvement in the knowledge of the students after providing structured teaching program on behavioral therapy and its foundation.

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**Effectiveness of Sitz bath and Infrared therapy on pain and episiotomy wound healing among postnatal mothers of selected hospital at Kollam**

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*MSc Nursing student(2010-2012)<sup>1</sup>, HOD of Obstetrics and Gynaecological Nursing  
Department<sup>2</sup>*

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**Title:**

A study to compare the effectiveness of sitz bath and infrared therapy on pain and episiotomy wound healing among post natal mothers of selected hospital at Kollam.

**Objectives of the study**

- To assess the pain and episiotomy wound healing among post natal mothers.
- To evaluate the effectiveness of sitz bath on pain and episiotomy wound healing among post natal mothers.
- To evaluate the effectiveness of Infra red therapy on pain and episiotomy wound healing among post natal mothers.
- To compare the effectiveness of sitz bath and infrared therapy on pain and episiotomy wound healing among post natal mothers
- To find the association between pain and selected demographic variables
- To find the association between episiotomy wound healing and selected demographic variables

## Materials and methods

- **Research approach:** comparative research approach was used in the study.
- **Research design:** An experimental design with Two group Pre-test post-test design was adopted for the present study.
- **Variables :**In the present study dependent variables are episiotomy wound and pain.Independent variable variables chosen are Infrared lamp and Sitz bath.
- **Sampling technique:** purposive sampling
- **Samples:** 60 postnatal mothers
- **Tool:**
  - Section A-Baseline proforma,
  - Section B- 0-10 numeric rating scale (pain scale)
  - Section C: REEDA scale

### Data collection process

Data collection was done in the post natal wards of Bishop Benziger Hospital and LMS Hospital Kollam. The data collection period extended from 02-5-2012 to 4-6-2012. Formal written permission was obtained from the administrator of Bishop Benziger Hospital and LMS hospital before data collection. Concerned obstetrician and gynecologists were informed of the purpose of the study and their co-operation was obtained. Samples were selected based on pre- determined criteria set by the investigator through non probability purposive sampling. The purpose of the study was explained to the subjects and the informed written consent was obtained. Confidentiality was assured to the respondents. The pre intervention data were collected by using the Demographic Proforma, 0-10 Numerical Rating Scale (Pain scale) and REEDA Scale to assess the pain and wound status in both experimental groups. The intervention sitz bath was given (each day fifteen minutes, morning and evening at an interval of 8 hours) for the 30 selected samples in experimental group I (sitz bath), (each day ten minutes, morning and evening at an interval of 8 hours) and to group II (Infra red) in the same manner. The therapy were provided to both experimental groups for three days .On third day, post test was conducted to assess the effectiveness of sitz bath and infra red therapy on episiotomy wound using the same tool. The investigator did not find any difficulty in collecting the data from the mothers. The respondents were cooperative. The data collection process was concluded by thanking the respondents for their cooperation. The data were thus collected and compiled for data analysis.



## Results:

### Major findings of the study

#### 1. Demographic data of postnatal mothers with episiotomy wound.

The study results shows that the highest percentage(43.3percent) in both experimental groups belong to age group of 22-25years .There was 40 percent of the mothers in the age group 26-29in Group I (sitz bath)and43.3 percent of the mothers in the age group26-29 in group II (Infra red therapy). In Group I (sitz bath) 36.7 percent of samples had education up to pre degree . In group II (Infra red therapy) 40 percent of the mothers had education up to pre-degree .The percent of graduates are 30 percent in both Groups. In Group I (Sitz bath) 50percent of the mothers had monthly income between 5000-10,000 whereas in group II (Infra red therapy)43.3percent of mothers had monthly income between 5000-10,000. In (Group I) Sitz bath and (Group II) Infrared therapy there were 50 percent of primipara and multipara mothers. In Group I (Sitz bath)70 percent ) of the mothers had BMI in the optimum level of 19-24 and in Group II (Infra red therapy) 86.7percent of the mothers had BMI in the optimum level of 19-24.In Group I (Sitz bath) 76.7percent of the mothers had an Hb below 12gm/dl. Mothers in Group II (Infra red therapy) 66.7 percent of the mothers had an Hb below 12gm/dl.

#### 2. Distribution of subjects according to pain and REEDA score

The data shows 76.7 percent of mothers in Group I (Sitz bath) and 90 percent of mothers in Group II( Infra red therapy) had severe pain and 23.3percent of mothers in Group I (Sitz bath) and 10 percent of mothers in Group II (Infra red therapy) had moderate pain. The data shows 60 percent of mothers in Group I (Sitz bath) and 73.3 percent of mothers in Group II( Infra red therapy) had mild infection and 40 percent of mothers in Group I (Sitz bath) and 26.7 percent of mothers in Group II( Infra red therapy) had moderate infection.

#### 3. Evaluating the effectiveness of sitz bath among postnatal mothers

The data shows that the mean pretest test and posttest pain score of the Group I (sitz bath). The mean post test pain score of the Group (4.80+/-1.16) was lower than the mean pretest score (7.40+/-1.10). The calculated P value ( $p=0.000$ ) value is less than the table value at 0.05 level of significance. Therefore the research hypotheses was accepted hence the null hypothesis was rejected It shows that sitz bath was

effective in reducing pain. The data shows that the mean pretest test and posttest pain score of the Group II (sitz bath). The mean post test REEDA score of the Group (0.23+/-0.50) was lower than the mean pretest score (3.93+/-1.80). The calculated P value ( $p=0.000$ ) value is less than the table value at 0.05 level of significance. Therefore the research hypotheses was accepted hence the null hypothesis was rejected. It shows that sitz bath was effective in wound healing.

#### **4. Evaluating the effectiveness of infra red therapy among postnatal mothers**

The data shows that the mean post test pain score(4.83) was lower than the mean pretest score(7.83). The calculated 't' value(23.649) was greater than the table value ,hence the null hypothesis was rejected and research hypothesis was accepted. It shows that infra red therapy was effective in reducing pain. The data shows that the mean post test REEDA score (0.10) was lower than the mean pretest score (3.47). The calculated 't' value(10.528) was greater than the table value ,hence the null hypothesis was rejected and research hypothesis was accepted .It shows that infrared therapy was effective in preventing episiotomy wound infection

#### **5. Comparing effectiveness of sitz bath and infra red therapy in both groups after intervention**

The data shows that the mean pain scores calculated was 4.80 in Group I (Sitz bath) and 4.83 in Group II (Infra red therapy). Since the p value (0.907) is more than 0.05, the test is not significant. Hence the null hypothesis was accepted and research hypotheses is rejected. This shows both the therapies are equally effective in reducing pain. The data shows that the mean REEDA score calculated was 0.23 in Group I (Sitz bath) and 0.10 in Group II (Infra red ). Since the p value (0.220) is more than 0.05, the test is not significant. Hence the null hypothesis was accepted and research hypotheses is rejected. This shows both the therapies are equally effective in improving wound healing.

#### **6. Finding out the association between the pre therapy score and selected demographic variables**

Chi square ( $\chi^2$ ) value computed between pain and selected demographic variables like age, education, income, parity, BMI and Hb were not significant at 0.05 level. hence null hypotheses was accepted. Chi square ( $\chi^2$ ) values showing the

association between REEDA score and selected variables in Sitz bath and Infra red the table shows that ( $\chi^2$ ) value computed between REEDA score and selected demographic variables like age, education, income, parity, and Hb were not significant at 0.05 level. hence null hypotheses was accepted. except for BMI.

**Conclusion:**

The present showed that both sitz bath and infra red is useful for reduction in pain and wound healing of episiotomy wound.

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## 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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