



**P. K. DAS COLLEGE
of NURSING**

PANAYUR (P.O), VANIYAMKULAM, PALAKKAD - 679522

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3.3.3 Average number of papers published per teacher in journals notified on UGC-CARE list in the UGC website/Scopus/web of science/PubMed during the last five years

SL NO	DESCRIPTION	PAGE NUMBER
1	Number of papers published per teacher in journals	2
2	List of papers published per teacher in the journals	3
3	Supporting documents (Abstract of published paper and certificates)	11



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Year	2022-2023	2021-2022	2020-2021	2019-2020	2018-2019
Number of papers	08	02	22	04	01




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Sl.no	UGC website/Scopus/ Web of Science/ PubMed	Publication Type	Publication Title	Author-name	Journal-name	Year
1	ISSN:2368-7487	Scopus Journals 2023	Knowledge assessment about antenatal care and common complications of pregnancy among husband of pregnant women in a selected rural area of Erumapetty Grama Panchayat, Thrissur District	Lt Col Regina PF	Journal of Survey in Fisheries Sciences (SFS)	2022-2023
2	E-ISSN: 2663-0435 P-ISSN: 2663-0427	Journal	Knowledge assessment about menarche among upper primary girl students in TRKHSS school, vaniyamkulam	Lt Col Regina PF	International Journal of Research and analytics	2022-2023
3	E-ISSN:2348-1269 P-ISSN 2349-5138	Journal	Effect of structured teaching programme regarding prevention of ventilator associated pneumonia among staff nurses in palakkad district	Lt Col Regina PF	International Journal of Research and analytics	2022-2023
4	E-ISSN:2348-1269 P-ISSN:2349-5138	Journal	Knowledge regarding emergency management of hypoglycemia among caregivers of diabetic patients in selected hospitals at palakkad district	Lt Col Regina PF, Rose Jose	International Journal of Research and analytics	2022-2023
5	E-ISSN:2348-1269 P-ISSN 2349-5138	Journal	A study to assess the knowledge about premenstrual syndrome among the adolescent girls in selected school at vaniyamkulam, palakkad district	Lt Col Regina PF, Rose Jose Zaina Elizabeth Jose	International journal of research and analytics	2022-2023



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Sl.no	UGC website/Scopus/ Web of Science/ PubMed	Publication Type	Publication Title	Author-name	Journal-name	Year
6	ISSN:2320-2882	Journal	A descriptive study to assess the level of knowledge and anxiety regarding COVID 19 pandemic among staff nurses in selected hospital of vaniyamkulam panchayath	Anu Sweena Thomas, Lt Col Regina PF	International Journal of Creative Research thoughts	2022-2023
7	E-ISSN:2582-2160	Journal	A study to assess anemia level among hearing impaired school students in special school, palakkad	Zaina elizabeth jose, Ushas jose, Rose jose, Nowfel PM, Shincy K	International Journal of Multidisciplinary research	2022-2023
8	ISSN:2582-7421	Journal	Pomegranate therapy on blood pressure among hypertensive patients	Prof Dr Kavithamole P J	International journal of research publication and reviews	2022-2023
9	E-ISSN:2348-1269 P-ISSN:2349-5138	Journal	A study to assess Effectiveness of structured teaching programme on knowledge about zika virus infection among college students of a selected college at ottapalam, palakkad	Lt.Col Regina PF	International Journal of research and analytical reviews	2021-2022
10	Journalspub	Journal	Knowledge about child abuse among mothers attending the OPDS of selected hospital at Kunnankulam, thrissur district	Lt Col Regina P F	International Journal of paediatric nursing	2021-2022



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11	Journalspub	Journal	A study to assess the knowledge about reproductive health among college girls in a selected college, at Ottappalam, Palakkad district	Lt.Col Regina P F	International journal of women health vol 4 issue 1 2021	2020-2021
12	e-ISSN:2582-	Journal	Effectiveness of structured teaching program on knowledge & attitude regarding management of diabetes mellitus among family members in selected area at Arani	Prof. Tamil Selvi P Mrs. Lavanya Sr. Daisy Mariya	International journal of medical surgical nursing Vol 3, Issue 1 Jan- June2021	2020-2021
13	eISSN: 2581-7051	Journal	Effectiveness of self-instructional module on cardiac drugs & its management among people with cardiac disease at Palakkad District	Prof. Tamil Selvi P Mrs. Lavanya Sr. Daisy Mariya	International Journal Of cardiovascular Nursing	2020-2021
14	ISSN: 2454-6143(Print) , 2454-9312(Online)	Journal	Assess the knowledge on prevention of computer vision syndrome among long term users in PKDAS Institute of medical sciences , Vaniyankulam	Prof. Tamil Selvi P Mr. Vishnu R Mrs. Sreelekha	International Journal Of scientific research in Multidisciplinary studies	2020-2021
15	e ISSN: 2581-9011	Journal	Effect of structured teaching program on knowledge on Respiratory Tract infection among mothers of under five children at selected hospital in Vaniyankulam	Mr. Abdul Nisthar T A	Journal of perinatal Pediatric & neonatal nursing Vol 3 Issue 1 2020	2020-2021



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16	MAT JOURNALS	Journal	A comparative study to assess the demonstration & video assisted teaching on the level of knowledge regarding neonatal resuscitation among nursing students in Nehru college of nursing	Mr. Abdul Nisthar T A	Indian Journal of Neonatal Nursing	2020-2021
17	e-ISSN:2582-001X	Journal	A descriptive study to assess the risk of pre diabetes among adult between the age of 45-75 years in Ambalappara Grama Panchayath	Prof. Tamil Selvi P Mrs. Lavanya Ms Sruti S	Journal of Geriatric Nursing & Health Science Vol 3 ,Issue 1 Jan – June 2021	2020-2021
18	e-ISSN: 2582-1482	Journal	A study to assess the knowledge regarding pain & palliative care among student nurses in selected colleges in Palakkad District	Mrs Tamil selvi Mr. Titus Fernandez	Journal of counseling & Family & therapy Vol 3 Issue 1 Jan – June 2021	2020-2021
19	MAT JOURNALS	Journal	A Descriptive study to assess the knowledge regarding corona virus among shopkeepers in Vaniyamkulam	Prof. Tamil Selvi P Mr. Titus Fernandez	Journal of Nursing science practice Research & Advancement	2020-2021
20	e-ISSN:2582-7308	Journal	A Descriptive study to assess the knowledge regarding cold chain among student nurses at Palakkad District	Prof. Tamil Selvi P Mr. Titus Fernandez Mrs. Shincy K	Journal of community health Nursing Vol3 Issue 1 Ja	2020-2021
21	ISSN : 2456-5229	Journal	A Descriptive study to assess the mental wellbeing & its associated factors among Migrants in Ottappalam	Prof. Tamil Selvi P Mr. Sudhen Sumesh Kumar	International Journal of Neurological Nursing Vol 6	2020-2021



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Sl.no	UGC website/Scopus/ Web of Science/ PubMed	Publication Type	Publication Title	Author-name	Journal-name	Year
22	MAT JOURNALS	Journal	A study to assess the social media usage on behavioral pattern of BSc Nursing students at Nehru college of Nursing	Mrs. Liju James Mrs. Milka Oppan	Journal of Neurological & Psychiatric & Mental heal	2020-2021
23	e-ISSN:2582-0494	Journal	A study to evaluate the knowledge on prevention of pressure ulcer among BSc Students in selected colleges in Palakkad	Mr. Titus Fernandez	International journal of Emergency & Trauma Nursing Vol 3 Issue 1 2021	2020-2021
24	IJMN(2020)7-14	Journal	Prevalence of hypertension among menopausal women at selected area of Vaniyankulam, Palakkad Dt.	Prof. Tamil Selvi P Lt. Col. Regina P F Mrs. Sheeba Babu	International Journal of Midwifery Nursing Vol 3, Issue 2 2020	2020-2021
25	IJETN20206-17	Journal	Effectiveness of Structured teaching program on knowledge regarding management of patients with Organophosphorus poisoning among 1 & 2nd year General Nursing students in a selected School of Nursing at Kunnankulam, Thrissur Dt.	Lt. Col. Regina P F	International Journal of emergency & trauma Nursing Vol 6, Issue 2 2020	2020-2021
26	10.37628/IJE TN	Journal	Effectiveness of Structured teaching program regarding Organ Donation among the adults residing in selected area at Kerala	Lt. Col. Regina P F	International Journal of emergency & trauma Nursing Vol 7, Issue 1 2020	2020-2021



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27	Journalspub	Journal	Effectiveness of structured teaching program regarding polycystic ovarian syndrome among adolescent girls in GVHSS Koonathara	Prof. Tamil Selvi P Lt. Col. Regina P F Mrs. Sheeba Babu	International journal of women health nursing vol4,issue 1,2021	2020-2021
28	IJWHN(2021) 1-3	Journal	A study to assess the knowledge about reproductive health among college girls in a selected college at Ottappalam , Palakkad District	Prof. Tamil Selvi P Lt. Col. Regina P F Mrs. Sheeba Babu	International journal of women health Nursing Vol4 issue 1 2021	2020-2021
29	10.37628/IJE BN	Journal	Effectiveness of structured teaching program regarding menstrual hygiene among adolescent girls in TRKHS	Prof. Tamil Selvi P Lt. Col. Regina P F	International journal of evidence based nursing Vol 4 Issue 1 2021	2020-2021
30	MAT Journals	Journal	A study to assess the effect of planned teaching program on knowledge regarding objective structured clinical examination among final year nursing students in Nehru college of nursing	Prof. Tamil Selvi P Mrs. Chinthamani A Mrs. Anjali K A	MAT Journals	2020-2021
31	e-ISSN:2582- 7308	Journal	A Descriptive study to assess the quality of food & safety in a selected hostel Vaniyamkulam	Prof. Tamil Selvi P Mrs. Lavanya Mrs. Remya Ramachandran	Journal of community & Social health nursing issue 258-7308	2020-2021



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Sl.no	UGC website/Scopus/ Web of Science/ PubMed	Publication Type	Publication Title	Author-name	Journal-name	Year
32	MAT JOURNALS	Journal	Effectiveness of teaching program on road safety measures & prevention of road traffic accident among Third year college students in Al-Ameen college of Engineering at Kulappully	Prof. Tamil Selvi P Mrs. Lavanya	International journal of medical surgical nursing Vol 2, Issue 1 Jan- June2021	2020-2021
33	ISSN: 2455-6424 online	Journal	A study to assess the effectiveness of self instructional module on pregnancy and child birth among adolescent boys in selected college at Mangalore	Lt.Col Regina PF	International Journal Of Obstetrics Perinatal And Neonatal Nursing	2019-2020
34	IJWHN(2020)6-14	Journal	Assessment knowledge about premenstrual syndrome among college students in a selected college Erumapetti Thrissur	Lt.Col Regina PF	International Journal Of Women Health Nursing	2019-2020
35	ISSN-2394-9465(Print) ISSN-2395-180X (Electronic)	Journal	Prevalence and preventive aspects of abuse and maltreatment of elderly-a descriptive study conducted at a rural area of Thrissur district Kerala	Lt.Col Regina PF	International Journal Of Psychiatric Nursing	2019-2020
36	IJOnN(2020)10-21	Journal	Effectiveness of structured teaching program on carcinoma cervix among women in selected ward of Erumapetti Grama Panchayath Thrissur	Lt.Col Regina PF	International journal of Oncological Nursing	2019-2020



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Sl.no	UGC website/Scopus/ Web of Science/ PubMed	Publication Type	Publication Title	Author-name	Journal-name	Year
37	ISSN 2347-8640(Print) 2454-2660 (Online)	Journal	A study to assess the effectiveness of structured teaching program regarding knowledge on home management of selected minor illness among mothers of under 10 children in selected community . Palakkad	Mrs. Tamil Selvi P Mrs Sheena P M, Mr Sudhen Sumesh Kumar	International journal of nursing education and research	2018-2019



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ACADEMIC YEAR

2022-2023



Journal of Survey in Fisheries Sciences (SFS)

Date: -

April 6, 2023

Dear Authors,
Lt Col Regina.P.F.

We would like to inform you that your manuscript id IJ-20097 has been accepted for publication in Journal of Survey in Fisheries Sciences (ISSN:2368-7487).

No Further Amendment is Required.

Manuscript Title:

KNOWLEDGEASSESSMENT ABOUT ANTENATAL CARE AND COMMON COMPLICATIONS OF PREGNANCY AMONG HUSBAND OF PREGNANT WOMEN IN A SELECTED RURAL AREA OF ERUMAPETTY GRAMAPANCHAYAT, THRISSUR DISTRICT.

Thanks for submission of your work with us.

Regards,

Dr. Bahmani
Pro.f. Dr. Bahmani
Editor-in-chief



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Knowledge assessment About Antenatal Care and Common Complications of Pregnancy Among Husband of Pregnant Women in A Selected Rural Area of Erumapetty Gramapanchayat, Thrissur District.

Lt Col Regina.P.F.

Abstract

Childbearing is one fact of health that is related to all aspects of a woman's life. Although most cultures do not regard pregnancy as an illness, it is considered to be a time of heightened susceptibility to dangerous elements. Pregnant woman try to protect the foetus and pregnancy by various means. During this stage support from near and dear one especially from the partner is a must. To render such support the partner should have knowledge about antenatal care and common complications of Pregnancy.

Methodology: Descriptive. Knowledge of husbands were assessed by using semistructured knowledge questionnaire.

Setting: Erumapetty Grama Panchayat, Thrissur District. Sampling technique: Convenient sampling technique. Sample size: 50

Major findings: The knowledge score of husband of pregnant women regarding antenatal care and common complications of pregnancy score was satisfactory. The mean knowledge score secured was 9 out of 20 which indicates only 45%. Knowledge among husbands shows that highest percentage (50%) of husbands had satisfactory knowledge regarding antenatal care and common complications. 16% of husbands had poor knowledge and 24% had good knowledge. Only 10% had excellent knowledge about antenatal care and common complications in pregnancy

Conclusion: Husbands of pregnant women should be educated about antenatal care and common complications of pregnancy.

Keywords: Knowledge, Husbands of pregnant women, Antenatal care, Complications in pregnancy

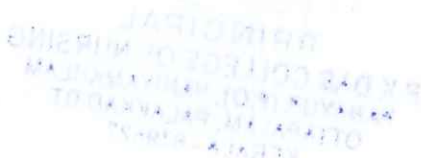
*Associate Professor, Nehru College of Nursing, Vaniyankulam, Palakkad. Affiliated to Kerala University of Health Sciences.

*Corresponding author: -Lt Col Regina.P.F.,

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INTRODUCTION

Childbearing is one fact of health that is related to all aspects of a woman's life. Although most cultures do not regard pregnancy as an illness, it is considered to be a time of heightened susceptibility to dangerous elements.¹

Male partner's involvement in caring their female partner during pregnancy and childbirth plays a vital role in maternal and child health. In maternity clinic, male partner accompanying their female partner is rare. Male involvement in reproductive health has been promoted as a promising new strategy for strengthening maternal and child health.²

Male involvement in maternal health is associated with significant positive health outcomes such as reduce post-partum depression, improved utilization of health care services and improved rates of skilled birth attendance.³

STATEMENT OF THE PROBLEM

Knowledge assessment about antenatal care and common complications in pregnancy among husband of pregnant women, in selected wards of Erumapetty Grama Panchayat, Thrissur District.

OBJECTIVES OF THE STUDY

1. To determine the knowledge score of husbands regarding antenatal care and common complications in pregnancy by using a structured questionnaire.
2. To recognize the association between knowledge score and selected demographic variables

NEED FOR THE STUDY

During the clinical experience of the researcher, it was observed that in maternity ward few of the husbands of pregnant women were not much aware about the complications of pregnancy and childbirth. They have some knowledge. But they are unaware about certain warning symptoms and complications of pregnancy. To my experience, in my neighborhood we lost a primi mother at 32 weeks of pregnancy which was a shocking

blurring vision was her symptoms and it was reported to the doctor only after 2 days of onset. Later she had Eclamptic fits and could not survive. Hence it is felt that it is essential to educate the husbands regarding antenatal care and common complications in pregnancy.

Men get access to care for their pregnant wives through different ways. It includes mass media campaign, workplace experiences, community outreach and health education programmes.⁴ The benefit of involving husbands in caring pregnancy and childbirth are much appreciated.⁵ Because of increased health education for women and men, there will be more chance of using modern family planning methods and minimizing the gap of gender related barriers in accessing the maternal and child health services.^{6,7}

REVIEW OF LITERATURE

A qualitative study using convenient sampling was conducted in Lusaka, Zambia. Sample size was 16 military men whose partners or wives were attending ANC. Attending Antenatal Clinic was considered the responsibility of antenatal mothers. Moreover maximum healthworkers were also female. The study revealed that, to have a healthy baby, the male partners are also interested to gain awareness about Antenatal clinic and its importance.⁸

A cross-sectional survey was conducted in Kathmandu, Nepal. Sample size 2178 males who were married. Using structured questionnaire data collected from 21 clusters. The result of the study showed that 39.3% men accompanied their partners during antenatal visit. Men who were uneducated or had primary level education, aged above 25 years, had higher income, formal employment, came from Hindu religion showed more interest in maternal health activities.⁹

MATERIALS AND METHODS

The study was conducted between 15th to 19th June 2021. Convenient sampling technique. Data collected through semistructured knowledge questionnaire.



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Distribution of husbands according to their age shows that highest percentage (54%) of husbands were in the age group of 31-35 years whereas (34%) were in the age group of 25-30 yrs. Twelve percentage samples were in the agegroup of more than 35 yrs.

Percentage wise distribution of husbands according to their age of marriage shows that 44% were in the category of after 30 yrs, 36% were in the category of 26-30 yrs and 20% were in the category of less than 25 yrs.

Percentage wise distribution of husbands according to their type of family shows that highest percentage (74%) were belong to

nuclear family, 22% were belong to joint family and 4% were belong to extended family.

Percentage wise distribution of husbands according to their education status shows that highest percentage (40%) were upto 10th std, 34 % husbands were in the category of Graduate and 16% were more than graduate. Percentage wise distribution of husbands according to source of health information reveals that highest percentage (56%) of samples received health information from mass medias, 24% gained knowledge from family members and (10%) gained knowledge from health personnels.

Table 2: Assessment of existing knowledge level

Level of f knowledge	% Range	Total marks 20 Marks range	Scoring percentage	
			Frequency	Percentage
Poor	< 40%	< 8	8	16
Satisfactory	41-60%	8-12	25	50
Good	61-80%	12-16	12	24
Excellent	> 80%	> 16	5	10

Assessment of existing knowledge among husbands shows that highest percentage (50%) of husbands had satisfactory knowledge regarding Antenatal care and common complications. 16% of husbands had poor knowledge and 24% had good knowledge. Only 10% had excellent knowledge about antenatal care and common complications in pregnancy.

The mean knowledge score secured was 9 out of 20 which indicates only 45% .

CHI SQUARE

Chisquare values showing association between knowledge scores and selected demographic variables

Table 3

S. No.	Sample characteristics	<Median	> Median	X ²	Df	Level of significance
1	Age in years			4.27	2	Not significant
	a. 25-30 yrs.	4	8			
	b. 31-35 yrs	18	12			
	c. >35 yrs	5	3			
2.	Age of Marriage			2.82	2	Not significant
	a. Before 25 yrs	5	1			
	b. 26-30 yrs	20	18			
	c. After 30 yrs	2	4			
3.	Type of family			2.54	2	Not significant
	a. Nuclear	25	11			
	b. Joint	5	7			
	c. Extended	1	1			
4.	Education			3.41	2	Not significant
	a. Upto 10 th std	10	14			
	b. Graduation	12	6			
	c. > Graduation	5	3			
5	Source of health information					

N=50



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❖ **Research design:**

Descriptive study. Administered semi structured knowledge questionnaire about antenatal care and common complications in Pregnancy, then the data is analysed .

❖ **Setting:**

Different wards of Erumapetty Grama Panchayat, Thrissur District

❖ **Sampling technique:** Convenient sampling technique

❖ **Sample size:** 50

❖ **Inclusion criteria**

- ✓ Husbands of pregnant women.
- ✓ Who are willing to participate in the study

Exclusion criteria for sampling

- ✓ Husbands of non-pregnant women.
- ✓ Husbands of pregnant women who are already exposed to teaching regarding antenatal care and common complications.

SCORING

Table 1: Frequency and percentage distribution of samples according to their demographic variables

N=50

Sl.No.	Sample characteristics	Frequency	Percentage
1	Age in years		
	a. 25-30 yrs.	17	34
	b. 31-35 yrs	27	54
	c. >35 yrs	6	12
2.	Age of Marriage		
	a. Before 25 yrs	10	20
	b. 26-30 yrs	18	36
	c. After 30 yrs	22	44
3.	Type of family		
	a. Nuclear	37	74
	b. Joint	11	22
	c. Extended	2	4
4.	Education		
	a. Upto 10 th std	20	40
	b. Graduation	17	34
	c. > Graduation	13	26
5.	Source of health information		
	a. Massmedia	28	56
	b. Family members	12	24
	c. Health professionals	10	20

Each item has only one answer. The correct answer carries '1' score and wrong answer carries '0'. The highest possible score is 20.

The scoring is arbitrarily graded as follows.

Grading	Percentage	Scores
Excellent	≥ 80 %	>16
Good	61-80	12-16
Satisfactory	41-60	8-12
Poor	≤40	<8

RESULTS

Part I: Description of demographic characteristics of husband of pregnant women.

Part II: Distribution of knowledgescore of husbands of pregnant women, about antenatal care and common complications in pregnancy.

Section A: Knowledge assessment of husbands about antenatal care and common complications in pregnancy

Part III: Association of the knowledge score of husbands of pregnant women and selected demographic variables.



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knowledge score and selected demographic variables like age, age of marriage, type of family, educational qualification and source of health information.

CONCLUSION

Major findings

The knowledge score of husbands of pregnant women regarding antenatal care and common complications score was low. The mean knowledge score secured was 9 out of 20 which indicates only 45%. Knowledge among husbands shows that highest percentage (50%) of husband had satisfactory knowledge regarding Antenatal care and common complications. 16% of husbands had poor knowledge and 24% had good knowledge.

- In knowledge score assessment it has been found that majority of the husbands of pregnant women had satisfactory knowledge
- There was no association between the knowledge score about antenatal care and common complications and demographic variables.

Nursing education

Nurses should have thorough knowledge about different aspects of health. The indepth knowledge about reproductive health will help them to conduct awareness programmes to the family members of pregnant women. The husbands will become more aware about their wife's health and they can recognize the early signs of complications in pregnancy. So that the life of mother and child can be saved.

Nursing Research

Nursing practice should be based on scientific body of knowledge. Further research should be conducted to create awareness about antenatal care and common complications in pregnancy among family members especially husband of pregnant women.

Limitations

1. In this study, the sample size was small, hence the generalization of the finding is limited.
2. Study was conducted in rural setting, so the

Recommendations

1. The study can be done in a urban setting.
2. A comparative study can be conducted between rural and urban setting.

CONCLUSION

If the male partner get involved in their female partner's maternal health, there will be positive outcome. Husband play an important role in caring their wives. The health workers should encourage the husbands to accompany their wives to antenatal clinics. Required health education also to be imparted, so that husbands can take their wives during pregnancy period and postnatal period¹⁰. For a pregnant wife the experience of carrying and giving birth to baby is very exciting. It is the time where more care and is support is needed.¹¹ Providing support is the best thing a partner can do. The findings of the study revealed that the knowledge of husbands regarding antenatal care and common complications are low. Awareness of husbands will help in improving the health of mother and baby.

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	b. Family members	20	12			Significant
	c. Health professionals	7	3			

*NS Not significant $\chi^2_1=3.84$, $\chi^2_2=5.99$, $\chi^2_3=7.82$; $P < 0.05$

As the chisquare values are lesser than the table values, it confirmed that there is no significant association between the knowledge score and selected demographic variables.

DISCUSSION

The present study was designed to assess the knowledge score about antenatal care and common complications in pregnancy among husband of a selected rural area of Erumapetty GramaPanchayat Thrissur Dist. To achieve the objectives of the study a one group knowledge testing was done using structured knowledge questionnaire.

The findings of the study are discussed under the following sections:

Part I: Description of demographic characteristics of men.

Part II: Analysis of knowledge of husbands regarding antenatal care and common complications of pregnancy.

Part III: Association of the knowledge score of husbands of pregnant women with demographic variables.

Part I: Percentage wise distribution of Husbands according to their demographic variables.

Distribution of husbands according to their age shows that highest percentage (54%) of husbands were in the age group of 31-35 years whereas (34%) were in the age group of 25-30 yrs. Twelve percentage of samples were in the agegroup of more than 35 yrs.

Percentage wise distribution of husbands according to their age of marriage shows that 44% were in the category of after 30 yrs, 36% were in the category of 26-30 yrs and 20% were in the category of less than 25 yrs.

Percentage wise distribution of husbands according to their type of family shows that

highest percentage (74%) were belong to nuclear family, 22% were belong to joint family and 4% were belong to extended family.

Percentage wise distribution of husbands according to their education status shows that highest percentage (40%) were upto 10th std, 34 % husbands were in the category of Graduate and 16% were more than graduate.

Percentage wise distribution of husbands according to source of health information reveals that highest percentage (56%) of samples received health information from mass medias, 24% gained knowledge from family members and (10%) gained knowledge from health personnels.

Part II: Analysis of knowledge score of husbands regarding pregnancy and common complications of pregnancy

Level of knowledge of husbands regarding pregnancy and common complications The knowledge score of husbands regarding pregnancy and common complications of pregnancy score was low. The mean knowledge score secured was 9 out of 20 which indicates only 45%.

Knowledge among husbands shows that highest percentage (50%) of husbands had satisfactory knowledge regarding Antenatal care and common complications. 16% of husbands had poor knowledge and 24% had good knowledge. Only 10% had excellent knowledge about antenatal care and common complications in pregnancy

Part III: Association of the knowledge score of husbands with selected demographic variables.

Chisquare test was used to identify the association between knowledge score and selected demographic variables. As the chi square values are lesser than the table value, there is no association between the



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KNOWLEDGE ASSESSMENT ABOUT MENARCHE AMONG UPPER PRIMARY GIRL STUDENTS IN TRKHSS SCHOOL VANIYAMKULAM.

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ABSTRACT

Background of the study

Menarche is one of the most significant milestones in women's life. Menarche is defined as the first menstrual period in female adolescents. Menarche typically occurs between the age of 12 to 16 years. Determinants of menarche age are continuously being researched. However socio-economic conditions, genetics, general health, nutritional status, exercises and family size are thought to play a role in determining the age of menarche. It is essential to educate prepubertal girls and their guardians on the progression of puberty and the development of the menstrual cycle.

In menarche, a number of physical and psychological changes take place. The uterus, the uterine tubes and the ovaries reach maturity in this period. Age at menarche is a key maturity indicator of a female's healthy transition from childhood into young adulthood. It is also an important clinical indicator of her physical, nutritional and reproductive health. Menarche is the onset of fertility and reproductive ability and its absence should signal the provider to evaluate for pathology.



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The timing of menarche is influenced by female biology, as well as genetic and environmental factors, especially nutritional factors. The mean age of menarche has declined over the last century, but the magnitude of the decline and the factors responsible remain subjects of contention. The worldwide average age of menarche is very difficult to estimate accurately, and it varies significantly by geographical region, race, ethnicity and other characteristics, and occurs mostly during a span of ages from 8 to 16, with a small percentage of girls having menarche by age 10, and the vast majority having it by the time they were 14. There is a later age of onset in Asian populations compared to the West, but it too is changing with time.

Menstruation is a cultural as well as scientific phenomenon as many societies have specific rituals and cultural norms associated with it. These rituals typically begin at menarche and some are enacted during each menstruation cycle. The rituals are important in determining a status change for girls. Upon menarche and completion of the ritual, they have become a woman as defined by their culture.

For young women in many cultures, the first menstruation is a marker that signifies a change in status. Post-menarche, the young woman enters a stage called maidenhood, the stage between menarche and marriage. There are cultures that have in past centuries, and in present, practiced rites of passage for a girl experiencing menarche.

Menstrual education entails all the learning to empower period management as a natural process, devoid of social judgements about the female body and roles, prioritizing physical and mental health through knowledge of the menstrual cycle and how it affects each person individually. Parents were the main source of information about menstruation, and efforts to equip families with information to prepare daughters on menarche and menstrual hygiene would add value to school based initiatives.

Statement of problem

Knowledge assessment about menarche among upper primary girl students studying in TRKHSS at Vaniyankulam.

Objectives of the study

- To assess the knowledge about menarche among upper primary girl students of a selected school
- To find out the association between the knowledge about menarche among upper primary girl students and selected demographic variables



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Method

A pre experimental one group pretest design was used for the study of upper primary girl students between the age group 10-12 years studying in TRKHSS. The collected data was analysed by using descriptive and inferential statistics.

Result

The descriptive and inferential statistics were used for the analysis of data. The analysis was carried out on the basis of objectives and hypothesis of the study. The mean knowledge score was 13.5 out of 20. The mean knowledge score percentage is 67.5%. In this study, hypothesis testing by chi square test shows that the calculated 'p' value of age 7.02 was found to be significant as the table value 5.99 was less than the calculated value. There was significant association between the type of family as the calculated 'p' value 3.88 was greater than the table value 3.84. There was significant association between the area of residence as the calculated 'p' value 3.928 was greater than the table value 3.84.

Interpretation and conclusion

Findings of the study showed that the knowledge scores of upper primary girl students studying in TRKHSS were average. Hence study implies that the various awareness classes can improve their knowledge regarding menarche of upper primary girl students.

Key words

Knowledge, Menarche, Milestones, Reproductive health, Maturity

INTRODUCTION

Menarche is one of the most significant milestones in women's life. Menarche is defined as the first menstrual period in female adolescents. Menarche typically occurs between the age of 12 to 16 years. Determinants of menarche age are continuously being researched. However socio-economic conditions, genetics, general health, nutritional status, exercises and family size are thought to play a role in determining the age of menarche. It is essential to educate prepubertal girls and their guardians on the progression of puberty and the development of the menstrual cycle.



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Review of literature

The qualitative study was conducted to assess the emotional response toward menarche is a psychological problem for female adolescents. This study used a qualitative method including focus group discussion and in-depth interview. FGD was carried out with 5 female adolescents in a school setting. The participants who had not attained menarche yet. The results of this study indicate that female adolescents do not prepare for menarche³.

The cross-section study was conducted to assess the experience of menarche and attitudes menstruation and role of communication between mothers and daughters in Mexican toward adolescents. The sample size is 405 Mexican post-menarcheal adolescents, aged 12-15 years. The result is although most of the participants knew what they should do when they experienced their menarche, only 39% stated they had felt prepared to start menstruating⁴.

The qualitative study was conducted to assess the attitudes and practices associated with menarche and menstruation in Taiwanese girls particularly with respect to coping mechanisms. Sample size is 48 adolescent girls. The result shows that menarche and menstrual attitudes among adolescents were composed in 4 dimensions: self-perception, information and cultural practices; physiological symptoms and psychological symptoms; coping mechanisms during menarche and menstruation; and methods for coping and cultural practices for menstruation⁶.

Methodology

Objectives of the study:

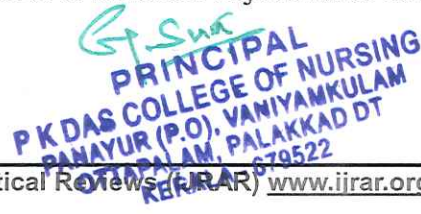
- . To assess the knowledge about menarche among upper primary girl students of a selected school.
- . To find out the association between the knowledge about menarche among upper primary girl students and selected demographic variables

Research approach:

The quantitative research approach will be used to study the “ knowledge assessment regarding menarche among upper primary girl students”.

Research design:

In this study non experimental descriptive research design will be used to attain the objectives of study



Variables:

Dependent variable: In this study dependent variable is knowledge regarding menarche among upper primary girl students.

Setting of study:

Research setting is the more specific place where the data collection occurs. The study was conducted in TRKHSS.

Population:

Target population :Upper primary girl students.

Accessible population: Upper primary girl students in TRKHSS School.

Sample and sampling technique:

The sample for the current study consists of 50 upper primary girl students studying in TRKHSS.

Non-probability convenient sampling technique was used in the study.

Inclusion criteria:

The study includes the upper primary students, who are;

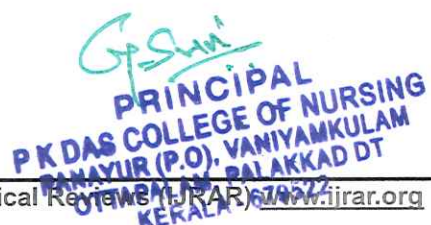
- . Students of age group between 10-12 studying in TRKHSS.
- . Available at the time of data collection.
- . Willing to participate in the study.

Tool for the study:

Data collection is the procedure or instruments used by the researcher to observe or measure the key variable in the research problem. A structured knowledge questionnaire was used to collect the data. The tool was prepared on the basis of objectives of the study.

Part A: Demographic proforma

It includes age, type of family, residing area, source of previous knowledge, and religion.



Part B: Structured knowledge questionnaire regarding knowledge about menarche

The structured knowledge questionnaire consists of 20 questions for assessing the knowledge regarding menarche among upper primary girl students. The multiple choice questionnaire was used. The total score of the tool is 20. Each correct answer carry "one" mark and wrong answer carry "zero" mark.

Data collection procedure:

The formal permission was obtained from the TRKHSS. The sample's knowledge is assessed by using a structured questionnaire.

Plan for data analysis:

In order to achieve the stated objectives of the study the data obtained from the subject was coded numerically and tabulated. The collected data was analysed using descriptive and inferential statistics,

RESULT**SECTION A****Table 1: Distribution of demographic variables of upper primary girl students**

SL NO.	DEMOGRAPHIC VARIABLES	FREQUENCY	PERCENTAGE
1	Age		
	-10 year	7	14%
	-11 year	33	66%
	-12 year	10	20%
2	Type of family		
	-Nuclear	26	52%
	-Joint	24	48%



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3	Area of residence		60%
	-Rural	30	40%
	-Urban	20	
4	Previous Knowledge	30	60%
	-Family	13	26%
	-Awareness classes	5	10%
	-Media	2	4%
	-Teachers		
5	Religion	45	90%
	-Hindu	2	4%
	-Christian	3	6%
	-Muslim		



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Points scored

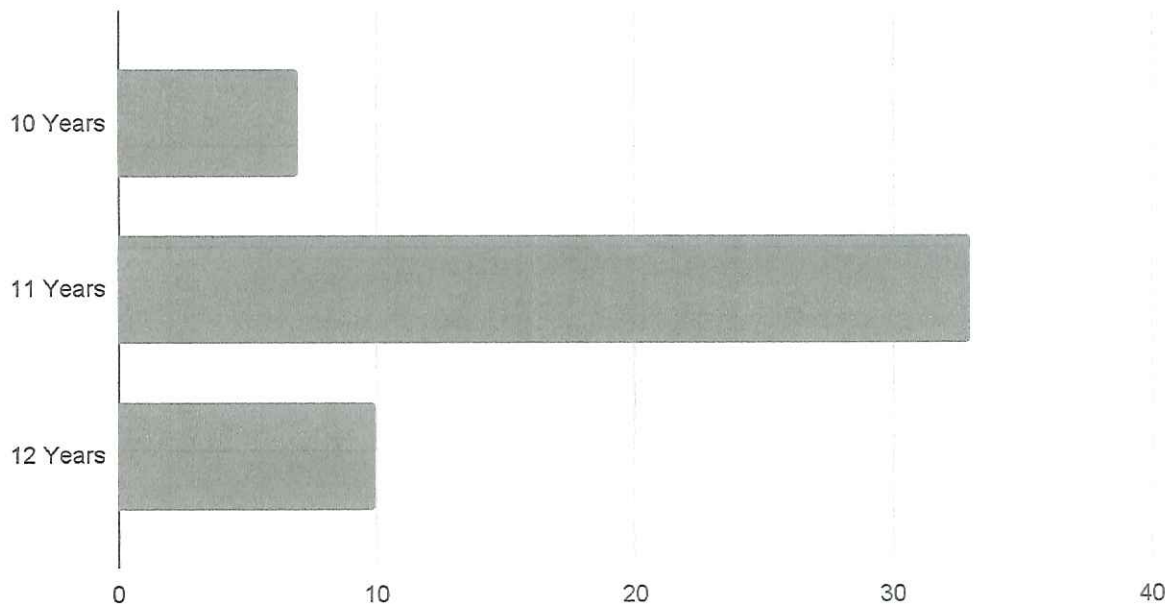


Fig 4.1 Distribution of demographic variables of age.

Distribution of upper primary girl students according to their age shows that the majority 66% was at the age of 11 years, 20% were at the age of 12 years and 14% was at the age of 10 years.



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Points scored

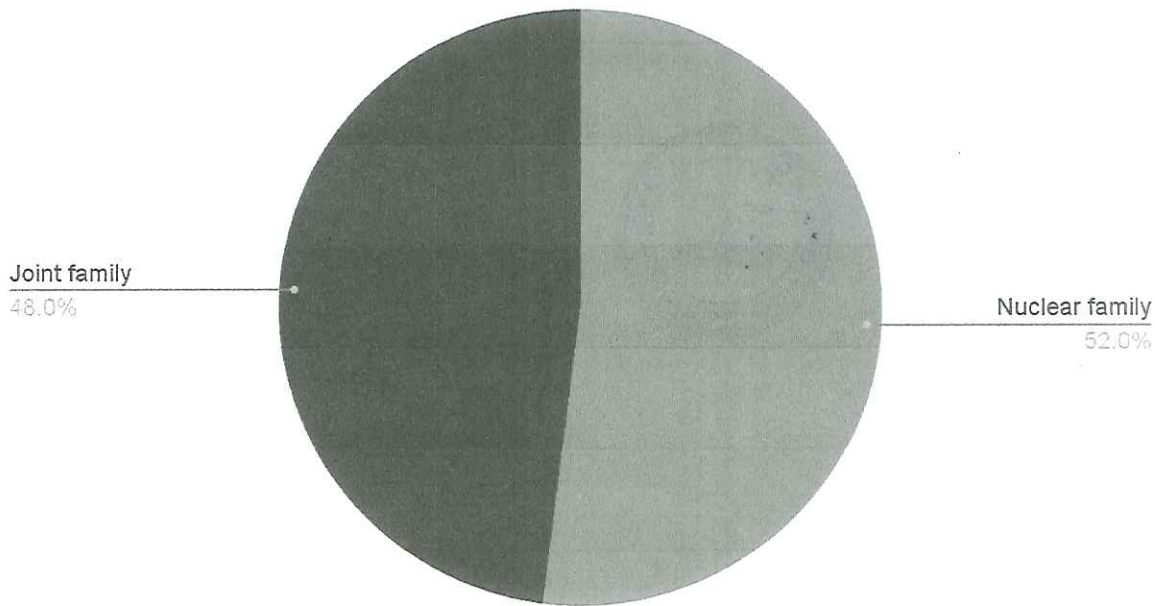


Fig4.2 Distribution of demographic variables of type of family.

Percentage wise distribution of upper primary girl students according to their type family reveals that the highest 52% of samples belong to nuclear family and 48% belong to joint family.



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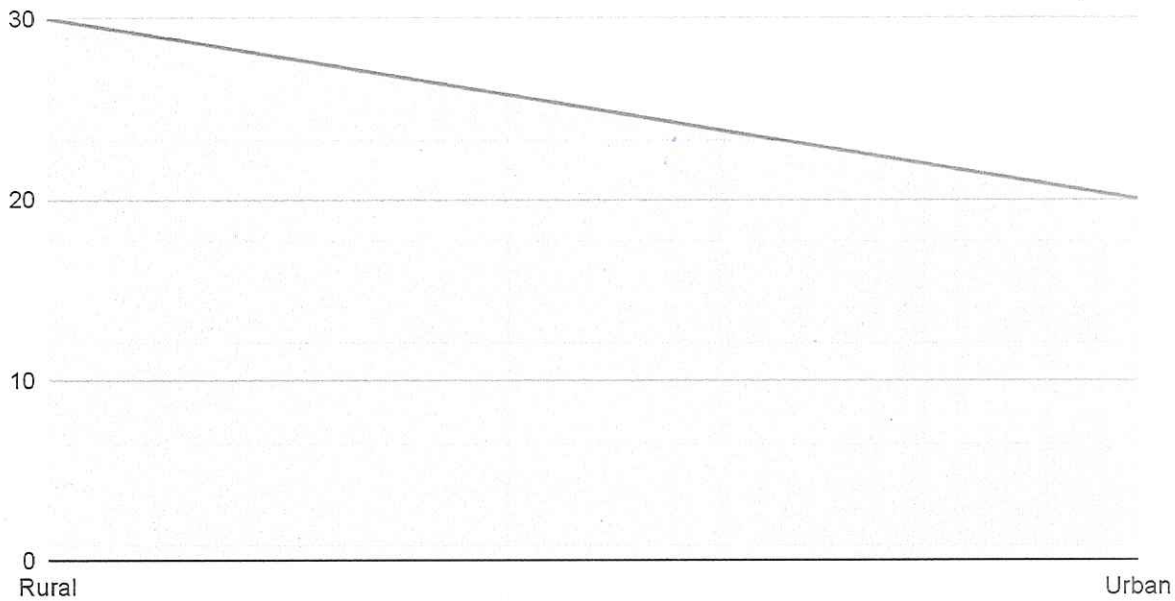
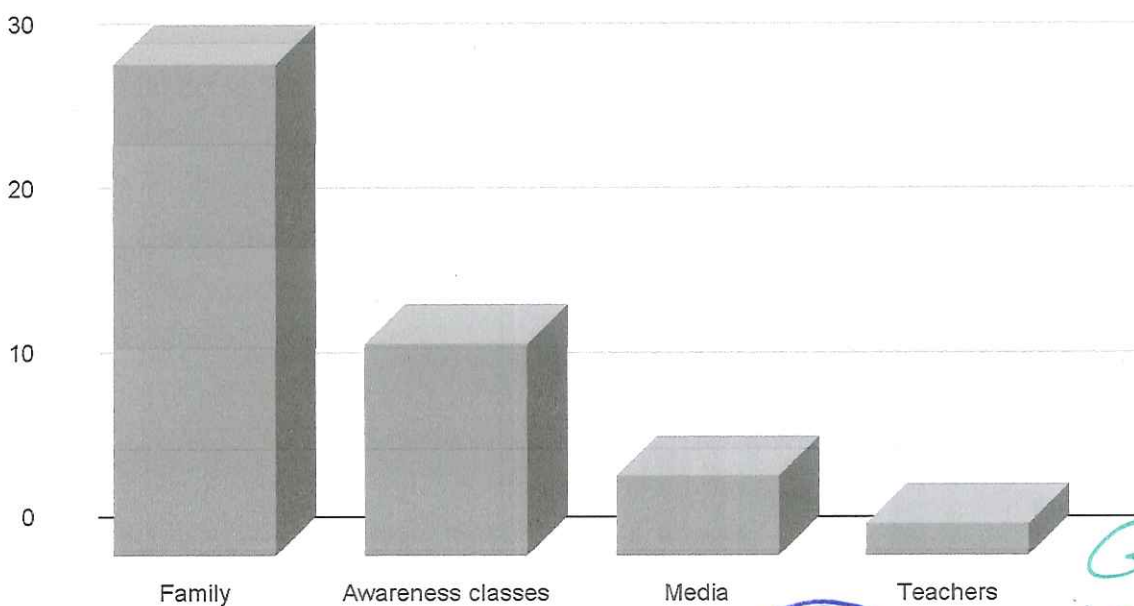


Fig4.3 Distribution of demographic variables of area of residence.

Percentage wise distribution of upper primary girl students, according to their area of residence reveals that 60% of samples belong to rural areas and 40% belong to urban areas.

Points scored



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Points scored

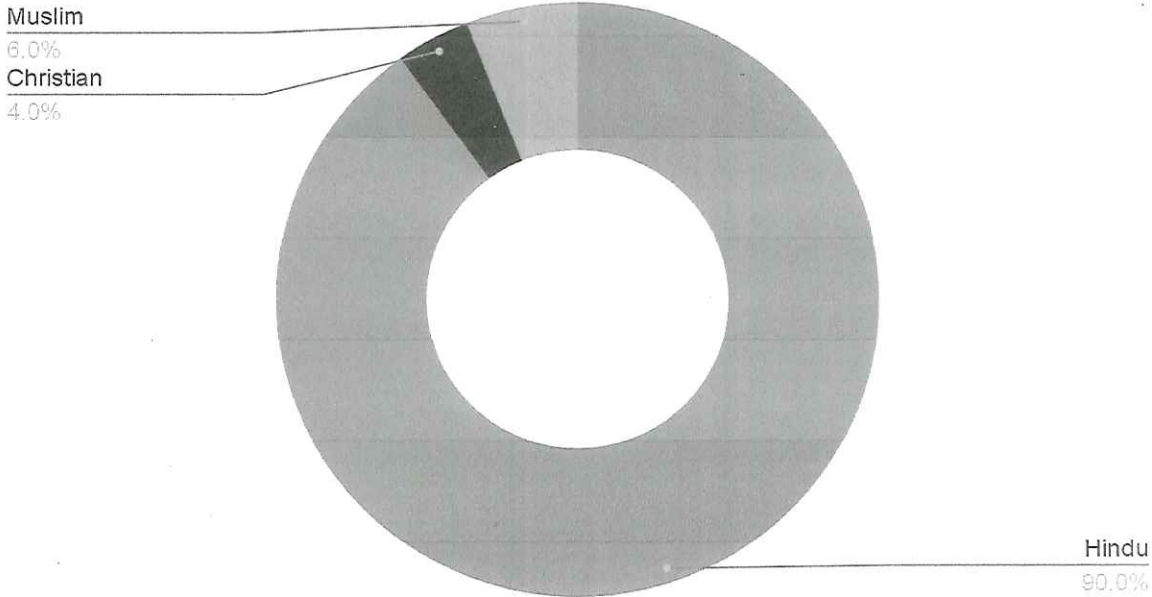


Fig4.5 Distribution of demographic variables of religion.

Distribution of upper primary girl students to their religion shows that highest 90% were belongs to hindu, 6% belongs to muslim and 4% belongs to christian

KNOWLEDGE SCORE OF UPPER PRIMARY GIRL STUDENTS REGARDING MENARCHE

Sl no	Knowledge level	No of students	Percentage
1	Excellent	16	32%
2	Good	24	48%
3	Average	10	20%
4	Poor	0	0%

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RESULT:

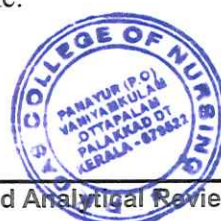
The descriptive and inferential statistics were used for the analysis of data. The analysis was carried out on the basis of objectives of the study. The mean knowledge score was 13.5 out of 20. The knowledge score percentage is 67.5%. In this study, hypothesis testing by chi square test shows that the calculated 'p' value of age 7.02 was found to be significant as the table value 5.99 was less than the calculated value. There was significant association between the type of family as the calculated 'p' value 3.88 was greater than the table value 3.84. There was significant association between the area of residence as the calculated 'p' value 3.928 was greater than the table value 3.84. There was no association between the previous knowledge as the calculated value 3.381 was less than the table value 7.82. There was no association between the religions as the calculated 'p' value 0.9787 was less than the table value 5.99. This study shows that 16(32%) of them have excellent knowledge, 24(48%) have good knowledge and 10(20%) of them have poor knowledge.

This study is a non experimental descriptive research design intended to assess the knowledge regarding menarche among upper primary girl students studying in TRKHSS. The results of the major study were discussed according to the objectives.

The first objective of the study is to assess the knowledge about menarche among upper primary girl students of a selected school. In the present study the majority of the study population (67.5%) had attained their knowledge regarding menarche in between 10 to 13 years. Similar findings were reported by other authors also. 16 Farha Tarannum, Najam Khalique, Uzma A community based study on age of menarche among adolescent girls in Aligarh majority of study population 69.7% had attained menarche between 12 to 14 years¹⁸.

The second objective of study is to find out the association between the knowledge about menarche among upper primary girl students and selected demographic variables. Mean age of menarche was 13 years with wide variations, i.e. 10–17 years. 73.1% had a cycle duration of 21–35 days. More than half of them reported 5–6 days' duration of menstrual blood flow and 12% of the participants had >7 days of flow. Long blood flow duration was more prevalent in early than in late adolescence. 30.1% reported abundant blood loss. 66.8% had dysmenorrhea and no difference was observed between early and late adolescents. Menstrual cycles tend to be shorter in the early adolescence period¹.

Chi-square is used to find out the association of knowledge score with demographic variables such as age, type of family, area of residence, previous knowledge, and religion. The result showed that the age, type of family, area of residence are associated with the knowledge of menarche.



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SUMMARY

In this study ,the demographic variables such as age , type of family, area of residence are significant to knowledge level. So that we can improve the knowledge level of upper primary girl students on menarche through the various awareness classes



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“Effect Of Structured Educational Programme Regarding Prevention Of Ventilator Associated Pneumonia Among Staff Nurses In a Selected Hospital at Palakkad District.”

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ABSTRACT

The present study was aimed to assess the effect of structured educational programme regarding prevention of ventilator associated pneumonia among staff nurses in PKDIMS. The objectives of this study were to assess the level of knowledge regarding prevention of ventilator associated pneumonia among staff nurses, find the effectiveness of structured educational programme regarding prevention of ventilator associated pneumonia among staff nurses and find the association between pretest level of knowledge with selected demographic variables. The research approach was quantitative and the research design adopted was one group pre-test post-test research design. Sixty staff nurses selected by purposive sampling technique. Data was collected using structured questionnaire. The study was based on Rosen stock's health belief model the result shows that the obtained "t" value for nursing staff knowledge of ventilator associated pneumonia value in 16.61 significant at 0.05 level. It is inferred that the nursing staffs exposed to the structured educational programme had significant increase in post test knowledge. The Chi square test value shows that there is no association between level of knowledge with the demographic variables such as age, sex, educational qualification, present working area, year of experience and previous knowledge.

Key words: Structured educational programme, Ventilator, Pneumonia



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to mechanical ventilation, they should have appropriate knowledge regarding ventilator modes, positive pressure ventilation, daily weaning process, aspiration prevention and head on the bed elevation.⁶

NEED AND SIGNIFICANCE OF THE STUDY

Ventilator associated pneumonia, are the most common and most preventable complication of a patient's hospital stay. Their frequency and potential adverse effects increase in critically ill patients because of impaired physiology, including a blunted immune response and multi organ dysfunction.

Traditionally, ventilator associated pneumonia rates have been measured as an indicator of quality of care. Despite recent initiatives to measure complications of mechanical ventilation and a decrease in incidence over the past few years, ventilator associated pneumonia remains an issue for critically ill adults, with mortality estimated as high as 10%.

Nurses have different vital roles such as care provider manager, educator, coordinator and evaluator in preventing ventilator associated pneumonia. Lack of knowledge of infection prevention and proper nursing care among nurses may become a barrier in adhering to evidence based guidelines for preventing ventilator associated pneumonia. This study will help nurses to know about ventilator associated pneumonia and its prevention in detail so that they can apply the knowledge in clinical practice. Understanding pathophysiology of ventilator associated pneumonia, its risk factor and care bundle is vital for the proper prevention and treatment of ventilator associated pneumonia. There must be specific protocols, strategies and active surveillance in every ICU regarding the care bundle.


For the prevention and reduction of ventilator associated pneumonia, the successfully multidisciplinary approaches should be applied in ICUs and education should be provided for all healthcare providers focusing on the risk factors and preventive measures of ventilator associated pneumonia.⁵

This study is taken to assess the competency of ICU nurses as they are at the patient's bedside round the clock and therefore they play an important role in the prevention of ventilator associated pneumonia. Nevertheless nurses needed to have an awareness of the problem as well as knowledge on the prevention strategies so as to adhere to preventive practices by using ventilator associated pneumonia bundle. Skilled and knowledgeable nurses are extremely important to make appropriate decisions in patient care and minimize risks to patients and bring confidence to make appropriate decision and prevent poor outcomes in the recovery of mechanically ventilated patients.⁷

PURPOSE OF THE STUDY

To determine the effect of structured educational programme regarding prevention of ventilator associated pneumonia among staff nurses.




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HYPOTHESIS

H₀: There is no significant difference between pretest and post test score

H₁: There will be significant difference between pretest and post test score

H₂: There will be significant association between pretest level of knowledge and selected demographic variables

REVIEW OF LITERATURE

1. Studies related to general studies of ventilator associated pneumonia

Jean chastre and jean yver fagon, conducted a study on ventilator associated pneumonia that continuous to complicate the course of 8 to 28% of patients receiving mechanical ventilation. It is a quantitative descriptive research studies by the use of validated tool. In conclusion the mortality rate of ventilator associated pneumonia ranges from 24 to 50% and can reach 76% in some specific settings as when lung infection is caused by high risk pathogens.¹³

Mona Bingham, Jeffery Ashley Marta de jong, Caren conducted a study on implementing a unit level intervention to reduce the probability of ventilator associated pneumonia. The purpose of this study was to evaluate the effectiveness of a unit -specific education intervention that emphasised hand hygiene, head of the bed elevation and oral care. Two hour observations were conducted on a convenience sample of 100 ventilated patients not diagnosed with ventilator associated pneumonia and the clinical staff that interacted with them. In conclusion the ventilator associated pneumonia and the ventilator dry rates did not improve significantly there were no significant changes in clinician adherence to hand hygiene -provision of oral care as patient position.¹⁴

Neelima Ranjan, Uma Chaudhary and K.P Ranjan conducted a study on ventilator associated pneumonia in a tertiary care intensive care unit. analysis of incidence risk factors and mortality. this prospective observational study was carried out over a period of one year. Ventilator associated pneumonia was diagnosed using the clinical pulmonary infection scale. The incidence of ventilator associated pneumonia was 57.14% study showed that the incidence of ventilator associated pneumonia is directly proportional to the duration of mechanical ventilation. the most common pathogen causing ventilator associated pneumonia were Acetobacter spp and pseudomonas aeruginosa were associated with a high fatality rate.¹⁵



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METHODOLOGY

Research approach

Quantitative research approach is adopted for this study.

Research design

The research design used for this study was one group pre-test post-test research. **Dependent variables:-**

Dependent variable of this study was the knowledge level on ventilator associated pneumonia.

Independent variable:-

In this study the independent variable is structured education.

Demographic variable:-

Age, gender, educational qualification, present working area, year of experience and previous knowledge.

SETTING OF THE STUDY

The study conducted among the staff nurses in PKDIMS.

POPULATION

Population is a complete set of persons or objects that possess some characteristic of interest to the researcher. The populations for this study consist of all the staff nurses in PKDIMS.

SAMPLE AND SAMPLING TECHNIQUE

The sample of the present study consist of 60 staff nurses in PKDIMS who works in MICU, SICU,CCU, Wards and casualty. The sampling technique adopted for the present study was purposive sampling technique.

INCLUSION CRITERIA:-

Staff nurses among PKDIMS who are willing to participate in the study Staff nurses in PKDIMS who have 5 year experience.

EXCLUSION CRITERIA:-

Staff nurses are not willing to participate in the study

Staff nurses who have more than 5 year experience.



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INFERENTIAL STATISTICS:-

Paired 't' test and chi square test was used to find out the association of knowledge with selected demographic variables. The findings of the study were presented in the form of tables and figures.

ANALYSIS AND INTERPRETATION

This study is designed to assess the effect of structured education regarding ventilator associated pneumonia among staff nurses in PKDAS INSTITUTE OF MEDICAL SCIENCE. Data was collected from 60 samples which full filled the inclusion criteria. The data was tabulated analyzed and interpreted using descriptive and inferential statistics.

Objectives

1. To assess the level knowledge regarding prevention of ventilator associated pneumonia among staff nurses.
2. To find the effectiveness of structured educational programme regarding prevention of ventilator associated pneumonia among staff nurses
3. To find the association between pre tests level of knowledge with selected socio demographic variables.

Presentation of data

Section 1: Distribution of staff nurses based on selected socio demographic variables.

Section 2: assessment of level of knowledge regarding ventilator associated pneumonia among staff nurse.

Section 3: Effect of structured education on ventilator associated pneumonia among staff nurses.

Section 4: Association between level of knowledge and selected demographic variables.

SECTION 1:

Distribution of staff nurses according to socio demographic variables.

The section one deals with frequency and percentage distribution of staff nurses. According to state of socio demographic variables such as age in year, sex, educational qualification, present working area, year of experience and previous knowledge



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Table 4: Frequency and percentage distribution of staff nurses according to present working (n=60)

Variable(present Frequency percentage working area)		
MICU	16	26.7
SICU	10	16.7
CCU	2	3.3
Ward	32	53.3
Casualty	0	0

Table 4: reveals that majority (53.3%) of the subjects were from working in wards ,26.7% of the subjects were from working in MICU.16.7% of subjects were from working inSICU,3.3% of subjects were from working in CCU and 0% of subjects were from working in casualty.

Table 5: Frequency and percentage distribution of staff nurses according to year of experience. (n=60)

Variable(year of experience)	Frequency	Percentage
<3	21	35
>3	39	65

Table 5: reveals that majority 65% of subjects were having >3 years of experience and 35% of subjects were having <3 years of experience.



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SECTION III:

Effect of structured education on ventilator associated Pneumonia among staff nurses

This section deals with the analysis of effectiveness of structured educational programme on knowledge on ventilator associated pneumonia among staff nurses by calculating mean, standard deviation and t value of knowledge.

Table 8: Mean standard deviation and t value of knowledge scores of staff nurses

Variables	Mean	Standard deviation	t value	p value
Pre test	14.7	3.28	16.61	0.0001**
Post test	22.8	1.07		

**significant at 0.0001 level

The above table 8: shows that the obtained “t” value for nursing staffs knowledge of ventilator associated pneumonia value in 16.61 significant at 0.05 level. It is inferred that the nursing staffs exposed to the structured educational programme had significant increase in post test knowledge.

SECTION IV:

Association between level of knowledge and selected Demographic variables

This section deals with association between level of knowledge and demographic variables such as age, sex, educational qualification, present working area , year of experience and previous knowledge.

Table 9: Association between levels of knowledge with age in years

Variables	Level of knowledge				Chi square	P value	knowledge	knowledge
	Poor knowledge	Moderate knowledge	Good knowledge	Excellent knowledge				
21-25	0	3	14	2	0.21	16.92		
26-30	1	5	13	6				
31-35	0	3	4	3				
36-40	0	1	5	0				

Table 9: shows that chi square test value of level of knowledge with age in years and p value is 16.92. There is no association between levels of knowledge with age in years.



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Table 12: Association between levels of knowledge with year of experience.

Variables	Level of knowledge				Chi P value
	Poor	Moderate	Good	Excellent	
Year of experience					
>3	1	7	21	10	
<3		0	5	15	1
					2.1
					7.82

Table 12: shows that chi square test value of level of knowledge with year of experience and is 2.1. There is no association between levels of knowledge with year of experience.

Table 13: Association between levels of knowledge with previous knowledge

Variables	Level of knowledge				Chi P value
	Poor	Moderate	Good	Excellent	
Previous knowledge					
Books	0.3	14	3		
Newspapers		0	3	1	2
Life experiences		1	6	12	6
					1.43

Table 13: shows that chi square test value of level of knowledge with previous knowledge is 1.43. There is no a association between level knowledge with previous knowledge

HYPOTHESES TESTING

H₁: There will be a significant difference between pre-test and post-test score.

H₀: There is no significant difference between pre-test and post-test score.

H₂: There will be significant association between pre-test level of knowledge and selected demographic variables.



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Section 3 : Effect of structured education regarding ventilator associated Pneumonia among staff nurses

The "t" value for nursing staff knowledge regarding ventilator associated pneumonia value is 16.61 significant at 0.05 level. It is inferred that the nursing staff exposed to the structured educational programme had significant increase in post-test knowledge.

Section 4: Association between level of knowledge and selected socio demographic variables

There were no association between level of knowledge and selected socio- demographic variables such as age, sex, educational qualification, present working area, year of experience and previous knowledge.

Discussion

The purpose of the study was to assess the effectiveness of structured educational programme regarding prevention of ventilator associated pneumonia among staff nurses. The sample was selected by purposive sampling technique. The data was collected from 60 staff nurses by structured knowledge questionnaire to assess the knowledge of ventilator associated pneumonia.

The result shows that the obtained "t" value for knowledge of ventilator associated pneumonia value is 16.61 significant at 0.05 level. It is inferred that nursing staff exposed to the structured education programme had significant increase in post test knowledge.

Findings related to distribution of staff nurses according to age

In the present study majority (41.6%) of samples were in the age group of 26 to 30 years. A study conducted in Kirkuk city hospitals among 30 intensive care staff nurses regarding the knowledge of ventilator associated pneumonia, the majority (46.7%) of the age group were 24-29 years old.

Findings related to distribution of staff nurses according to gender

In the present study majority of (100%) the subjects were in the gender group of females. In a study conducted in Rehman College of nursing Peshawa, Pakistan among 100 staff nurses regarding the knowledge of ventilator associated pneumonia consist of majority (70%) of females and (30%) males.

Findings related to distribution of staff nurses according to educational qualification

In the present study the majority (45%) of subjects were having educational qualification of GNM. In a study conducted in Saveetha College of nursing, SIMATS, Chennai, Tamil Nadu among 50 staff nurses regarding ventilator associated pneumonia having educational qualification of BSc Nursing (52%).



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CONCLUSION

Ventilator associated pneumonia is a lung infection that develops in a person who is on a ventilator. Based on findings of present study the obtained "t" value for knowledge of ventilator associated pneumonia is 16.61 significant at 0.05 level. It is inferred that the nursing staff exposed to the structured educational programme had significant increase in post-test level of knowledge. By increasing the knowledge of staff nurses about Ventilator associated Pneumonia, the rate of infections in ICUs can be minimized.

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METHODOLOGY

Research approach

Quantitative research approach is adopted for this study.

Research design

The research design used for this study was one group pre-test post-test research. **Dependent variables:-**

Dependent variable of this study was the knowledge level on ventilator associated pneumonia.

Independent variable:-

In this study the independent variable is structured education.

Demographic variable:-

Age, gender, educational qualification, present working area, year of experience and previous knowledge.

SETTING OF THE STUDY

The study conducted among the staff nurses in PKDIMS.

POPULATION

Population is a complete set of persons or objects that possess some characteristic of interest to the researcher. The populations for this study consist of all the staff nurses in PKDIMS.

SAMPLE AND SAMPLING TECHNIQUE

The sample of the present study consist of 60 staff nurses in PKDIMS who works in MICU, SICU,CCU, Wards and casualty. The sampling technique adopted for the present study was purposive sampling technique.

INCLUSION CRITERIA:-

Staff nurses among PKDIMS who are willing to participate in the study Staff nurses in PKDIMS who have 5 year experience.



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education regarding the prevention of ventilator associated pneumonia .Post test was conducted using the same tool after 12 days, through using structured questionnaire.

PLAN FOR DATA ANALYSIS

The data obtained was analyzed on the basis of the objectives of the study using descriptive and inferential statistics.

DESCRIPTIVE STATISTICS:-

Frequency and percentage distribution were Used to study the selected demographic variables.

INFERENTIAL STATISTICS:-

Paired ‘t’ test and chi square test was used to find out the association of knowledge with selected demographic variables. The findings of the study were presented in the form of tables and figures.

ANALYSIS AND INTERPRETATION

This study is designed to assess the effect of structured education regarding ventilator associated pneumonia among staff nurses in PKDAS INSTITUTE OF MEDICAL SCIENCE. Data was collected from 60 samples which full filled the inclusion criteria. The data was tabulated analyzed and interpreted using descriptive and inferential statistics.

Objectives

- 4. To assess the level knowledge regarding prevention of ventilator associated pneumonia among staff nurses.
- 5. To find the effectiveness of structured educational programme regarding prevention of ventilator associated pneumonia among staff nurses
- 6. To find the association between pre tests level of knowledge with selected socio demographic variables.

Presentation of data

Section 1: Distribution of staff nurses based on selected socio demographic variables.

Section 2: assessment of level of knowledge regarding ventilator associated pneumonia among staff nurse.

Section 3: Effect of structured education on ventilator associated pneumonia among staff nurses.

Section 4: Association between level of knowledge and selected demographic variables.



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Table 3: Frequency and percentage distribution of staff nurses according to educational qualification. (n=60)

Variables(education qualification)	Frequency	Percentage
GNM	27	45
Post BSc	7	11.7
BSc	26	43.3
MSC	0	0

Table 3: reveals that the majority (45%) of the subjects was having education qualification as GNM, 43.33% of subjects were having education qualification as BSC and 11.7% of subjects were having education qualification as post BSC.

Table 4: Frequency and percentage distribution of staff nurses according to present working (n=60)

Variable(present Frequency percentage working area)	Frequency	percentage
MICU	16	26.7
SICU	10	16.7
CCU	2	3.3
Ward	32	53.3
Casualty	0	0

Table 4: reveals that majority (53.3%) of the subjects were from working in wards ,26.7% of the subjects were from working in MICU.16.7% of subjects were from working inSICU.3.3% of subjects were from working in CCU and 0% of subjects were from working in casualty.



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SECTION II :

Table 7: Assessment of level of knowledge regarding ventilator associated pneumonia among staff nurses

Variable	Frequency	Percentage
Poor knowledge	1	1.6%
Moderate knowledge	12	20%
Good knowledge	36	60%
Excellent knowledge	11	18.4%

Pre test level of knowledge regarding ventilator associated pneumonia among 60 staff nurses.1.6% of staff nurses having poor knowledge, 20% of staff nurses having moderate level of knowledge, 60% of staff nurse having good knowledge and 18.4% staff nurses having excellent knowledge.

SECTION III:

Effect of structured education on ventilator associated Pneumonia among staff nurses

This section deals with the analysis of effectiveness of structured educational programme on knowledge on ventilator associated pneumonia among staff nurses by calculating mean, standard deviation and t value of knowledge.

Table 8: Mean standard deviation and t value of knowledge scores of staff nurses

Variables	Mean	Standard deviation	t value	p value
Pre test	14.7	3.28	16.61	0.0001**
Post test	22.8	1.07		

**significant at 0.0001 level



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Association between levels of knowledge with sex

In this present study all the staff nurses are females.

Table 10: Association between levels of knowledge with educational qualification

Variables	Level of knowledge				Chi square
	Poor knowledge	Moderate knowledge	Good knowledge	Excellent knowledge	
Educational qualifications					
GNM	0	3	20	4	2.75
Post BSc	0	4	2	1	
BSc	1	5	14	6	

The table x shows that chi square test value of level of knowledge with educational qualification is 2.75. There is no association between level of knowledge with educational qualification.

Table 11: Association between levels of knowledge with present working area

Variables	Level of knowledge				Chi square
	Poor knowledge	Moderate knowledge	Good knowledge	Excellent knowledge	
Present working area					
MICU	0	2	12	2	3.1
SICU	0	3	4	3	
CCU	1	0	1	0	
WARD	0	7	19	6	

Table 11: shows that chi square test value of level of knowledge with present working area is 3.1. There is no association between levels of knowledge with present working area.



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HYPOTHESES TESTING

H_1 : There will be a significant difference between pre-test and post-test score.

H_0 : There is no significant difference between pre-test and post-test score.

H_2 : There will be significant association between pre-test level of knowledge and selected demographic variables.

The "t" value for nursing staff knowledge regarding ventilator associated pneumonia value in 16.61 significant at 0.05 level. It is inferred that the nursing staff exposed to the structured educational programme had significant increase in post-test knowledge. Hence Hypothesis H_1 is accepted and H_0 is rejected.

Study shows that there will be no significant association between pre-test level of knowledge with selected demographic variables such as age, sex, educational qualification, present working area, year of experience and previous knowledge.

RESULTS

The findings of the study are presented under the following headings.

Section 1: Distribution of staff nurses based on a selected Socio demographic Variables

Regarding the age: It reveals that majority (41.6%) of the subjects were in the age group of 26-30 years. 31.6% of the subjects were in 21-25 years, 16.65 of the subjects were in a 31-35 years and 105 of the subjects were in the age group of 36-40 years respectively.

Regarding the sex : (100%) were female.

Regarding the educational qualification: It reveals that the majority (45%) of the subjects were having educational qualification as GNM, 43.33% of subjects were having educational qualification as BSc and 11.7% of subjects were having education qualification of Post Basic BSc.Nursing.

Regarding the present working area: According to this majority of the subjects (53.3%) were working in wards, 26.7% of the subjects were working in MICU, 16.7% of subjects were from working in SICU, 3.3% of subjects were from working in CCU.

Regarding year of experience: It reveals that majority (65%) of subjects were having > 3 year of experience and 35% of subjects were having <3 years of experience.



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Knowledge Regarding Emergency Management Of Hypoglycaemia Among Caregivers Of Diabetic Patients In A Selected Hospital At Palakkad District.

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ABSTRACT

The present study was conducted to assess knowledge regarding emergency management of hypoglycemia among caregivers of diabetic patients. Hypoglycemia is a true medical emergency, which needs prompt recognition and treatment to prevent organ damage and mortality. The objectives of the study were to assess knowledge regarding emergency management of hypoglycaemia among caregivers of diabetic patients and to find association between knowledge regarding emergency management of hypoglycaemia among caregivers of diabetic patients with selected demographic variables. The research methodology used in this study was quantitative, non experimental study. Study conducted on 17th Nov.2022. Samples size 30 staff nurses of PK Das Institute of Medical Sciences. were selected using a non probability purposive sampling technique. The data assessed by using demographic variables and structured questionnaire and analyzed descriptive and inferential. The present study research were 10% of caregivers patients with diabetes have excellent knowledge regarding emergency management of hypoglycemia, 46.6% of caregivers having very good knowledge regarding emergency management of hypoglycemia, 33.3% of caregivers patients with diabetes have average knowledge regarding emergency management of hypoglycemia and 10% of caregivers patients with diabetes have poor knowledge regarding emergency management of hypoglycemia. The study concluded that there is a significant association between knowledge of caregivers and their source of information regarding emergency management of hypoglycemia.



BACKGROUND OF STUDY

Hypoglycaemia is an emergency situation that occur in diabetic patients. Patients who having diabetes and taking insulin has high risk for being hypoglycemic. It is a severe condition that may lead to the death of the person. So it is very important to know about the emergency management of hypoglycaemia. When the caregivers of hypoglycemic patients have a proper knowledge about management of hypoglycaemia we can easily manage this situation. In this study we aimed to assess the knowledge of caregivers of diabetic patients regarding the emergency management of hypoglycaemia.

NEED FOR THE STUDY

Hypoglycaemia is one of the most important complications of diabetes treatment. The risk of severe hypoglycaemia is higher in elderly patients, those having comorbidities such as vascular disease or renal failure, pregnant women and in children with type 1 diabetes. Moreover, in type 2 diabetes, progressive insulin deficiency, longer duration of diabetes, and tight glycaemic control increase the risk of hypoglycaemia as much as type 1 diabetes. Episodes hypoglycaemia may lead to impairment of the counter-regulatory system, with the potential of development of hypoglycemia unawareness. So, hypoglycaemia may increase the vascular events even death in addition to other possible detrimental effects. Glycaemia control should be individualized based on patient characteristics with some degree of safety. Recognition of hypoglycemia risk factors, blood glucose monitoring, selection of appropriate regimens and educational programs for healthcare professionals and patients with diabetes are the major issues to maintain good glycaemic control, minimize the risk of hypoglycaemia, and prevent long- term complications. In the World, 537 million adults (20-79) are living with diabetes; 1 in 10. This number is predicted to rise to 643 million by 2030 and 783 million by 2045. The International Diabetes Federation estimated that 72.9 million adults in India were living with diabetes in 2017. In Kerala, according to analysis of separate studies done by Sree Chitra Tirunal Institute for Medical Sciences and Technology, Thiruvananthapuram and Indian Council of Medical Research 19.4% people have diabetes in Kerala.⁴

PROBLEM STATEMENT

A study to assess knowledge regarding emergency management of hypoglycaemia among caregivers of diabetic patients.

RESEARCH OBJECTIVES

- To assess knowledge regarding emergency management of hypoglycaemia among caregivers of diabetic patients
- To find association between knowledge regarding emergency management of hypoglycaemia among caregivers of diabetic patients with selected demographic variables



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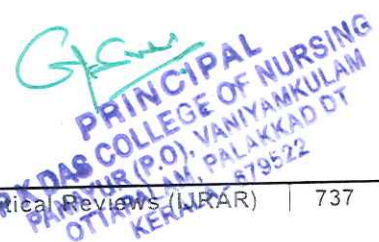
A cross section study conducted on emergency hypoglycemia and outcome predictors among people with diabetes in an urban population. Total of 2862 samples were selected and retrospectively analyzed and used for data collection. The results show early intervention, education and improved accessibility to risk prevention strategies may reduce the necessity for emergency parenteral treatment and hospitalisation among individuals suffering from recurrent hypoglycemia. The study concluded that severe hypoglycaemia requiring emergency service attendance remains common as does the requirement for parenteral therapy and conveyance to hospital.⁸

A cross section study conducted on to examine information seeking and knowledge about hypoglycemia among partners and family of type 2 diabetes patients . Total of 488 samples were selected and hierarchical and logistic regressions were used for data analysis. The results show nearly two thirds of family members and friends actively sought information about hypoglycemia, while health professionals and print media were reported as the main sources. The study concluded that the need to consider caregivers' health knowledge when developing health education programs in diabetes care. More attention must be focused on providing interventions that motivate information seeking and improve the comprehension of information.⁹

A cross section study conducted Hypoglycemia Prevention Practice and Associated Factors among Diabetic Patients on Follow-Up at Public Hospitals of Central Zone, Tigray, Ethiopia, 2018. Total of 272 samples were selected and three part questionnaire used for data collection. The results showed that the mean age of respondents was 43.62 years, and about 100 (63.2%) participants had good hypoglycemia prevention practice. The study concluded that only two-thirds of the study participants were found to have good hypoglycemia prevention practices¹⁰.

A cross section study conducted on knowledge of hypoglycemia and its associated factors among type 2 diabetes mellitus patients in a Tertiary Care Hospital in South India. Total of 366 samples selected and a questionnaire used for data collection. The results shows that the knowledge on symptoms of hypoglycemia, precipitating factors, remedial measures are high in this study, the target blood levels, complications were known to just a third of them . The study concluded that there is a knowledge gap on important aspects of hypoglycemia among type 2 diabetic patients¹¹.

A cross section study conducted on assessment hypoglycemia prevention practices and associated factors among diabetic patients. Total of 272 samples selected and a three part questionnaire used for data collection. The results show that nearly two-thirds, 63.2% of participants had good hypoglycemia prevention practice. The study concluded that around two-thirds of the study participants were found to be good practice on prevention of hypoglycemia¹².



CRITERIA

INCLUSION CRITERIA

- Caregivers of patients who were seeking treatment from PKDAS hospital .
- who were having age group between 18-60 years
- who were able to read and write Malayalam or English

EXCLUSION CRITERIA

- caregivers who were aged under 18 years
- caregivers who were unable to read or write Malayalam or English
- caregivers who were not interested to participate in this study.

METHOD & TOOL FOR DATA COLLECTION

DEVELOPMENT & SELECTION OF TOOL

The tool is prepared on the basis of objective study .The steps included in the development & selection of tool are preparation of draft, consultation and discussion with experts in medical surgical authorities in Nehru College of Nursing Vaniyankulam and preparation of final draft.

Description of tool

Tool 1: Structured questionnaire for assessing demographic variables

The demographic variables used in this study are age, gender, educational status and source of information.

Tool 2: Structured questionnaire

Questionnaire was used to assess knowledge regarding emergency management of hypoglycaemia among caregivers of diabetic patients. It consists of 10 multiple choice questions with 4 alternative responses. The level of knowledge was assessed by the total score obtained.

Table 1: Level of knowledge according to score

Range of score	Grade
8-10	Excellent
6-7	Very good
4-5	Average
Less than 4	Poor

CONTENT VALIDITY OF TOOL

The final draft of the tool consists of demographic variables and 10 questionnaires. Hence the content of the study is more valid.

RELIABILITY OF TOOL

. In this study, the reliability of the tool was measured by a split half method by using Karl Pearson's correlation coefficient.



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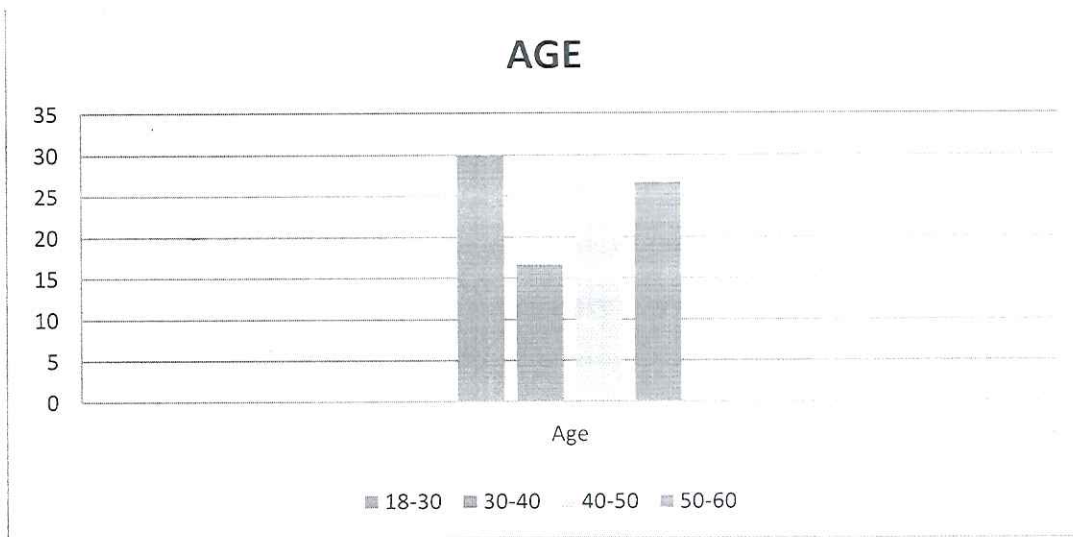
SECTION I : Distribution of demographic characteristics of caregivers of diabetic patients.(n=30)

Table 1: Frequency and percentage distribution of caregivers of diabetic patients according to age

	FREQUENCY	%
18-30	9	30.0
30-40	5	16.7
40-50	8	26.7
50-60	8	26.7

Table no 1 shows that 30 % of caregivers belong to the age group of 18-30 years,16.7% of caregivers belong to the age group of 30-40 years and 26.7 % of caregivers equally belong to the age group of 40-50 and 50-60 years.

Figure 1: Frequency and percentage distribution of caregivers of diabetic patients according to age



The graph shows that 30 % of caregivers belong to the age group of 18-30 years,16.7% of caregivers belong to the age group of 30-40 years and 26.7 % of caregivers equally belong to the age group of 40-50 and 50-60 years.



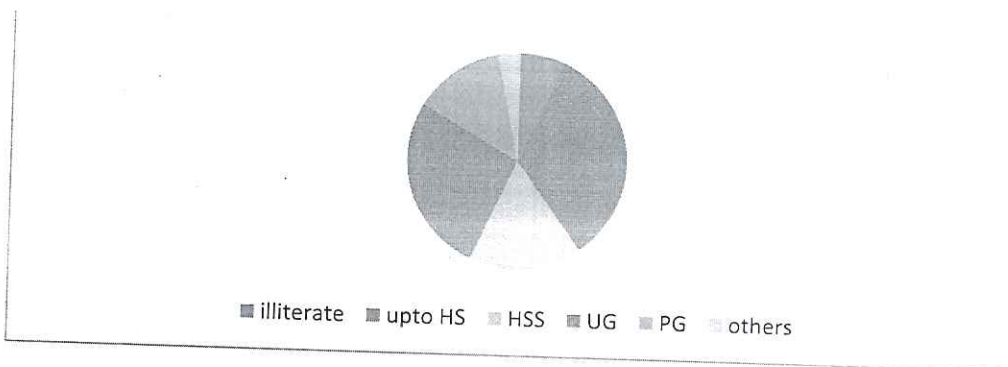
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Table 3: Frequency and percentage distribution of caregivers of diabetic patients according to education

	FREQUENCY	%
ILLITERATE	2	6.7
HIGH SCHOOL	10	33.3
HIGHER SECONDARY	5	16.7
DEGREE	8	26.7
PG	4	13.3
OTHERS	1	3.3

Table 3 shows that in caregivers of diabetic patients 6.7 % are illiterate, 33.3% are high school, 16.7% are higher secondary, 26.7% are graduate, 13.3% are post graduate and 3.3% are included in other groups.

Figure 3: Frequency and percentage distribution of caregivers of diabetic patients according to education



Pie diagram shows that in caregivers of diabetic patients 6.7 % are illiterate, 33.3% are high school, 16.7% are higher secondary, 26.7% are graduate, 13.3% are post graduate and 3.3% are included in other groups.



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Section II: Association of knowledge regarding emergency management of hypoglycaemia among caregivers of diabetic patients with selected demographic variables.

Table 5 : Association of knowledge regarding emergency management of hypoglycaemia among caregivers of diabetic patients with age, sex education and source of information.

SL NO.	DEMOGRAPHIC VARIABLES	Chi square	df	p	LEVEL OF SIGNIFICANT
1	AGE	6.19	9	16.92	NO SIGNIFICANCE
2	SEX	5.21	3	7.78	NO SIGNIFICANCE
3	EDUCATION	19.23	15	24.99	NO SIGNIFICANCE
4	SOURCE OF INFORMATION	24.19	12	21.03	SIGNIFICANT

*Significant at 0.05 level

Table 5: shows that there is no significant association between knowledge of caregivers with age, gender and education. There is a significant association between knowledge of the caregiver and the source of information

RESULTS

Results are presented in two sections;

- Section I: Distribution of demographic characteristics of caregivers of diabetic patients.
- Section II: Association of knowledge regarding emergency management of hypoglycaemia among caregivers of diabetic patients with selected demographic variables.



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The result of the study were in lined with another study conducted on knowledge of hypoglycemia and it's associated factors among type 2 diabetes mellitus patients in a Tertiari Care Hospital in South India. data collected from 366 samples using a questionnaire. The study concluded that there is a knowledge gap on important aspect of hypoglycemia such as symptoms, precipitating factors, remedial measures, target blood level and complications among type 2 diabetic patients.

SUMMARY

The knowledge is a familiarity, awareness or understanding of something such as facts, information, description, skills, discovering learning. Under adequate knowledge regarding emergency management of hypoglycemia among caregivers of diabetic patients can prevent the majority of hypoglycemic complications.

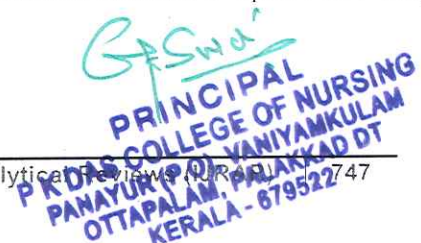
The present study was done to assess the knowledge regarding emergency management of hypoglycemia among caregivers of diabetic patients. The study was done to find association between knowledge regarding emergency management of hypoglycemia in relation to selected demographic variables such as age, sex, education and source of information.

Conclusion

The study results that majority of the caregivers of diabetic patients having Very good knowledge (46.6%) regarding Emergency management of hypoglycaemia. There is a significant association between knowledge regarding emergency management of hypoglycaemia among Caregivers of diabetic patients with source of information about diabetes and there is no significant association between knowledge regarding emergency management of hypoglycaemia among Caregivers of diabetic patients with age, sex and educational status. By educating the care givers of Diabetic patients regarding Hypoglycaemia, the complications can be identified in time and an early intervention can be rendered. This will help in reducing the complications and mortality.

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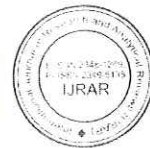
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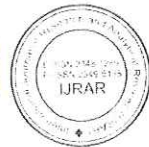
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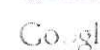
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A Study To Assess The Knowledge About Pre-Menstrual Syndrome Among Adolescent Girls In Selected School, At Vaniyamkulam, Palakkad District

Authors: Zaina Elizabeth Jose, Lt Col Regina.P.F., Rose Jose, Anakha.K.S, Aneetta Riya Roy

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ABSTRACT

The present study was conducted to assess the knowledge regarding premenstrual syndrome among adolescent girls in selected schools, at Vaniyamkulam, Palakkad.

OBJECTIVES: The objectives of the study were to assess the knowledge regarding premenstrual syndrome among adolescent girls and to find out the association between knowledge score of premenstrual syndrome among adolescent girls and selected demographic variables.

METHOD: A quantitative, non-experimental descriptive research design was selected. Thirty samples were selected by using nonprobability purposive sampling technique. Data assessed by using demographic variable, questionnaire and analyzed descriptive and inferential statistics.

RESULT: The study findings related to the level of knowledge of adolescent girls regarding pre-menstrual syndrome reveals that 17(57%) of them have good knowledge towards pre-menstrual syndrome, 7(23%) of them had average knowledge towards pre- menstrual syndrome, 5(17%) of them had excellent knowledge towards pre-menstrual syndrome, 1(3%) of them had poor knowledge towards pre-menstrual syndrome. In this study the demographic variables such as area of residence and previous knowledge are significant to knowledge level and age, type of family, educational status of mother. number of elder sisters are not significant.

CONCLUSION: The study revealed that semi structured knowledge questionnaire improved the knowledge of adolescent girls regarding pre-menstrual syndrome.

KEYWORDS: Pre-menstrual syndrome, semi structured knowledge questionnaire, adolescent girls.

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INTRODUCTION

BACKGROUND OF STUDY

Menstruation is a common phenomenon in a every woman's life. But majority of the women are suffering menstrual problems during their menstruation. Most women experience pre-menstrual syndrome during their childbearing years.

Pre-menstrual syndrome refers to physical and emotional symptoms that occur in one or two weeks before a women period and symptoms often vary between women and resolve around a start of bleeding. The physical and emotional changes vary from hardly noticeable to highly intense. They include mood swings, development of acne, breast tenderness, depression, tension or anxiety, social withdrawal, poor concentration, irritability, food cravings.

Nearly two hundred symptoms have been associated with this and it is the clustering of signs and symptoms that is the hallmark of pre-menstrual syndrome. The exact cause of pre-menstrual syndrome is still unknown. In most pre-menstrual syndrome cases, women learn to adjust with the symptoms and carry out their normal life.

The prevalence of clinically significant pre-menstrual syndrome varies from 12.6% to 31% among menstruating women. Epidemiologic studies in western countries have identified approximately 20% of reproductive age women as having moderate to severe pre-menstrual syndrome.

Due to lack of education of pre-menstrual syndrome and its management among adolescent girls causes many other physical and emotional changes associated with this. Earlier stage they are unaware about pre-menstrual syndrome and its management. Later it leads to many problems in family, social relationship, physically, as well as mentally.

NEED FOR STUDY

Menstruation is the periodic discharge of blood and tissue from the uterus. Pre-menstrual syndrome is the group of symptoms experienced in women immediately before menstruation.

The menstruation begins at adolescence at that age they were unaware about the physical and mental changes happening to them. It may worsen the condition. proper awareness about the pre-menstrual syndrome helps in the management of their mental stress. Lack of knowledge of pre-menstrual syndrome may result in problem like depression, sleep disorders etc.

In a population-based study 91% of participants reported at least one symptom. Muscle, joint, abdominal, and back pain (29.3%) was reported as most common severe physical symptoms. A study done in Jordan showed at lower back pain (61.4%), abdominal cramps (52.4%), sadness and depression (45.3%), were among the most



common complaints in women with PMS. So, it is very necessary to assess the knowledge regarding pre-menstrual syndrome among adolescence.

STATEMENT OF PROBLEM

Assess the knowledge regarding Pre-menstrual syndrome among adolescent girls in selected schools, Palakkad.

OBJECTIVES

- To assess the knowledge regarding pre-menstrual syndrome among adolescent girls.
- To find out the association between knowledge score of pre-menstrual syndromes among adolescent girls and selected demographic variables objectives.

OPERATIONAL DEFINITIONS

- **ASSESS:** It refers to estimate the knowledge score of adolescent schoolgirls about pre-menstrual syndromes.
- **ADOLESCENCE:** Adolescence typically describes the years between ages 13 and 19 can be considered the transitional stage from childhood to adult. In this study, it refers to the girls who are in the age group between 13 to 15 years.
- **PRE-MENSTRUAL SYNDROME:** It is a group of symptoms experienced in women immediately before menstruation.

DELIMITATION

- Sample size was limited to 30 adolescent girls.
- Less data collection period
- Data was collected only from adolescent girls of age between 12 to 15

REVIEW OF LITERATURE

A literature review regarding pre-menstrual syndrome:

Ranjana Mandal-ectal (2017) conducted a quantitative research approach with cross-sectional descriptive study on pre-menstrual syndrome among adolescent girl students in an urban area of West Bengal. Questionnaire were used in this study. Total 278 students were included in the study. Study reveals that out of symptoms in ACOG criteria depression was by 45.7%, anger by 61.2%, irritability by 88.1%, anxiety by 51.8%, confusion by 46.4%, breast pain by 20.7%, rejection 24.8%, abdominal distension by 37.5%, headache by 40.6% and swelling of limbs by 5% of girls. The study concluded that proper medical care and psychological counselling should be sought earlier for increased blood flow during menstruation and dysmenorrhea to get rid of PMS in adolescent girls.



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Buddhabunyan N-ectal (2017) conducted a prospective study to assess PMS among high school students in Khonkarn, Thailand. Structured knowledge questionnaire was used. Out of 399 participants 289 completed the self-report questionnaire. eighty-six participants reported having PMS. The most common somatic and affective symptoms among participants with PMS were breast tenderness (74.4%) and angry (97.7%). The study concluded that PMS is a common menstrual disorder among Thai high school students.

Dorkas Day Mbatl-ectal (2021) conducted a study to explain the analysis of factor affecting PMS in adolescent girls. The study reveals that 10 studies matched the research inclusion criteria and studies were divided into two themes, namely the influencing factors of PMS(n=8) and the impact of PMS(n=2). The study concluded that factors that affect pus are physiological factors (age, education, length of menstruation, menstrual cycle, physical activity), nutritional factors (dict. coffee consumption), psychological factors (stress, feeling uncomfortable) and the external factor is the use of the internet.

Shwetha Rani M-ectal (2021) conducted a study to evaluate the effectiveness of STP on knowledge regarding prevalence and management of PMS among adolescent girls. Evaluative research approach in nature and design adopted was pre- experimental one group pre-test -post-test design. 60 samples were selected by using nonprobability purposive sampling technique. A structured online questionnaire method was used in this study. The study reveals that most (48.3%) of the subjects in the pretest had moderate knowledge regarding prevalence and management of PMS, whereas in the post test all the subjects (100%) had scored between 23 and 35 indicates adequate knowledge. The findings of the study showed that the structured teaching programme was effective in increasing the knowledge of students on prevalence and management of PMS.

MS.P. Padmavathi- ectal (2012) conducted a cross-sectional descriptive study to assess the prevalence of PMS among adolescent girls. 200 samples were selected by stratified sampling technique. The study revealed that majority (54%) of the samples had mild PMS, 28% as moderate and 18% of them had severe PMS. The study concluded that PMS is highly prevalent among female students. Maximum participants do not seek medical advice and taking self-treatment.

RESEARCH APPROACH

Research approach is a systematic, controlled, empirical and critical evaluation of natural phenomena guided by theory and hypothesis about the presumed relations among the phenomena.

The quantitative research approach will be used to assess the knowledge of pre-menstrual syndrome among the adolescent girls at TRKHSS, Vaniyamkulam.



RESEARCH DESIGN

Research design is a blueprint for conducting a study maximizes control over factors that could interfere with the findings guides planning and implementation.

Research design used in this study is nonexperimental design.

RESEARCH SETTING

Research setting is the more specific place where the data collection occurs. The study was conducted at TRKHSS, Vaniyamkulam.

VARIABLES

Variables are quality, character and properties of person, things or structure that change or vary.

DEMOGRAPHIC VARIABLES:

In the present study demographic variables are age, residential area, type of family, educational status of mother, number of elder sisters, source of informants.

POPULATION

Population is the total number of people who meet the criteria established for the study from whom the findings will be generated.

TARGET POPULATION

Target population of the study is all adolescent girls (13 to 19)

ACCESSIBLE POPULATION

Accessible population of the study among adolescent girls in TRKHSS Vaniyamkulam.



SAMPLE AND SAMPLING TECHNIQUE

The sample for the current study consists of 30 adolescent girls at TRKHSS, Vaniyamkulam.

Purposive sampling technique was used in this study.

SAMPLING CRITERIA

INCLUSION CRITERIA

- Adolescent girls between 13 to 15 years of age.
- Adolescent girls who are available during the time of study.
- Adolescent girls who are willing to participate in the study.

EXCLUSION CRITERIA

- Adolescent girls who are not present at the time of study.

METHOD AND TOOL FOR DATA COLLECTION

DESCRIPTION OF TOOL

The tool consists of 2 sections:

Part A: Demographic Performa

Part B: Structured knowledge questionnaire regarding pre-menstrual syndrome.

Part A: Demographic Performa

It includes age (between 13 to 15), residential area, type of family, educational status of mother, number of elder sisters, source of information's

Part B: Structured knowledge questionnaire regarding pre-menstrual syndrome

Structured knowledge questionnaire consists of 20 questions for assessing the knowledge of pre-menstrual syndrome among adolescent girls. The multiple-choice questionnaire was used. The total score of the tool is 20. Each correct answer carry "one mark" and wrong answer carry "zero mark".



PILOT STUDY

Pilot study was conducted among 3 adolescent girls on 17/11/2022. After pilot study, we found out that tool was capable for assessing the knowledge on pre-menstrual syndrome among adolescent girls. Finally, it proved that the tool was feasible to conduct the study.

DATA COLLECTION

The formal permission was obtained from the principal of TRKHSS, Vaniyamkulam. After that structured questionnaire was used to collect data on knowledge regarding pre-menstrual syndrome among adolescent girls. The main study was conducted on 18/11/2022 among adolescent girls, TRKHSS, Vaniyamkulam, Ottapalam, Palakkad District.

ETHICAL CONSIDERATIONS

Ethical clearance was obtained from the Institutional Ethical Committee (IEC) of Nehru College of Nursing, Vaniyamkulam. Written consent was obtained from the respondent prior to data collection. Only those who were willing to consent were included in the study. Privacy and confidentiality were ensured throughout and after the study. The collected data was used only for research purposes. The data is stored in the computer.

PLAN FOR DATA ANALYSIS

The collected data was analysed using descriptive (frequency, percentage) and inferential statistics (chi square).

ANALYSIS AND INTERPRETATION

SECTION A: -Distribution of demographic variables of adolescent girls in the age group of 13-15 years.

SECTION B: - Description about knowledge scores.

SECTION C: -To determine association between knowledge score with selected demographic variable.

SECTION A: Distribution of demographic variable of adolescent girls in the age group of 13-15 years.

Table 1: Frequency and percentage distribution of samples according to their demographic variables.

n =30

Sl.No	Demographic variable	Frequency	Percentage
1	Age in years		



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	a. 12-13	13	43
	b. 14-15	17	57
2	Type of family		
	a. Nuclear	27	90
	b. Joint	3	10
3	Area of residence		
4	Edn. Of mother		
	a. Illiterate	0	0
	b. Upto Highschool	7	23
	c. >Highschool	2	77
5	No. of elder sisters		
	a. None	3	10
	b. 1	4	13
	c. >1	23	77
6	Previous knowledge		
	a. Yes	15	50
	b. No	15	50

Figure 1: Bar diagram showing the distribution of adolescent girl according to their age.

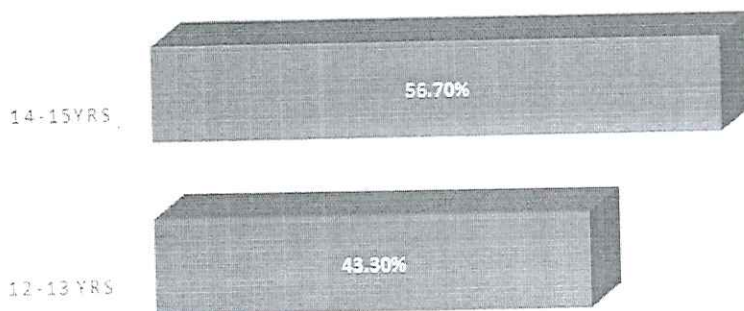


Figure 1

Distribution of adolescent girls according to their age shows that majority (56.70%) was in the age group of 14-15 years, (43.30%) were in the age group of 12-13 years



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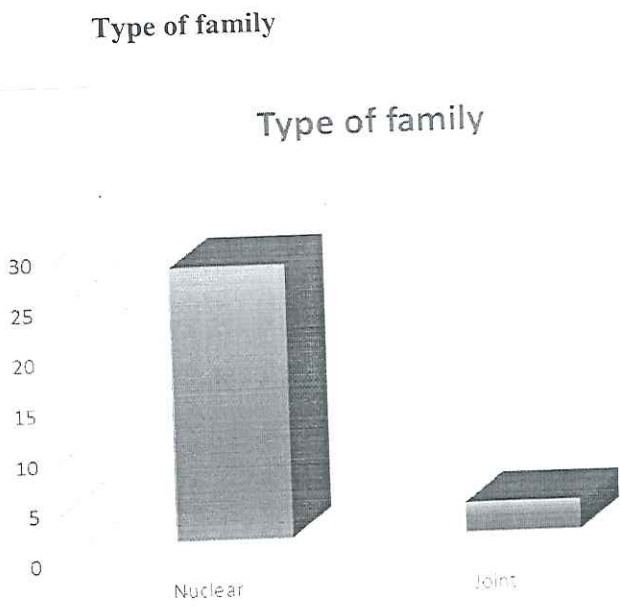


Figure2. Distribution of demographic variable of type of family

Percentage wise distribution of adolescent girls according to their type of family shows that highest percentage 90% were belongs to nuclear family, only 4% were belongs to joint family



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Educational status of mother

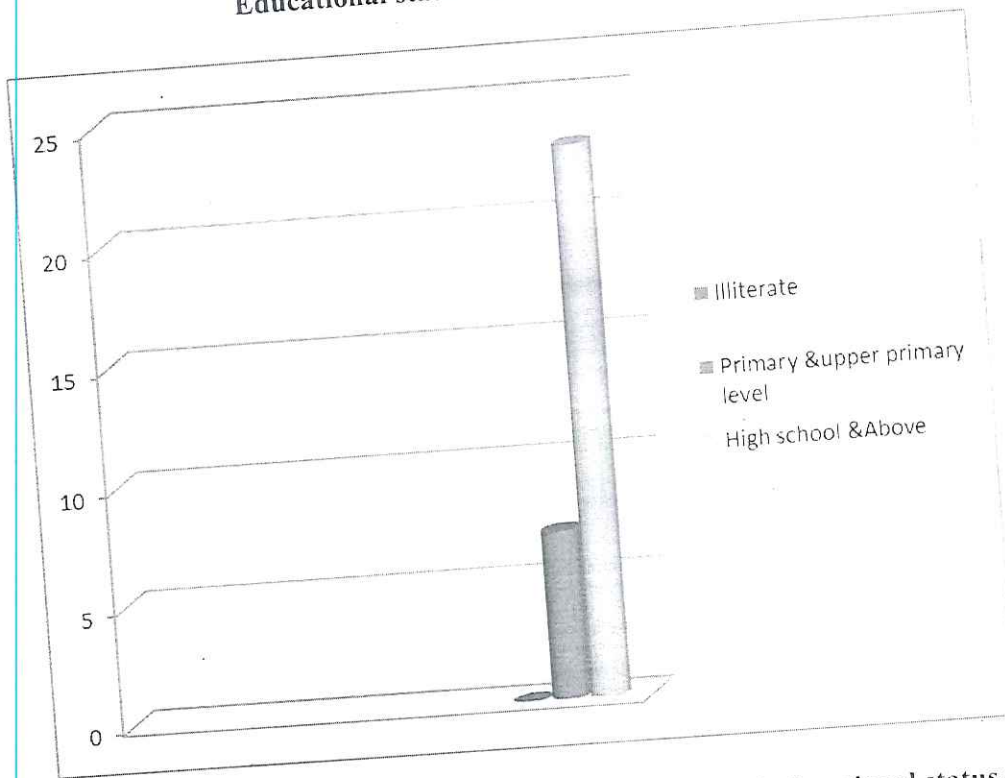


Figure3. Distribution of demographic variable of educational status of mother

Percentage wise distribution of adolescent girls according to their area of residence shows highest percentage 86.7% were belongs to rural and only 4% belongs to urban.



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Area of residence

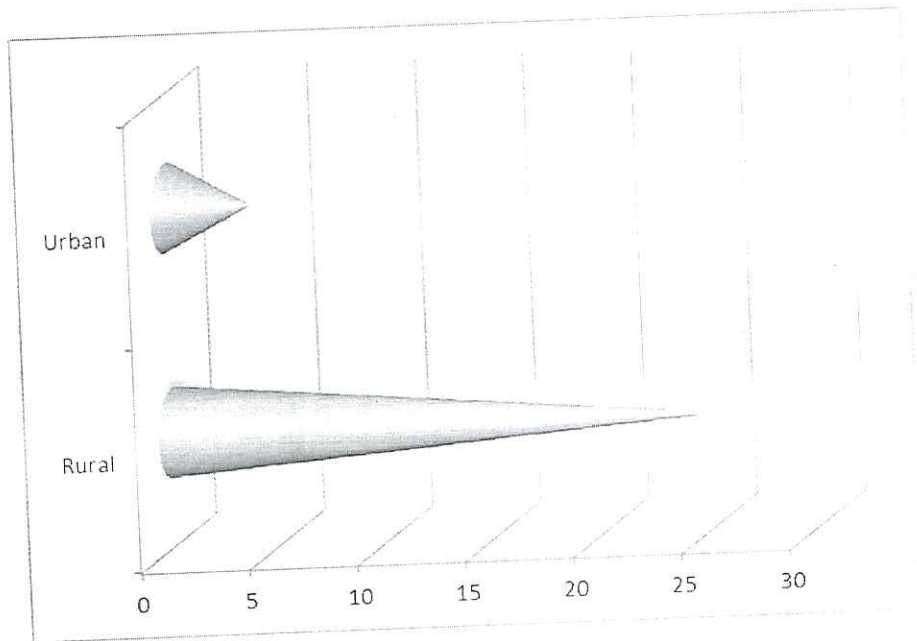


Figure 4: Distribution of demographic variable of area of residence

Percentage wise distribution of adolescent girls according to their area of residence shows highest percentage 86.7% were belongs to rural and only 4% belongs to urban

Number of elder sisters

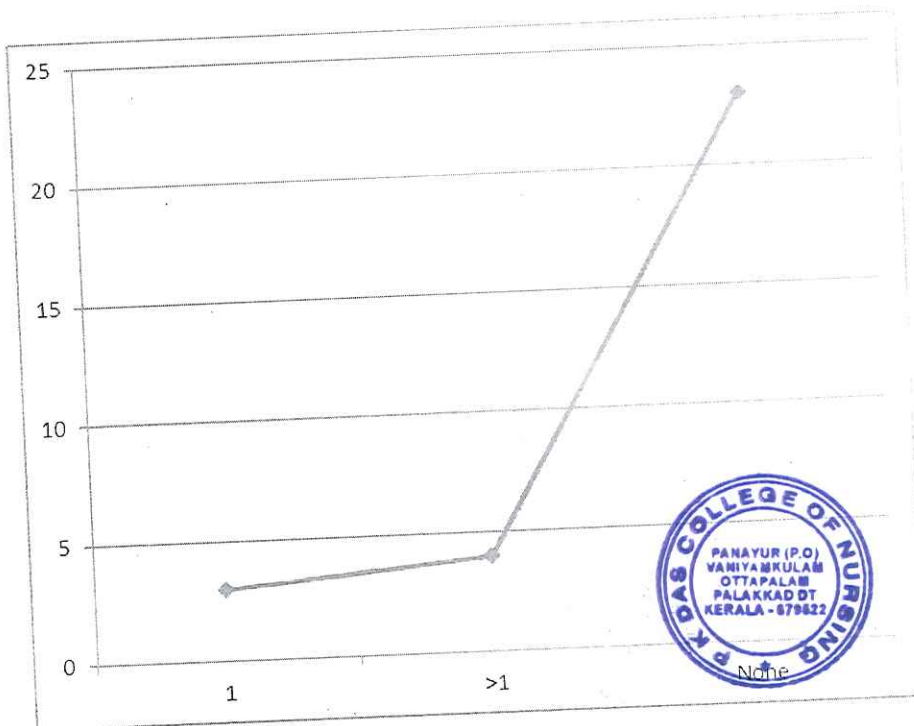


Figure 5: Distribution of demographic variable of number of elder sisters



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Percentage wise distribution of adolescent girls according to number of elder sisters shows highest percentage 76.7% of them don't have elder sisters, 13.3% of them have more than 1 sister and 10% of them have only 1 sister

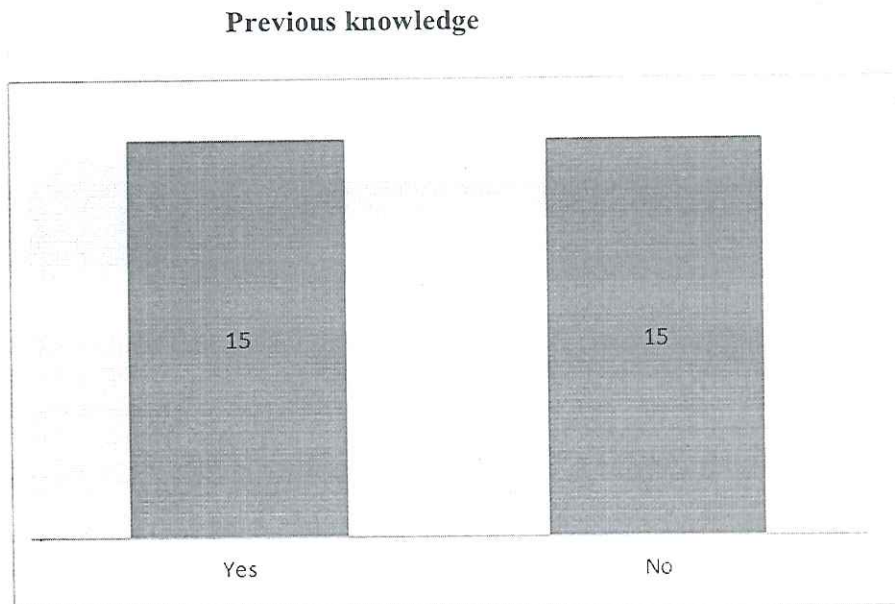


Figure 6: Distribution of demographic variable of previous knowledge

Percentage wise distribution of adolescent girls according to previous knowledge both (yes &no) shows same percentage (50%).

SECTION B: - Description about knowledge scores.

Table 2: Distribution of knowledge scores of adolescent girls regarding knowledge on premenstrual syndrome.

Section A: Assessment of existing knowledge level

Level of knowledge	% Range	Frequency	Percentage
Poor	<40	1	3
Average	41-60	7	23
Good	61-80	17	57
excellent	. 80	5	17

Assessment of existing knowledge among adolescent girls shows that highest percentage 57%of the students had good knowledge regarding pre-menstrual syndrome, 23% of students have average knowledge and 17% had excellent knowledge. Only 3 % had poor knowledge regarding pre-menstrual syndrome.



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Table 3: Chi square values showing association between knowledge scores and sample characteristics

Sl No.	Sample characteristics	< Median	> Median	Median	X ²	df	Significance
1	Age in years				0.18	1	NS
	c. 12-13	4	8	1			
	d. 14-15	8	6	3			
2	Type of family				5.07	1	NS
	c. Nuclear	10	13	4			
	d. Joint	2	1	0			
3	Area of residence				16.87	1	Signif.
	a. Rural	10	14	2			
	b. Urban	2	0	2			
4	Edn. Of mother				3.11	2	NS
	d. Illiterate	0	0	0			
	e. Upto Highschool	3	3	1			
	f. >Highschool	9	11	3			
5	No. of elder sisters				5.84	2	NS
	d. None	11	2	0			
	e. 1	1	3	1			
	f. >1	0	9	3			
6	Previous knowledge				18.47	1	Signif.
	c. Yes	1	12	2			
	d. No	11	2	2			

Table:3 data reveals the association of knowledge score with selected demographic variables.

Age in years shows that the obtained X² value was 0.18 at 1 (df). It reveals that there was no association between knowledge score of adolescent girls with the demographic variables of age.

Type of family shows that the obtained X² value is 5.07. It reveals that there is no association between the knowledge score of adolescent girls with type of family.

In Area of residence the obtained X² value was 16.87. It reveals that there is association between the knowledge score of adolescent girls with area of residence.



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In educational status of mother the obtained X^2 value was 3.11 It reveals that there is no association between the knowledge score of adolescent girls with educational status of mother.

Number of elder sisters the obtained X^2 value is 5.84 . It reveals that there is no association between the knowledge score of adolescent girls with number of elder sisters.

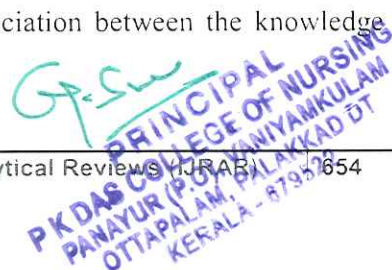
In the previous knowledge the obtained X^2 value is 18.47 .It is significant at 0.05 levels. It reveals that there is association between the knowledge score of adolescent girls with previous knowledge.

INFERENCE

The knowledge score of adolescent girls regarding premenstrual syndrome score was good. The mean score was 17 out of 20. Data shows that highest percentage (57%) of the adolescent girls had good knowledge regarding premenstrual syndrome. 23 % of students had average knowledge and 17% had excellent knowledge. Only 3% had poor knowledge about premenstrual syndrome. This reveals that on the whole the knowledge level of adolescent girls regarding reproductive health was good.

In order to determine the significant association of test knowledge score with selected tables, chi-square test was used. 4 chi-square values were lesser than that of the tabulated values and 2 chi-square values were greater than tabulated values. The findings indicated that there is significant association between the knowledge score and selected demographic variables like area of residence and previous knowledge. And there is no significant association between the knowledge score and selected demographic variables like age, type of family, educational status of mother, number of elder sisters.

The descriptive and inferential statistics were used for the analysis of data. The analysis was carried out on the basis of objectives. Regarding age the obtained X^2 value was 0.18 at 3 (df). It was not significant at 0.05 levels. It reveals that there was no association between knowledge score of adolescent girls with the demographic variables of age. Regarding type of family the obtained X^2 value was 5.07 at 3(df). It was not significant at 0.05 level. It reveals that there was no association between the knowledge score of adolescent girls with type of family. Regarding area of residence the obtained X^2 value was 16.87 at 3(df). It was significant at 0.05 levels. It reveals that there was association between the knowledge score of adolescent girls with area of residence. Regarding educational status of mother, the obtained X^2 value was 3.11 at 6 (df). It was not significant at 0.05 levels. It reveals that there was no association between the knowledge score of adolescent girls with educational status of mother. Regarding number of elder sisters, the obtained X^2 value was 5.84 at 6(df). It was not significant at 0.05 level. It reveals that there was no association between the knowledge score of adolescent girls with number of elder sisters. Regarding previous knowledge the obtained X^2 value was 18.47 at 3(df). It was significant at 0.05 levels. It reveals that there was association between the knowledge score of adolescent girls with previous knowledge.



DISCUSSION

The present study was designed to assess the knowledge score about premenstrual syndrome among adolescent girls in a selected school at Vaniyankulam, Palakkad district. In the nature of the problem understudy to achieve the objectives of the study one group knowledge testing was done using semi structured knowledge questionnaire. The data was collected from 30 adolescent girls.

The findings of the study are discussed under the following section:

Part 1: description of demographic characteristics of adolescent girls

Part 2: analysis of knowledge of adolescent girls regarding premenstrual syndrome

Part 3: Association of knowledge score of adolescent girls with demographic variables

Part 1: percentage wise distribution of adolescent girls to their demographic variables.

Distribution of adolescent girls according to their age shows that highest percentage 56.7% of adolescent girls were in the group of 14-15 years and 43.3% were in the age group of 12-13.

Percentage wise distribution of adolescent girls according to their type of family shows that highest percentage 90% were belongs to nuclear family, only 4% were belongs to joint family.

Percentage wise distribution of adolescent girls according to their area of residence shows highest percentage 86.7% were belongs to rural and only 4% belongs to urban.

Percentage wise distribution of adolescent girls according to educational status of mother shows highest percentage 76.7% were studied high school and above, 23.3% were studied in primary and upper primary level and percentage of illiterate is 0.

Percentage wise distribution of adolescent girls according to number of elder sisters shows highest percentage 76.7% of them don't have elder sisters, 13.3% of them have more than 1 sister and 10% of them have only 1 sister.

Percentage wise distribution of adolescent girls according to previous knowledge both (yes &no) shows same percentage (50%).



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Part II: Analysis of knowledge score of adolescent girls regarding pre-menstrual syndrome

Level of knowledge of adolescent girls regarding pre-menstrual syndrome.

The knowledge score of adolescent girls regarding pre-menstrual syndrome score was good. The mean score 17 out of 20. Data shows that highest percentage (57%) of the adolescent girls had good knowledge regarding pre-menstrual syndrome. 23% of girls had average knowledge and 17% had excellent knowledge. Only 3% had poor knowledge about pre-menstrual syndrome. This reveals that on the whole the knowledge level of adolescent girls regarding pre-menstrual syndrome was good.

Part III: Association of the knowledge score of adolescent girls with demographic variables.

In order to determine the significant association of knowledge score with selected demographic variables, chi-square test was used. 4 chi-square values were lesser than that of the tabulated values and 2 chi-square values were greater than tabulated values. The findings indicated that there is significant association between the knowledge score and selected demographic variables like area of residence and previous knowledge and there is no significant association between the knowledge score and selected demographic variables like age, type of family, educational status of mother, number of elder sisters

CONCLUSION

The knowledge score of adolescent girls regarding pre- menstrual syndrome score was good. The mean score was 17 out of 20. Data shows that highest percentage (57%) of the adolescent girls had good knowledge regarding pre- menstrual syndrome. 23 % of students had average knowledge and 17% had excellent knowledge. Only 3% had poor knowledge about pre -menstrual syndrome. This reveals that overall, the knowledge level of adolescent girls regarding pre-menstrual syndrome was good.

The findings of the present study show that there was association between the knowledge score and selected demographic variables such as area of residence and previous knowledge.

The findings of the present study also shows that there was no association between the knowledge score and selected demographic variables such as age, type of family, educational status of mother and number of elder sisters. Knowledge about pre-menstrual syndrome among adolescent girls will help them to overcome the symptoms associated with menstruation. This will help them to get adjusted with their daily activities.



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A STUDY TO ASSESS THE KNOWLEDGE ABOUT PRE-MENSTRUAL SYNDROME AMONG ADOLESCENT GIRLS IN SELECTED SCHOOL, AT VANIYAMKULAM, PALAKKAD DISTRICT

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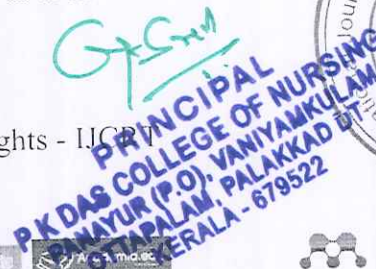
Authors : Anu Sweena Thomas, Lt Col Regina.P.F, Rizani Fathima,Rohitha C. Roniya Mariya,Roshni.U.P, Salu.K.B, Sangeetha.P.D

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INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

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Descriptive Study To Assess The Level Of Knowledge And Anxiety Regarding Covid-19 Pandemic Among Staff Nurses In Selected Hospital Of Vaniyamkulam Panchayath

Authors: Anusweena Thomas, Lt Col Regina.P.F, Rizani Fathima Rohitha C , Roniya Maria Roshni U.P, Salu K.B Sangeetha P.D

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ABSTRACT

BACKGROUND OF THE STUDY

Coronavirus disease 2019 (Covid-19) is defined as illness caused by a novel coronavirus called severe acute respiratory syndrome. Coronavirus 2 (SARS - Cov - 2; formerly called 2019- ncov), which has first identified amid on outbreak of respiratory illness causes in Wuhan city. On March 11, 2000, the WHO declared Covid-19 a global pandemic (David J Cennimo,MD, FAAP, FACP, FIDSA, AAHIVS,Associate Professor of Medicine and Pediatrics, Adult and Pediatric infectious diseases, Rufagus New Jessay Medical School).

Globally, there is a record over 218 million cases of coronavirus disease 2019(Covid-19) with over 4 million deaths and 5 billion totally vaccinated as of the time the study. In India, a record of an estimate of 1 million cases and over 30000 deaths exist and number is still increasing (John Hopkin University Coronavirus Resource Centre,2011).

Kerala reported its first case of covid -19 on January 27, 2020, a 20 year old female presented to Emergency department in General Hospital, Thrissur, Kerala, with a one day history of dry cough and sore throat . Kerala have recorded....cases with over....deaths at the time of the study (Kerala Centre For Disease Control 2022).



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OBJECTIVES

- Assess the knowledge of staff nurses regarding Covid-19 pandemic.
- Assess the level of anxiety among staff nurses regarding Covid-19 pandemic.
- Find out the association of knowledge among staff nurses regarding Covid-19 pandemic and selected demographic variables.
- Find out the association of anxiety among staff nurses regarding Covid-19 pandemic and selected demographic variables.

HYPOTHESIS

- H_1 :There will be significant association between level of knowledge with selected demographic variables.
- H_2 : There will be significant association between level of anxiety with selected demographic variables.

METHODOLOGY

The research design is used for this present study is non-experimental descriptive research design. The tools used for the study was a structured knowledge questionnaire to assess the level of knowledge regarding Covid-19 among staff nurses and a standardized scale (Generalized Anxiety Disorder Scale,GAD-7) is used to assess the level of anxiety among staff nurses towards Covid-19. The study was conducted by two days on 17th&21st December of 2021. Study conducted among staff nurses in PKDIMS, Vaniyamkulam, Ottapalam ,Palakkad District. Non-probability convenient sampling technique is used for the study. Total samples: 60. and 10 pilot study samples.

RESULTS

The mean value of level of knowledge was 6.65 (47%) and standard deviation is 2.13.

The mean value of anxiety is 3.35 and standard deviation is 9.95.

INTERPRETATION AND CONCLUSION

The findings of study would help the staff nurses to develop some more knowledge and reducing the level of anxiety regarding Covid-19 and its various aspects.

KEYWORDS

Covid-19, Anxiety, Knowledge , GAD-7 , Staff nurses.



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INTRODUCTION

BACKGROUND OF THE STUDY

Coronavirus disease 2019 (Covid-19) is defined as illness caused by a novel coronavirus called severe acute respiratory syndrome. Coronavirus 2 (SARS - Cov - 2; formerly called 2019 - ncov), which has first identified amid on outbreak of respiratory illness causes in Wuhan city. On March 11, 2000, the WHO declared Covid-19 a global pandemic (David J Cennimo,MD,FAAP,FACP,FIDSA,AAHIVS,Associate Professor of Medicine and Pediatrics, Adult and Pediatric infectious diseases, Rufagus New Jessay Medical School)¹

Globally, there is a record over 218 million cases of coronavirus disease 2019(Covid-19) with over 4 million deaths and 5 billion totally vaccinated as of the time the study. In India, a record of an estimate of 1 million cases and over 30000 deaths exist and number is still increasing (John Hopkin University Coronavirus Resource Centre,2011).²

Kerala reported its first case of Covid-19 on January 27, 2020, a 20 year old female presented to Emergency department in General Hospital, Thrissur, Kerala, with a one day history of dry cough and sore throat . Kerala have recorded....cases with over....deaths at the time of the study (Kerala Centre For Disease Control 2022).³

A cross –sectional study to assess the stress , anxiety and depression among health care workers facing Covid-19 pandemic in Egypt.a total of 262 samples were selected. This was an

As on 30 June 2020 Kerala had sent 171846 samples for testing. In addition, more than 46689 samples were taken from high risk groups like health care workers as part of this sentinel surveillance ensured out in all 14 districts in the state to check the prevalence of disease in a community or population (Responding to Covid-19 learnings from Kerala, WHO).⁴

NEED FOR THE STUDY

The Coronavirus disease 2019(Covid-19) pandemic has deeply alter social and working environments in several ways. Social distancing policies, mandatory lockdowns, isolation periods and anxiety of being sick. Along with the suspension of productive activity, loss of income and fear of the future, jointly influence the mental health of citizens and workers. Workplace aspects can play a crucial role on moderating or worsening mental health of people facing this pandemic scenario. The purpose of the study is deepen the psychological aspect linked to workplace factors, following the epidemic rise of Covid-19, inorder to address upcoming psychological critical issues in the workplaces. This study sets the basis for a better understanding of the psychological conditions of workers during the pandemic, integrating individual and social perspectives, and providing insight into possible individual, social and occupational approaches to the psychological pandemic.⁵

Health and social care workers have carried a heavy burden during the Covid-19 crisis and in the challenges to control the virus, have directly faced its consequences. Supporting their psychological well-being continuous , therefore , to be a priority this rapid review was carried out to establish whether there are any identifiable risk factors for adverse mental health outcomes amongst health and social care workers during the Covid-19 crisis.⁶

OBJECTIVES

- Assess the knowledge of staff nurses regarding Covid-19 pandemic.
- Assess the level of anxiety among staff nurses regarding Covid-19 pandemic.
- Find out the association of knowledge among staff nurses regarding Covid-19 pandemic and selected demographic variables.



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HYPOTHESIS

H₁ : There will be significant association between level of knowledge with selected demographic variables.

H₂ : There will be significant association between level of anxiety with selected demographic variables.

OPERATIONAL DEFINITIONS

- Anxiety : Anxiety is an emotion characterized by feelings of tension, worried thoughts and physical change like increased blood pressure.
- Anxiety among staff nurses : Anxiety is an emotion experienced among staff nurses who are directly involved in managing the affected patients during pandemic.
- Covid-19 : Coronavirus disease(Covid-19) is an infectious disease caused by SARS-Cov-2 virus.
- Knowledge : Understanding of information regarding Covid-19 among staff nurses.

ASSUMPTION

- Researchers assumed staff nurses of selected area may be having poor knowledge regarding Covid-19.
- They may be having anxiety towards Covid-19.

REVIEW OF LITERATURE

A cross sectional study was conducted at a University in Oman and Philippines. A total of 325 samples were selected. A multilinear regression analyses and four standardized scales were used to collect the data. The results shown that , Of the 325 nurses in the study ,123 (37.8%) were found to have dysfunctional levels of anxiety. Nurse characteristics were not associated with Covid-19 anxiety. The study concluded that , resilient nurses and those who perceived higher organizational and social support were more likely to report lower anxiety related to Covid-19.⁷

A descriptive cross sectional study was conducted on assessing the knowledge and attitude of community health workers towards the prevention of Covid-19 virus in Nepal. A total of 650 invitations were send and among them 420 responded and among them only 399 samples were selected . A semi-structured , self-administered questionnaire in google form were used to collect the data. The results shown that , 380 (95.2%) employed participants thought that wearing PPE will reduce the chances of getting Covid-19 , majority of participants 80.5% (321) responded that Covid-19 will successfully be controlled and staffs receiving excellent support from palika had high knowledge level. Logistic regression analysis revealed that the odds of knowledge level was two times higher (AOR=1.913 at 95% CI: 1.266 -2.891) compared to female participants . The study concluded that , health workers are knowledgeable about Covid-19 and are proactively practicing the preventive measures to minimize the spread of infection.⁸

A online cross sectional , descriptive study was conducted on determining the knowledge , attitude and practices of healthcare workers toward Covid-19 in Makerere University Teaching Hospitals (MUTHs) in Uganda. A total of 136 samples were selected. A pre-validated questionnaire and Bloom's cut-off of 80% were used to collect data . The results shown that , 69% (94) had sufficient knowledge , 21% (29) had positive attitude and 74% (101) had good practices toward Covid-19. The study concluded that, continued professional education is advised among healthcare workers in Uganda to improve knowledge averting negative attitudes and promoting positive preventive and therapeutic practices.⁹



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METHODOLOGY RESEARCH APPROACH

The quantitative approach is adopted for the study.

RESEARCH DESIGN

The research design used for this present study is non-experimental descriptive research design.

DEPENDENT VARIABLES:

- Knowledge and anxiety level towards Covid-19

DEMOGRAPHIC VARIABLES: Gender, Age, Marital group, Job experience, Working Department, Primary source of information

SETTING OF THE STUDY

The present study was conducted in PKDIMS, Vaniyamkulam.

POPULATION

In this study the target population consisted of the staff nurse working in selected hospital at Vaniyamkulam panchayath and the accessible population were the staff nurses available in PKDIMS at the time of data collection

SAMPLE

The sample for this study includes the staff nurses working at PKDIMS, Vaniyamkulam. Sample size: 60

SAMPLING TECHNIQUE

Non-probability convenient sampling technique is used for this study.

•Inclusion criteria

Staff nurses in PKDIMS who are willing to participate in the study.

•Exclusion criteria

Those who are not present at the time of study.

DEVELOPMENT AND SELECTION OF TOOL

A structured knowledge questionnaire is used to assess the level of knowledge regarding Covid-19 among staff nurses and a standardized scale (GAD-7 Scale) is used to assess the level of anxiety among staff nurses towards Covid-19.

DESCRIPTION OF THE TOOL

The tool consist of three sections :-

SECTION - A

It deals with demographic variables, which includes Age, Gender, Marital status, Job experience, Department they work and Primary source of information regarding Covid-19

SECTION -B

This section consist of structured questionnaire to assess the nurses knowledge of Covid-19. It consist of 14 multiple choice questions with single correct answer. A score value of '1' is awarded to each correct response and 0 score for the wrong and unanswered response. The maximum score on knowledge questionnaire is 14. The level of knowledge is categorized based on the percentage of score obtained. The knowledge score is classified as follows :-



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SCORING KEY:

Level of knowledge	Range	Percentage of score
Poor	0-5	0-35
Average	6-10	36-71
Very good	11-14	72-100

SECTION - C

This includes Generalized anxiety disorder (GAD-7) Scale, scoring range from 0-3 and having 7 questions. Generalized Anxiety Disorder -7 is a self-reported questionnaire for screening and severity measuring of generalized anxiety disorder. The GAD-7 was developed by Dr. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke and colleagues and published in 2006. The GAD-7 represents an anxiety measure based on seven items which are scored from zero to three. The whole scale score can range from 0 to 21 and cut-off scores for mild, moderate and severe anxiety symptoms are 5, 10 and 15 respectively. A score of 10 or greater on the GAD-7 represents a reasonable cut point for identifying cases of GAD.

Level of anxiety	Range	Percentage of score
Minimal	0-4	0-19
Mild	5-9	20-42
Moderate	10-14	43-66
Severe	15-21	67-100

PILOT STUDY

The pilot study was conducted on 10 samples in PKDIMS, Vaniyamkulam Panchayat.

PLAN FOR DATA ANALYSIS

The data obtained is analyzed on the basis of the objectives of the study using descriptive and inferential statistics.

ANALYSIS AND INTERPRETATION

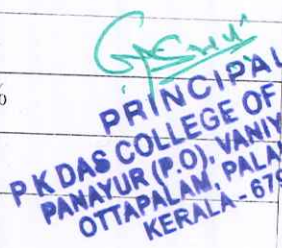

ORGANISATION OF STUDY FINDINGS

Section 1: Demographic characteristics of staff nurses.

Table 1: Frequency and percentage distribution of staff nurse

(N=60)

VARIABLES	FREQUENCY	PERCENTAGE
Gender		
Male	01	1.6%
Female	59	98.3%
Age		
<30	33	55%



31 – 40	21	35%
>40	6	10%
Marital status		
Single	20	33.3%
Married	40	66.6%
Job experience		
<1	9	15%
1 – 6	26	43%
>6	25	41.6%
Working department		
Emergency room	6	10%
ICU	10	16.6%
Ward	18	30%
Others	26	43.3%
Primary Sources of Information		
News media	49	81.65
Scientific journals & research papers	2	3.3%
Colleagues	3	5%
Seminars & Workshops	0	0%
Internet	6	10%
Others	0	0%

Table 1: The data presented in Table-1 shows the distribution of staff nurses according to their Gender, Age , Marital status , Job experience, Working department, Primary sources of information. A significant majority (98.3%) of sample for the study were females; a majority of samples (55%) were over 30 years of age , about two-third of the sample (66.6%) were married, nearly half of the sample (43%) have an experience of less than 6 years and (43.3%) was working in Other departments than emergency room and about more than three-quarter (81.6%) of sample has chosen news media as the primary source of information.

Section 2: Description of knowledge score

Table2: Mean, Median and Standard Deviation.

(N=60)

Mean	Median	SD
6.65	7	2.13

Table -2 :The data presented in Table 2, shows that the mean score of knowledge is 6.65, Median is 7 and Standard deviation is 2.13 from 60 samples.

Section 3: Description of anxiety score



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Table 3: Mean, Median and Standard Deviation

(N=60)

Mean	Median	SD
3.35	3	9.95

Table-3 :The data presented in Table -3. shows that the Mean score of anxiety is 3.35 , Median is 3 and the Standard deviation is 9.95 from the 60 samples.

Table 4: Frequency and percentage distribution of staff nurse according to level of knowledge (N=60)

Variable	Frequency	Percentage
Poor	17	28
Average	39	65
Very good	4	7

Table-4: The data presented in Table 4, shows more than two-third (65%) of the samples have average level of knowledge regarding Covid-19 and a significantly minority (6.6%) has very good knowledge.

Table 5: Frequency and percentage distribution of staff nurse according to level of anxiety

(N=60)

Variable	Frequency	Percentage
Minimal	42	70
Mild	15	25
Moderate	2	3
Severe	1	2

Table-5:Data presented in Table 5, shows three-quarter (70%) of the samples have the minimal level of anxiety, 25% had mild level, 3% had moderate level and only 2% had severe level of anxiety regarding Covid-19.

Table 6: Association between level of knowledge with demographic variables. (N=60)

Variables	Level of knowledge			Chisquare test value	df	p-value
	Poor (0 -5)	Average (6 -10)	Very good (11 -15)			
Gender						
Male	00	01	00	0.546	2	4.30
Female	17	38	04			
Age						
<30	11	20	02	3.39	4	2.78
31 - 40	06	14	01			
>40	00	05	01			
Marital status						



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Single	04	15	01	1.318	2	4.30
Married	13	24	03			
Job experience						
<1	04	05	00	3.183	4	2.78
1 - 6	07	18	01			
>6	06	16	03			
Working department						
Emergency room	01	05	00	7.902	6	2.45
ICU	06	03	01			
Ward	02	15	01			
Others	08	16	02			
Primary sources of information						
News media	14	34	01	21.323	10	2.23
Scientific journals	01	01	00			
Colleagues	01	02	00			
Seminars	00	00	00			
Internet	00	03	03			
Others	00	00	00			

Table-6 :The data presented in Table 6, shows that the level of knowledge with selected demographic variables that is ; Gender ($X^2 = 0.546$, p-value =4.30)*, Age ($X^2 = 3.439$, pvalue=2.78), marital status ($X^2 = 1.318$, p-value= 4.30)*, Job experience ($X^2 = 3.183$, pvalue=2.78), working department ($X^2 = 7.902$, p -value =2.45), primary sources of information ($X^2 = 21.323$, p-value=2.23) at 0.05 level of significance. The calculated value is less than the p-value of gender and marital status so we accept the null hypothesis i.e. there is no association. And the calculated value is more than the p-value of age, job experience, working department and primary source of information, so the null hypothesis is rejected i.e. there is association between these demographic variables and knowledge.

RESULTS

The following conclusions are made based on the above findings:

- Majority of the sample for the study were married female nurses with job experience less than 6 years in other departments than emergency room and falls under 30 years of age.
- The primary source of information for a majority of samples was through the news medium (81.6%).
- The present study revealed that a majority of staff nurses working in PKDIMS is having an average knowledge Covid-19 (65%) and only 6.6% of staff nurses had very good knowledge. Nearly three-fourth (70%) of the samples depicted minimal anxiety towards the Covid-19 pandemic. And 16% showed severe anxiety. The study reports revealed that there is a negative correlation between knowledge and anxiety among the staff nurses.
- The descriptive and inferential statistics were used for the analysis of data. The analysis was carried out on the basis of objectives and hypothesis of the study.
- The distribution of staff nurses according to their gender shows majority of females.



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98.3).

- The age of staff nurses shows majority 33 (55%) are in <30 years.
 - According to their marital status shows majority are married 40 (66.6%)
 - According to their working department, majority shows 26 (43.3%) on others.
 - Considering the primary sources of information shows majority on 49 (81.6%) on news media.
 - The mean value of level of knowledge is 6.65 and standard deviation is 2.13. The mean value of level of anxiety is 3.35 and standard deviation is 9.95.
 - The frequency and percentage distribution according to level of knowledge shows the majority 39 (65%) on average.
 - The frequency and percentage distribution according to level of anxiety shows the majority 42(70%) have the minimal (0-4) score.
- CONCLUSION AND SUMMARY

Globally, there is a record over 218 million cases of coronavirus disease 2019(Covid-19) with over 4 million deaths and 5 billion totally vaccinated as of the time the study. In India, a record of an estimate of 1 million cases and over 30000 deaths exist and number is still increasing (John Hopkin University Coronavirus Resource Centre,2011).In Kerala also the cases are on rise. Awareness about Covid is needed to minimize the anxiety and associated complications. Nurses should have the thorough knowledge regarding various aspects of health in inorder to provide comprehensive care to the society. The rising tension in nursing is palpable and for many of us , this unprecedented. Our academic programmes will provide a work force with further skills and knowledge to contribute direct and meahingful way.

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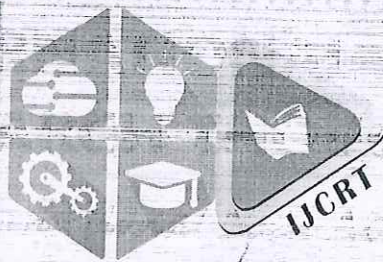
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A Study to Assess Anemia Level among Hearing Impaired School Students in Special School, Palakkad

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I. INTRODUCTION

Anemia is defined as a low number of red blood cells in a routine blood test, anemia is considered as low haemoglobin or hemocrit. According to WHO statistics over 5% of world population are suffering from hearing loss. 34 million children are suffering from hearing impairment.

Anemia is a major one of the health problem in India. Hearing loss is found to associated with iron deficiency anemia because the cochlea is highly susceptible to ischemic damage since only the labyrinthine arteries supplies blood to this area.

Kathleen. M. Schieffer BS, et al conducted a prevalence study in which there was association between iron deficiency anemia and hearing loss was found.

Hearing impairments vary from a mild loss to profound deafness. So such children need special school for education. The teachers of special school should made aware of health education regarding nutritional anemia, care of hearing impaired children.

As the disabled children found to be physically weak in health, researcher took interest to evaluate the haemoglobin level of hearing impaired children.

II. OBJECTIVE

To asses haemoglobin level among hearing impaired students.

III. METHODOLOGY

Research Approach: Quantitative approach

Research Design: Descriptive design

Sampling: Purposive sampling

Sample Size: Quantitative data collection sample size: 30



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Setting: Special school, palakkad

Ethical consideration

Ethical clearance from Institution Review Board, Chc Lakkidi, Govt.Special school , palakkad

Informed consent taken from research participants

Inclusion criteria: hearing impaired school students who are willing to participate in the study.

Hearing impaired school students with age group 5-20 yrs

Both males and females

Exclusion criteria:

Students who are absent in the study.

Data Collection Process

Data collection was taken from research participants after ethical clearance and taking informed consent from research participants. Blood samples collected from each hearing impaired school children inorder to assess haemoglobin level for evaluating anemia. The collected blood samples were sent for laboratory analysis for checking haemoglobin level.

After the laboratory analysis the researcher administered iron supplements for the special school children.

IV. Results

Assessment of haemoglobin level of hearing impaired school students revealed that normal haemoglobin level is 16 (53.33%), mild anemia includes 12 (40%), moderate anemia 0 severe anemia 2 (6.67%)

V. Discussion

The study objective was to assess the haemoglobin level of impaired school students revealed that majority of impaired school students are having normal haemoglobin level 53.33 %. 40% of impaired school students have mild anemia and only 6.67 % of impaired school students have severe anemia.

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Age, religion, type of family, gender, source of previous knowledge, mode of transportation, area of residence, standard of studying, dog as a pet at home and vaccination of the dog are the demographic variables of the study.

SETTING OF THE STUDY

The study was conducted at Swathy Central School, Vaniyamkulam. The setting of the study was conveniently selected in terms of feasibility and availability of subjects.

POPULATION

TARGET POPULATION:

In the present study the target population was upper primary school students who are studying at selected school at Vaniyamkulam, Palakkad district.

ACCESSIBLE POPULATION:

The accessible population of the study was upper primary school students of Swathy Central School, Vaniyamkulam, Palakkad district.

SAMPLE AND SAMPLE TECHNIQUE

Sample is a sub set of population selected to participate in a research study. The sample size of the study was 80 students. The sampling technique adopted for this study was simple random sampling.

CRITERIA FOR SAMPLE SELECTION

INCLUSION CRITERIA

The study includes the upper primary school students who are :

- Students studying in 5th to 7th standard at Swathy Central School, Vaniyamkulam.
- Available at the time of data collection.

EXCLUSION CRITERIA

The study excludes the students who are:

- Students of standard below 5th and above 7th standard studying at Swathy Central School, Vaniyamkulam, Palakkad.

TOOLS/INSTRUMENTS

DEVELOPMENT AND SELECTION OF TOOL:

Tools are the procedure or instruments used by a researcher to collect the data. It acts as a best instrument to assess and collect the data from the samples of the study. The instruments selected in a research must be the best vehicle for drawing conclusion for the study. It is a device used to measure the concept of interest in a research project. The present study was aimed to assess the student's level of knowledge regarding first aid for dog bite. The first draft of the tool were developed based on the review of literature (books, journals, reports and articles published and unpublished studies) guidance and consultation with subject experts. A semi structured knowledge questionnaire was used to assess the knowledge of students on first aid for dog bite.

DESCRIPTION OF THE TOOL

The tool used in this study was semi structured knowledge questionnaire.

TOOL 1: Semi structured knowledge questionnaire.

It includes two sections:

- SECTION A: Structured questionnaire to collect information on the demographic variables.
- SECTION B: Self-administered structured knowledge questionnaire.

SECTION A:

Section - A consist of 8 items. It includes age, religion, type of family, gender, source of previous knowledge, mode of transportation, area of residence, standard of studying, dog as a pet and vaccination of the dog.

SECTION B - Self-administered structured knowledge questionnaire.

A self-administered questionnaire consist of 16 multiple choice questions with the single correct answer. A score value of 1 awarded to each correct response and for wrong response and unanswered, zero was awarded. Thus maximum score on the knowledge questionnaire was 16. The level of knowledge was categorized based on the percentage of score obtained.

The knowledge score was classified as below:

Scoring key:

Level of knowledge	Score Range
Poor	0-4
Average	5-8
Good	9-12
Excellent	13-16

Table: 1 – The level of knowledge score.

CONTENT VALIDITY OF THE TOOLS

To ensure content validity the tool was submitted to experts in the field of community health nursing, medical surgical nursing and statistics. Tool – 1 semi structured knowledge questionnaire were modified as per the suggestion of experts and the final tool were constructed and pre tested.

RELIABILITY OF THE TOOL

The reliability of the tool was calculated by using Split Half method. The reliability value of the tool was $r = 0.823$. Hence the knowledge questionnaire was found to be reliable

PILOT STUDY

Pilot study was done among selected upper primary students of Swathy Central School, Vaniyamkulam. A formal permission as obtained from the principal of Swathy Central School, Vaniyamkulam. Sample selected based on the inclusion criteria using the

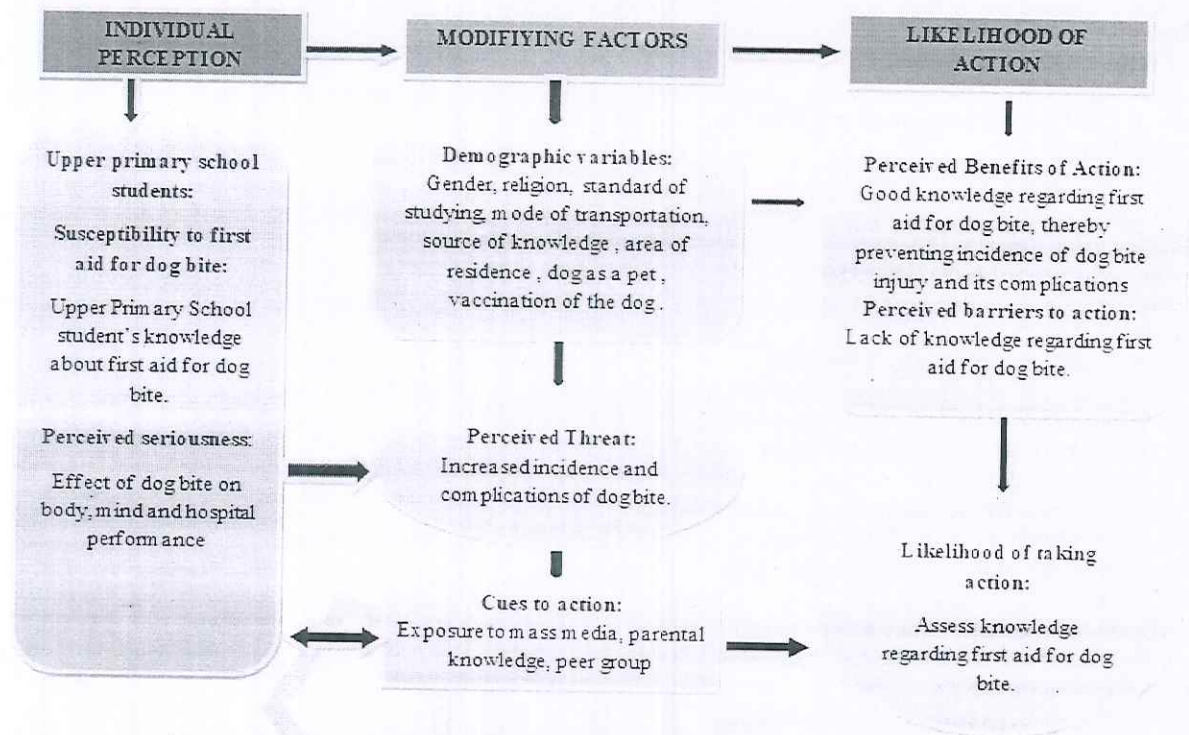


Fig.1 Schematic representation of the Health Belief Model by Irvin Rosenstock

REVIEW OF LITERATURE

A review of literature refers to the actions performed in identifying and searching for information regarding a topic, collecting and understanding the known information on the topic. The literatures are categorized under various headings such as literature related to first aid for dog bite on general population, and literature related to first aid for dog bite on children.

Ozanne - Smith, K Ashby and V Stathakis has conducted a study on dog bite and injury prevention analysis, critical review and research agenda on 2001, for analyses of Australian dog bite injury data and make international comparisons. The study result showed increased dog bite prevalence and it may therefore be assumed the current preventive interventions are inadequate.

N Agraval, V P Reddaiah conducted study on knowledge, attitude, and practice following dog bite for epidemiological study on 2002. The work is a cross-sectional study of the rural community residing in the 3 randomly selected villages attached to a PHC Dayalpur, Ballabgarh, AIIMS, and New Delhi. The tool used was random selection method and was interviewed for the incidence. The result shows that 25.7 /1000 were affected by dog bite and it clearly indicates that there is high knowledge on various aspects of disease is limited among these people.

Singh A, Agarwal M, Singh A, Katyal R et.al conducted a study on knowledge about first aid, wound management and vaccination for the cases of dog bite was conducted in 2016 at Uttar Pradesh, Bareilly district. The samples selected for the study by simple random sampling. The data was collected with questionnaire. The result shows that the majority knows the right measures of first aid and about anti rabies vaccine.

METHODOLOGY

The research methodology indicates the general pattern to gather valid and reliable data for the problem under investigation. Research methodology is a way to systemically solve the research problem. Methodology explains the methods adopted by the researcher to study and analysis the level of knowledge of upper primary school students and the steps which are undertaken for collecting and organizing data for investigation. It's include research approach, research design, variables, research setting, population, sample and sampling technique, development and description of the tool, procedure and technique of data collection, pilot study, and a plan for statistical analysis.

RESEARCH APPROACH

The investigator adopted a quantitative approach for the study, since the aim of the study was to assess the knowledge regarding first aid for dog bite among upper primary school students of selected school.

RESEARCH DESIGN

Research design selected for the study is non experimental descriptive study.

VARIABLES

A variable is a phenomena or characteristics or attribute under a study. Variables are the measurable characteristics of a concept and consist of a logical group of attributes.

RESEARCH VARIABLES:

The research variable of the study is knowledge regarding first aid for dog bite.

DEMOGRAPHIC VARIABLES:



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simple random sampling method. Lottery method was adopted for the study. Semi structured knowledge questionnaire was provided to assess the knowledge regarding first aid for dog bite. The collected data was analyzed to derive findings. The pilot study was done on 8 samples. The pilot study revealed the appropriateness and comprehensibility of methodology and tool. The data collected was found to be amenable to statistical analysis. Hence considering the feasibility and practicability of the study, there were no modification; the investigator proceeded with the main study.

DATA COLLECTION PROCESS

The formal permission for the data collection was obtained from the principal of Swathi Central School, Vaniyamkulam. Prior to data collection permission was obtained from the concerned authority for conducting the study. The samples of 80 upper primary school students were selected on the basis of the inclusion criteria using simple random sampling technique. The purpose of the study was explained and ensured the confidentiality. A semi structured knowledge questionnaire was administered to the samples and given proper instructions to answer all the questions.

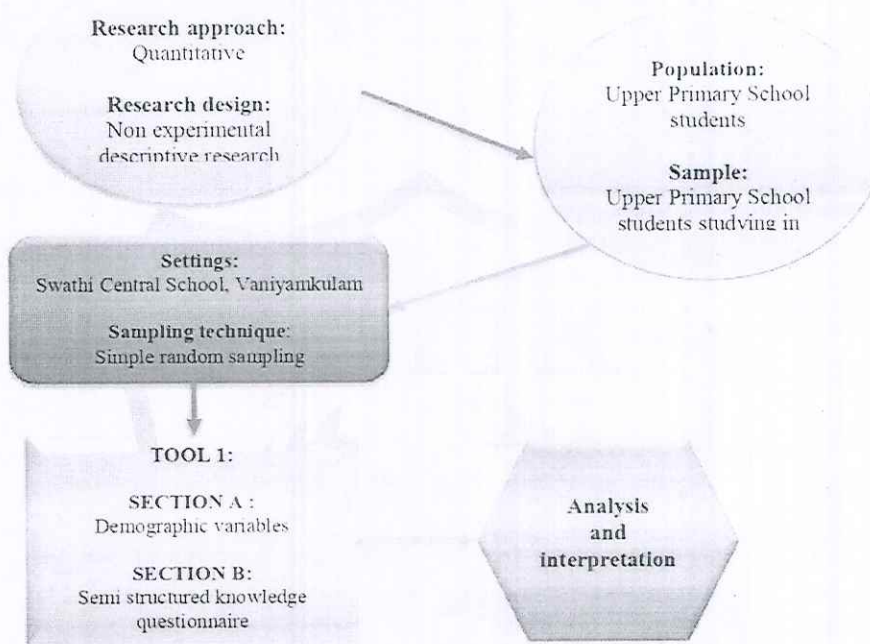


Fig. 2:- Schematic representation of research design

DATA ANALYSIS

The data obtained were analyzed on the basis of the objectives of the study using descriptive and inferential statistics. The level of significant is set at 0.05 in this study. Frequency and percentage distribution were used to study the demographic variables of students such as age, religion, type of family, gender, source of pervious knowledge, mode of transportation, area of residence, standard of studying, dog as a pet, vaccination of the dog. Chi – square test was used to find out the association of knowledge with the selected demographic variables. The findings of the study were presented in the form of tables and figures.

RESULTS

The findings of the study are presented in the following sections:

Section 1: Distribution of demographic characteristics of upper primary school students.

Section 2 : Assessment of level of knowledge, mean and standard deviation of upper primary school students regarding first aid for dog bite.

Section 3 : Association between knowledge of upper primary school students and demographic variables.



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Section 1: Distribution of demographic characteristics of upper primary school students.

Frequency and percentage distribution were used to study the demographic variables of students such as age, religion, type of family, gender, source of previous knowledge, mode of transportation, area of residence, standard of studying, dog as a pet, vaccination of the dog.

Table – 2: distribution of the demographic variables n=80

Sl no	Demographic variables	Frequency	Percentage	
1.	Gender			
	<ul style="list-style-type: none"> • Male • Female 	43 37	53% 46%	
2.	Religion			
	<ul style="list-style-type: none"> • Christian • Hindu • Muslim • Other 	5 68 7 0	6% 85% 8% 0%	
	3.	Standard of studying		
	<ul style="list-style-type: none"> • 5th • 6th • 7th 	30 35 15	37% 44% 19%	
4.	Mode of transportation			
	<ul style="list-style-type: none"> • School vehicle • Walking • Hired vehicle • Public transportation 	39 14 17 10	49% 17% 21% 12%	
	5.	Source of knowledge		
	<ul style="list-style-type: none"> • Mass media • Parental teaching • No information 	8 58 14	10% 73% 17%	
6.	Area of residence			
	<ul style="list-style-type: none"> • Rural • Urban 	50 30	63% 37%	
7.	Dog as a pet			
	<ul style="list-style-type: none"> • Yes • No 	30 50	37% 63%	
8.	Vaccination of the dog			
	<ul style="list-style-type: none"> • Yes • No 	21 9	70% 30%	

The results shows that among the 80 samples 43 (53%) were boys and 37 (46%) were girls, 5 (6%) were Christian, 68 (85%) were Hindu, 7 (8%) were Muslim religion. 30 (37%) belongs to 5th standard, 35 (44%) were 6th standard students, 15 (19%) were 7th standard students. Regarding mode of transportation 39 (49%) were using school vehicle, 14 (17%) were walking, 17 (21%) were using hired vehicle, and 10 (12%) were using public transportation. Among 80 samples 8 (10%) have knowledge from mass media on first aid for dog bite, 58 (73%) from parental teaching and 14 (17%) have no information regarding first aid for dog bite. 50 (63%) were residing in rural area whereas 30 (37%) were in urban area. Among 80 samples 30 (37%) had dog as a pet and among them 21 (70%) had vaccinated their dog and 9 (30%) don't vaccinated their pet.

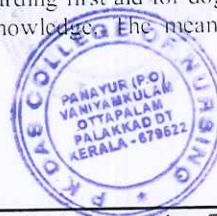
Section 2: Assessment of level of knowledge of upper primary school students regarding first aid for dog bite

Frequency and percentage distribution were used to study the level of knowledge. Mean and standard deviation also computed.

Table 3: Level of knowledge n=80

Level of knowledge	Frequency	Percentage
Poor	9	11%
Average	48	60%
Good	23	29%
Excellent	0	0%

Among the 80 samples 48 (60%) had average knowledge regarding first aid for dog bite, 23 (29%) had good knowledge, 9 (11%) were poor knowledge and none of them have excellent knowledge. The mean knowledge score is 7.0625 with a standard deviation of ±1.9638



n=80

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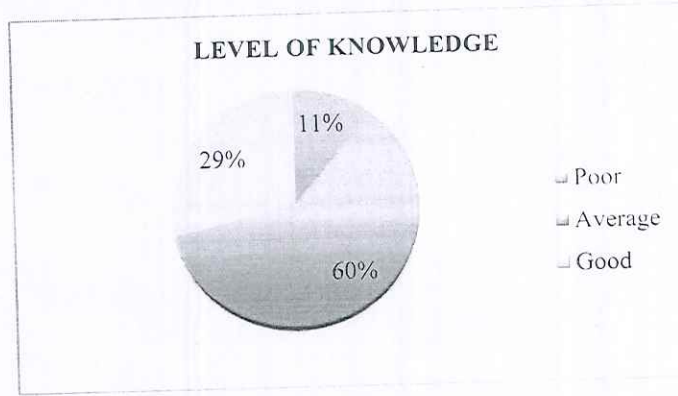


Figure 3: Pie diagram showing the level of knowledge percentage regarding first aid for dog bite among the upper primary school students

MEAN AND STANDARD DEVIATION

Table 4: Mean and standard deviation of level of knowledge

Level of knowledge	Mean	Standard deviation
	7.0625	1.963

Section 3: Association between knowledge of upper primary school students and their selected demographic variables

Chi square value is calculated with the demographic variables like age, gender, source of previous knowledge, mode of transportation, area of residence, standard of studying, dog as a pet and vaccination of the pet to find the association between each demographic variables and knowledge score. The study finding reveals that there was no significant association between demographic variables and the knowledge score of upper primary school students regarding first aid for dog bite.

ETHICAL CONSIDERATION

The study was approved by the institutional ethical committee. Formal permission was obtained from the authorities. Confidentiality was maintained. No ethical issues were aroused during the course of the study.

CONCLUSION

Dog bite has received increased attention in the recent years. The aim of the study was to assess the knowledge regarding first aid of dog bite among upper primary school students. The study shows that most of the upper primary school students have average knowledge regarding first aid of dog bite. Nurses can utilize the findings of the study to conduct an appropriate educational program for students.

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Pomegranates Therapy on Blood Pressure among Hypertensive Patients: A Quasi Experimental Study

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Introduction

High blood pressure is defined as a strong force of blood against the artery walls. It means that the heart is working much harder than a normal healthy human's heart. Hypertension is a deadly disorder with no cure, but it may be managed by taking medicine on a regular basis and eating nutritious foods. (Centers for Disease Control and Prevention and the American Heart Association, 2004)

Pomegranate (*Punica granatum*) is a fruit-bearing shrub native to the Middle East that has been extensively cultivated. After effectively removing the bitter pith, the edible seeds (arils) produce a sweet and pleasant delicacy. Pomegranates are said to provide a lot of health advantages in addition to being a tasty salad garnish. Pomegranates are high in fibre, vitamins, and minerals; and drinking pomegranate juice has been shown to lower blood pressure. If this impact is confirmed, pomegranates might aid in the reduction of one of the most significant avoidable causes of early ill health and death..

The function of the nurse in hypertension care across the globe is first and foremost to educate, offer guidance, and test blood pressure. Although studies does agree on the advantages of non-pharmacological therapy, the instruction focuses on changing dietary patterns and physical activity, weight, stress, smoking, and alcohol use. With follow-up visits, the nurse is more effective in interacting with the patient and may spend more time with him/her educational dietary pattern. The nurse's role is to act as a coordinator and translator. and teaching the eating pattern via follow-up visits The nurse's role is to act as a coordinator and translator. Johnson et al. (2010)

Supplementary therapies, often known as 'non-pharmacologic therapy,' have been intensively investigated in recent years' lifestyle modification. According to current studies, Pomegranates prevents atherosclerosis by lowering blood pressure

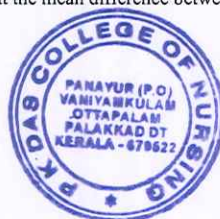
Even if patients are aware that they are hypertensive, the majority of them are ignorant of complementary and alternative therapy to lower their blood pressure. There haven't been many research to find out what patients know about complementary or alternative medicines. The researcher thinks that alternative medicine may help lower blood pressure. In turn, this will assist health professionals in educating the public, raising awareness, and modifying people's dietary patterns and lifestyles to avoid hypertension in prehypertensive states. As a result, this research was conducted.

Methodology

This research used an experimental design to investigate the efficacy of Pomegranates consumption in lowering blood pressure. Randomization was not performed since the whole list of hypertensive patients in the OPD could not be obtained. As a result, this technique was adopted. In this work, a quasi experimental design with non-equivalent control group before and post tests was adopted. The research was carried out at Carrier Medical College in Lucknow. Convenience The sampling approach' was utilised for this study's instrument, which comprised of four pieces. Demographic information, clinical factors, a lifestyle questionnaire, and blood pressure monitoring are all available.

Results

The mean post test systolic Blood Pressure level 120.01 in the experimental group is lower than the mean pre test systolic Blood Pressure level 158, and the mean post test diastolic Blood Pressure level 82 is lower than the mean pre test diastolic Blood Pressure level 98. The computed 't' value for systolic 16.9 and diastolic 8.2 are statistically significant at the 0.05 level. This implies that the mean difference between systolic 11.2 and diastolic 9 is a real difference.



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Among hypertensive patients, the mean blood pressure level after Pomegranates treatment was lower than the mean blood pressure level before Pomegranates therapy.

There was no correlation between the experimental group's post-test systolic and diastolic blood pressure levels and age, gender, employment, education, length of illness, treatment, dietary pattern, or activity. However, there was simply a link between diastolic blood pressure and BMI.

Conclusion

The research concluded that Pomegranates treatment lowers blood pressure in hypertensive individuals. There is no relationship between the experimental group's post-test systolic and diastolic blood pressure levels and age, gender, employment, education, length of disease, treatment, dietary pattern, or activity. However, there was simply a link between diastolic blood pressure and BMI.

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“ A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE ABOUT ZIKA VIRUS INFECTION AMONG COLLEGE STUDENTS OF A SELECTED COLLEGE AT OTTAPALAM, PALAKKAD DISTRICT.”

Authors: Lt Col Regina P.F¹, Hilda Christina Manuel², Jithisha.A³, Haritha Gopinath⁴, Haritha R. Nair⁵, Jiya Mary Thomas⁶, Josna C. Joseph⁷ Associate Professor, Department of Obstetrics and Gynecology, Nehru College of Nursing, Palakkad, Kerala, India

Asso.Prof.¹, B.Sc. Nursing Students²⁻⁷, Nehru College of Nursing, Palakkad, Kerala, India

ABSTRACT

Background of the study

Zika is a flavivirus. There is currently no vaccine for Zika, but it is not usually a life-threatening condition. In fact, the vast majority of people with Zika have no symptoms at all. However, there are 2 uncommon, but severe, complications that are important to note. If you have contracted Zika, you have a significantly increased chance of having these issues: Infected pregnant women may transmit Zika to their babies, resulting in a number of serious birth defects that are directly linked to Zika. By educating the younger generation about Zika virus, we can reduce the maternal mortality rate, since Zika virus is affecting the pregnant women.

Statement of the problem

Effectiveness of structured teaching programme on knowledge about Zika virus infection among college students in selected college at Palakkad District

Objectives of the study

1. To assess the knowledge about Zika virus infection among college students
2. To assess the effectiveness of structured teaching programme on knowledge about Zika virus infection among college students
3. To find out the association between pre test knowledge about Zika virus infection among college students with their selected demographic variables



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Method

The design used in this study is One group pretest post test pre-experimental research design. The study was conducted on 19th November 2021 and 5th December 2021 by using a semistructured knowledge questionnaire. Total 50 college students were selected by convenient sampling. Study conducted among first year B.Sc Nursing students of Nehru College of Nursing, Vaniyamkulam, Ottapalam, Palakkad District. The collected data was analyzed by using descriptive and inferential statistics.

Result

The mean post test knowledge score obtained ($O_2= 15.64$) (46.7%) was higher than the mean pretest knowledge score ($O_1=9.43$) (78.2%), paired 't' test was used to find out the significant differences between the mean pretest and post test knowledge score. The calculated t value (15.27) was found to be significant at 0.05 level. This showed that structured teaching programme was effective in increasing the knowledge of college girls regarding Zika virus infection. The all X^2 values reveals that there was no association between pre test knowledge score of college girls with the demographical variables..

Interpretation and Conclusion

The findings of the study would help the nurses to develop an insight into the importance of health education regarding Zika virus infection and its various aspects. .

Key words: Zika virus, college students, structured teaching programme



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Knowledge about Adolescent Health and Its Issues among Mothers of a Selected Rural Area of Erumapetty Grama Panchayat, Thrissur District

Regina P.F.*

Abstract

Introduction: Adolescence is the period from puberty to early adulthood. The World Health Organization (WHO) describes adolescence as the period between 10 and 19 years. Worldwide, more than 1.2 billion are adolescents; this indicates that roughly one in every six persons is an adolescent. About 21% of Indian population is adolescents (about 243 million). They are the future of the nation, forming a major demographic and economic force. In India, almost 72% of the adolescent population resides in rural area. Adolescent population in urban areas declined from 21.9 in 2001 to 19.2% in 2011; while in rural areas, it remained more or less same. Hence the researcher identified the need to assess the knowledge regarding adolescent health among mothers of rural area. **Methodology:** This is a descriptive, study conducted at Ward II of Erumapetty Grama Panchayat. Samples were selected through simple random sampling technique. In this study the sample size was 50 and the study was conducted on 24 January 2021. **Result:** Assessment of existing knowledge about adolescence health among mothers shows that highest percentage (42%) of the mothers had satisfactory knowledge regarding adolescence health. 30% of mothers had poor knowledge and 24% had good knowledge. Only 4% had excellent knowledge about adolescence health. The findings of the present study show that there was no association between the knowledge scores and selected demographic variables. **Conclusion:** The role of parents and other home-based influences in protecting and promoting adolescent health is pivotal. A safe home where confronting issues are discussed openly is a starting point for self-respect, esteem and confident decision making as children progress through their teenage years. In the literature, mothers featured more prominently than fathers as mentors for their children, particularly their daughters.

Keywords: Knowledge, adolescent health, issues, mothers, rural area

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INTRODUCTION

Adolescence is a developmental stage of tremendous biological and cognitive change. The adolescent period is the link between childhood and adulthood and is often marked by turmoil, confusion, and stress. They need physical and mental support. Adolescence is the period from puberty to early adulthood. The World Health Organization (WHO) describes adolescence as the period between 10 and 19 years. Worldwide, more than 1.2 billion are adolescents; this indicates that roughly one in every six persons is an adolescent. About 21% of Indian population is adolescents (about 243 million). They are the future of the



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Effectiveness of Structured Teaching Programme Regarding Polycystic Ovarian Syndrome among Adolescent Girls in GVHSS Koonathara

Regina P.F.^{1*}, Tamil Selvi P.², Sheeba S.³, Usmanul Hakeem C.P.⁴, Aneesha M.M.⁴, C.M. Kavya⁴, Ebitha V.O.⁴, Jiyamol Thomas⁴, Hima A.M.⁴, Uma Suresh⁴, Vrinjisha V.C.⁴

Abstract

Introduction: Adolescence is the transitional period of growth and development between childhood and adulthood. Like the central features of PCOS, certain metabolic changes that are associated with PCOS are also physiologic during puberty. Unhealthy eating habits and lack of exercise lead to many diseases in adolescents such as polycystic ovarian syndrome. The cysts are fluid-filled bubbles that contain eggs that have not yet been released because of hormonal imbalance.

Objectives of the study

1. To assess the pre-test knowledge of adolescent girls regarding PCOS.
2. To find the effectiveness of a structured teaching programme on PCOS.
3. To find out the association between knowledge and selected variables.

Method: In this study, a pre-experimental one-group pre-test post-test design was used. Sample size: 30 adolescent girls. Sampling: Convenient sampling. Data was collected using a structured knowledge questionnaire. After the pre-test, a structured teaching programme was given to the adolescent girls regarding polycystic ovarian syndrome. On the 3rd day, the post-test was conducted with the same structured knowledge questionnaire. Inferential and descriptive statistics were used for data analysis. Result: The mean post-test knowledge score obtained (O2 = 18.8) was higher than the mean pre-test knowledge score (O1 = 10.76). Paired t-test was used to find out the significant difference between the mean pre-test and post-test knowledge scores. The calculated 't' value (13.7)

was found to be significant at 0.05 level. This shows that STP was effective in increasing the knowledge of adolescent girls regarding PCOS. There was no significant association between the pre-test knowledge score with the demographic variables like age, sex, religion, education, marital status, and knowledge regarding PCOS. Interpretation and Conclusion: The findings of the study showed that the knowledge score of adolescent girls in GVHSS Koonathara was very less before the STP. The STP facilitated them to gain more knowledge about organ donation which was evident from the post-test knowledge score. Therefore, the study concludes that the administration of a structured teaching programme was an effective method for improving the knowledge of adolescent girls regarding PCOS.

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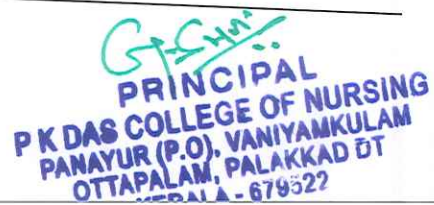
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Keywords: Adolescent girls, Effectiveness, knowledge, polycystic ovarian syndrome, structured teaching programme



A Study to Assess the Knowledge about Reproductive Health among College Girls in a Selected College at Ottapalam, Palakkad District

Tamil Selvi¹, Regina P.F.^{2*}, Sheeba S.³, Rincy P.M.⁴, Shilu Saju⁴, Rosmy Vincent⁴, Saranya Chandran⁴, Sandra U.S.⁴, Rajendran R.⁴

Abstract

Reproductive health is a state of complete physical, mental, and social wellbeing and not merely the absence of disease and infirmity, in all matters relating to the reproductive system and to its functions and processes. Reproductive health implies that people are able to have satisfying and safe sex and that have the capability to reproduce and the freedom to decide if, when, and how often to do so. Reproductive health refers to the condition of male and female reproductive systems during all life stages. These systems are made of organs and hormone-producing glands, including the pituitary gland in the brain. Ovaries in females and testicles in males are reproductive organs, or gonads, that maintain the health of their respective systems. They also function as glands because they produce and release hormones. **Statement of the Problem:** "A study to assess the knowledge about reproductive health among college girls in a selected college at Ottapalam, Palakkad District."

Objectives of the Study:

- To assess the knowledge of college girls about reproductive health.
- To find out the association between knowledge score of college girls about reproductive health and selected demographic variables.

Method: The design used in this study is one group knowledge test design. A descriptive study was conducted by the administration of a structured knowledge questionnaire to assess the knowledge level regarding reproductive health among college girls. A total of 50 college girls were selected by convenient sampling. A study was conducted among first-year B.Sc. Nursing students of Nehru College of Nursing, Vaniyamkulam, Ottapalam, Palakkad District. Data collection was done on 2nd March 2020 by using a structured knowledge questionnaire. The data was analysed by using descriptive and

inferential statistics. **Result:** The knowledge score of college girls regarding reproductive health score was low. The mean knowledge score was 14 out of 25. The mean knowledge score percentage was only 56%. Data shows that the highest percentage (48%) of the college girls had satisfactory knowledge regarding reproductive health. 26% of students had good knowledge and 18% had poor knowledge. Only 8% had excellent knowledge about reproductive health. This reveals that on the whole, the knowledge level of college girls regarding reproductive health was low. All the chi-square values were lesser than that of the tabulated values. The findings indicated that there is no significant association between the knowledge score and selected demographic variables. **Interpretation and Conclusion:** The knowledge score of college girls regarding reproductive health score was low. The

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Reference your sent article entitled: "Effectiveness of structured teaching programme regarding polycystic ovarian syndrome among adolescent girls in GVHSS Koonathara" I would like to inform you that evaluation of your article has been completed. Based on the reviewer's recommendations, I am delighted to inform you that your manuscript has been accepted. Check detailed information below:

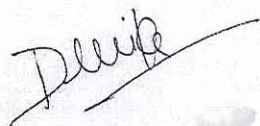
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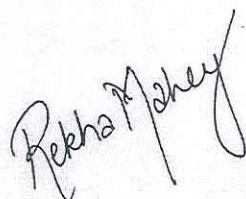
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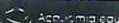
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Knowledge about Child Abuse among Mothers Attending the OPDS of a Selected Hospital at Kunnunkulam, Thrissur District

Regina P. F.

Abstract

Introduction: Children are future of any nation. All children need care and protection for their growth and development. Their rights also to be protected. In the present scenario, there are many incidents taking place against the children which includes maltreatment, abuses, child labor etc. Aim of this study is to assess the knowledge level of mothers regarding child abuse. Descriptive study conducted at Malankara Medical Mission Hospital, Kunnunkulam and samples were selected through convenient sampling technique. Total sample size: 50. **Result:** The mean score was 11.75 out of 25. Assessment of knowledge among mothers regarding child abuse shows that highest percentage (48%) of the mothers had satisfactory knowledge regarding child abuse. Only 28% of mother had good knowledge about child abuse and 14% had poor knowledge about child abuse. Among the mother only 10% had excellent knowledge about child abuse. All chi-square values were lesser than that of the tabulated values, except mother's education level (Chi-square value was 6.12). The study revealed that mothers need more knowledge about child abuse, so that their children can be saved from different types of abuses.

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A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE REGARDING COLD CHAIN AMONG STUDENT NURSES IN SELECTED NURSING COLLEGES AT PALAKKAD DISTRICT

ABSTRACT

Cold Chain is a system to transport and store vaccine in the potent condition starting from the time it is manufactured to the time it is administered to patients in specified temperature range of 2-8 degree Celsius. A Descriptive study to assess the knowledge on cold chain among student nurses in selected nursing colleges at Palakkad district. Objectives of the study was to assess the level of knowledge regarding cold chain among B.Sc. nursing 2nd year students and to find out the association of knowledge scores regarding cold chain with their selected socio-demographic variables. Quantitative descriptive research approach was used. 60 B.Sc. Nursing 2nd year students were selected by using probability simple random sampling technique. Data was collected by using demographic variables & semi structured knowledge questionnaire. The data was analyzed with descriptive & inferential statistics. Self-instructional module was distributed after data collection. The study revealed that 4(7%) students' nurses have poor knowledge, 48(80%) of student nurses have average knowledge and 8(13%) of students have good knowledge regarding cold chain. Hence, the student nurses knowledge on cold chain was found to be average.

INTRODUCTION

UNICEF defines cold chain as delivering vaccines to all corners of the world is a complex undertaking. It takes a chain of precisely coordinated events in temperature-controlled environments to store, manage and transport these life-saving products.

Cold Chain is a system of storage and transport of vaccine at low temperature from the manufacturer to the actual vaccination site. In other words success of national immunization programme is highly dependent on supply chain system for delivery of vaccines and equipment with a functional system that meets 6 rights of supply chain.

In India, UIP (Universal Immunization Program) was introduced since 1985. To achieving the objectives of UIP is depends on quality of vaccines used. To preserve its potency and safety, cold chain has to be maintained at all levels. Those involved in this to be skilled and equipped regarding condition of storage and transportation as well as temperature monitoring

The importance of maintaining the cold life for the vaccine is necessary because the vaccines are sensitive to heat and light .Once the vaccine loses the potency it cannot be restored and it becomes a wast.so care must be taken to see that the vaccines does not lose their potency before the date of expiry by maintaining the cold chain.

Creating awareness among people those carrying these vaccines, about the importance of cold chain maintenance is very much essential for student nurses, health care professionals, transportation workers and vaccine storage workers.

Statement of the problem



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A Descriptive study to assess the knowledge on cold chain among student nurses in selected nursing colleges at Palakkad district

Objectives

- Assess the level of knowledge regarding cold chain among B.Sc. nursing 2nd year students
- Find out the association of knowledge scores regarding cold chain with their selected socio-demographic variables.

REVIEW OF LITERATURE

A descriptive study was conducted to assess the knowledge regarding cold chain maintenance among B.Sc. Nursing students in Bombay Hospital College of Nursing, Indore. 10 B.Sc. Nursing 2nd year students were selected by using probability simple random sampling technique with lottery method. Data were collected through socio-demographic variables & structured knowledge questionnaire tools. The results showed that mean score of knowledge level was 9.5 & this value indicate that B.Sc. Nursing 2nd year students were having average level of knowledge regarding cold chain maintenance and there was significant association between knowledge scores with selected socio demographic variables.

A quasi experimental study to assess the effectiveness of Structured Teaching Program on knowledge regarding cold chain maintenance among B.Sc. Nursing students in Bombay Hospital College of Nursing. A quantitative evaluative research approach & quasi experimental research design with non-randomized control group was used in this study. Study was conducted among 98 B.Sc. Nursing 1st year and 2nd year students in Bombay Hospital College of Nursing, Indore. (M.P.) regarding Cold Chain Maintenance. The data was collected by using socio - demographic proforma and structured knowledge questionnaire on cold chain maintenance. . Non-probability consecutive sampling technique was used to recruit the subjects. The data analysis was done by descriptive statistics and inferential statistics. The results shows that Posttest mean score (30.43, S.D.± 3.79) of experimental group is higher than posttest mean score (14.39, S.D. ±4.65) of control group. There is a significant difference in posttest mean score in experimental group and control group. The unpaired t test value of posttest of experimental and control group was 18.705. The study concluded that students and vaccine administers must provide adequate information regarding cold chain maintenance which enable the nursing students and nurses can reduce the vaccine recall and wastage, and will help to the healthier and proper immunized generation.

A study to assess the effectiveness of Planned Teaching Programme on Maintenance of Cold Chain for Vaccines in terms of Knowledge and Practice among the Health workers working in P.H.Cs of selected Districts of Gujarat State. 30 health workers were selected through purposive sampling technique. A structured knowledge questionnaire and structured observational checklist was used to assess the knowledge and practice. The results shows that the Mean Post-test knowledge Score is 23.2 which was higher than the Mean Pre-test knowledge Score 18.6 with Mean difference of 4.6. The Mean Post-test practice Score 15.3 was higher than the Mean Pre-test Practice Score 11.3 with Mean difference of 4. Significance of the difference between pretest and posttest knowledge and practice was statistically tested using paired' test and it was found significant and the study concluded that a Planned Teaching Programme was effective in improving of Knowledge and Practice among the Health workers working in P.H.Cs of selected Districts of Gujarat State



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Methodology

A quantitative descriptive research approach was used in the study. 60 B.Sc. Nursing 3rd year students of Nehru College of Nursing, Palakkad were selected by using probability simple random sampling technique. Data was collected by using demographic variables & semi structured knowledge questionnaire. The data was analyzed with descriptive & inferential statistics. Self-instructional module was distributed after data collection.

ETHICAL CONSIDERATION

Proposed study was conducted after the approval of dissertation committee. .Prior permission was obtained from Principal of Nehru College of nursing. Assurance was given to individuals and confidentiality was maintained.

FINDINGS

The data were analyzed and interpreted in terms of objectives of the study.

Descriptive and inferential statistics were utilized for the data analysis. After analysis the data major findings of the study were as follows,

Table 1

Demographic variables	Frequency (n=60)	Percentage %
Age		
18-19	32	53.3%
20-21	28	46.6%
22-24	0	0%
Gender		
Male	5	8.3%
Female	55	91.6%
Religion		



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Hindu	39	65%
Muslim	2	3.33%
Christians	19	83.3%

Previous knowledge

Yes	51	85%
No	9	15%

Source of information

Faculty	51	85%
Seminar	9	15%
Workshop	0	0%

Section II: Assessment of level of knowledge of student nurses regarding cold chain.

Table 2

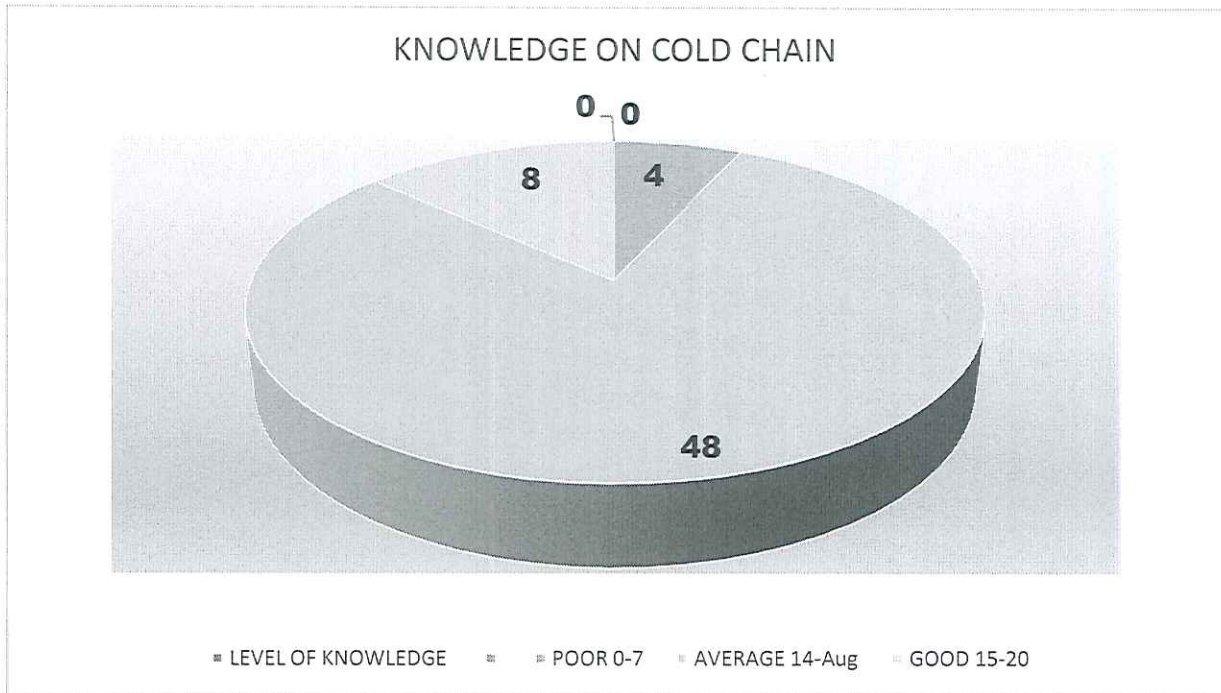
(N=60)

Level of knowledge	Frequency	Percentage
Poor	4	7%
Average	48	80%
Good	8	13%



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The above table shows that 4(7%) students nurses have poor knowledge, 48(80%) of student nurses have average knowledge and 8(13%) of students have good knowledge regarding cold chain.



The graph depicts that 4(7%) students nurses have poor knowledge, 48(80%) of student nurses have average knowledge and 8(13%) of students have good knowledge regarding cold chain.

Section III: Association between knowledge of student nurses and their selected demographic variables

Table 3

Association of knowledge scores of nursing students with their demographic variables.

Variables	knowledge score			chi square	df	p value
	Poor	Average	Good			



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Age

18-19	1	25	6			
20-21	3	23	2	2.85	2	5.9
22-24	0	0	0			

Gender

Male	0	4	1			
				0.61	1	3.84
Female	4	44	7			

Religion

Hindu	1	31	7			
Muslim	0	2	1	9.43	4	9.49
Christian	3	16	0			

DOMICILE

Rural	4	40	4			
				6.37	2	5.9
Urban	0	8	4			

Previous knowledge

Yes	3	42	6			
				1.2	2	5.9
No	1	6	2			



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SOURCE OF INFORMATION

Faculty	2	43	6			
Workshop	2	5	2	5.11	2	5.9
Seminar	0	0	0			

The above table shows that there was no significant association between demographic variables and knowledge score of student nurses regarding cold chain.

CONCLUSION

The study revealed that 4(7%) students' nurses have poor knowledge, 48(80%) of student nurses have average knowledge and 8(13%) of students have good knowledge regarding cold chain. Hence, the student nurses knowledge on cold chain was found to be average.

RECOMMENDATION

The following recommendations are made on the basis of the findings of the present study.

- The study can be replicated on a large samples, thereby findings can be generalized for a large populations.
- A similar study can be conducted with experimental and control group.

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A Descriptive Study to Assess the Mental Well-being and its Associated Factors among Migrants in Ottappalam Town, Palakkad

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ABSTRACT

The number of Kerala migrants as estimated by the migration survey in 2014 is 23.63 lakhs. The corresponding number was 22.81 lakhs in 2011, 21.93 lakhs in 2008, and 18.38 lakhs in 2003. These numbers indicating the migration from Kerala have been increasing since 2003. The study was to assess the level of mental well-being and its associated factors among the migrants in Ottappalam. A descriptive research design was used in this study. This study was conducted in resident area of migrants at Vaniyamkulam, Ottappalam, on a total of 35 migrants who meet the inclusive and exclusive criteria of the study. Data were collected by using WHO-5 well-being index, which consists of five statements that are closest to how you had been feeling over the last 2 weeks. The analysis was done by using descriptive and inferential statistics. The findings of the study revealed that no significant association was found between mental well-being and its associated factors ($p < 0.05$) of migrants in Ottappalam town, Palakkad.

Keywords: associated factors, mental wellbeing, migrants, migration, population, WHO well-being index

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INTRODUCTION

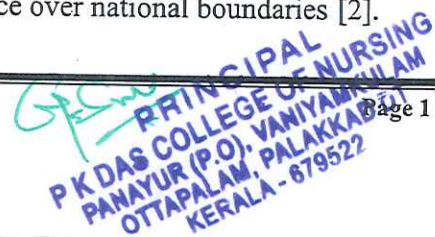
Background of the Study

Migration is a movement of individuals from one place to another in order to live and work.

Movement of people from their home to another city, state, or country for a job, shelter, or some other reasons is called migration [1]. Migration from rural area to urban areas has increased in the past few years in India. Migrant is a person who travels to another place or country, usually

in order to find work. The cities are full of migrants looking for work. The pay is enough to attract migrants but unappealing to locals.

There are two basic types of migration: internal migration and international migration. Internal migration refers to change of residence within national boundaries such as between states, provinces, cities or municipalities, etc. International migration refers to change of residence over national boundaries [2].



Migration usually happens on a result of a combination of the push and pulls factors. People migrate from point of origin to point of destination, especially from rural to urban to improve their standard of living. People may migrate internally from their home to another place because of natural disaster or civil disturbances to as a refugee; however, refugees do not carry many possessions with them and do not have a clear idea of where they may finally settle [3, 4]. According to the state of world population report, more than half of world population lives in urban areas, and the number is steadily growing every year [5]. As per the International Migration Report 2017, there are now estimated 58 million people living in a country other than their country of birth. In India, the Economic Survey 2017 says the annual average labor migration was close to a million between states during 2011–2016, while Census 2011 gives the total number of internal migrants in the country at a staggering 139 million. Uttar Pradesh and Bihar are the highest source states, followed by Madhya Pradesh, Punjab, Rajasthan, Uttarakhand, Jammu and Kashmir, and West Bengal, and major destination states are Delhi, Maharashtra, Tamil Nadu, Gujarat, Andhra Pradesh, and Kerala.

Need of Study

Mental health problems are possible in migrants who are employed in dangerous jobs and face many barriers to prevention and care. Individual migrants may find the experience of migration to be stressful with increased rate of depression and anxiety disorder. Migrant workers in low resource setting may experience multiple types of work place and security-related stressors [6]. Increasing discrimination and lack of education as a result of discrimination has led to deterioration of migrants' mental well-being. The drastic experience from their previous society and

hostile attitude from new one potentially act on the resources of diminished mental well-being. In the study of migration well-being, problems can appear within the cultural, social, and psychological areas. The mental well-being of the migrants is decreasing due to different etiological factors. The researcher found a significant number of migrants in Kerala, and so found interest to know about the well-being of the study, and so this is opted for research [7].

Problem Statement

A study to assess the mental well-being and its associated factors among migrants in Ottapalam town, Palakkad.

Objectives

General Objectives

A study to assess the level of mental well-being and its associated factors among the migrants in Ottapalam.

Specific Objectives

1. To assess the level of mental well-being of migrants in Ottapalam town.
2. To identify the factors associated with the level of mental well-being of migrants.
3. To associate the factors with the mental well-being with the developmental variable.

Hypothesis

The hypothesis will be tested at 0.05 level of significance.

H0: There will not be a significant association between the mental well-being of migrants and its associated factors.

Delimitations

The study was limited to:

- Migrants who are illiterate.
- Migrants who are not present at the time of the study.
- Migrants below the age of 20 years and above the age 40 years.



METHODOLOGY

Research Approach

The quantitative approach is used to find out the level of mental well-being and its associated factors among migrants in Ottapalam town, Palakkad district.

Research Design

The design used in this study is descriptive research design. It is used to observe, document, and describe the mental well-being and associated factors among migrants in their natural setting without any manipulation on control.

A competitive descriptive design that involves comparing and contrasting the mental well-being of migrants and on the factors influencing mental well-being. A survey is the research design used to collect information from migrants in Ottapalam town having the same characteristics of interest.

Sampling Technique

Simple random sampling technique was used.

Sample

The samples for the current study consist of 35 migrants in Ottapalam, Palakkad district.

Setting of the Study

The present study was conducted in Ottapalam town, Palakkad.

Description of Tool

The tool used for research study was a self-structured questionnaire, and a standard WHO-5 well-being index was used to collect the data. The tool was selected on the basis of objectives of the study.

The tool consists of three sections:

Part A: Demographic proforma

Part B: Socio-economic information

Part C: Standard questionnaire, WHO-5 well-being index

Part A: Demographic Proforma

It includes age, gender, religion, and marital status of the population.

Part B: Socio-economic Data

It includes monthly income, family home facilities, institutional facilities, year of migration, and purpose of migration of stress-relieving factors used.

Part C: WHO-5 Well-being Index

The WHO-5 consists of five statements which are closest to how you had been feeling over the last two weeks. The respondents rate this statement and the raw score is calculated. The total raw score, ranging from 0 to 25, is multiplied by 4 to give the final score, with 0 representing the worst imaginable well-being and 100 representing the best imaginable well-being.

Data Collection Technique

The investigator collected data from Ottapalam town, Palakkad. Thirty-five migrants were selected as per inclusive criteria. Before administering the tool, self-instruction and preparation of data collection were experienced by the sample and an informed consent was obtained. The sample's mental well-being was assessed using WHO-5 well-being index. The WHO-5 well-being index including five statements was given to the selected sample and respondents rate these statements. The mental well-being was assessed by calculating the score. Descriptive and inferential statistics was used for data analysis.

RESULT AND DISCUSSION

Table 1 shows the findings of the study related to demographic variables, which revealed that majority 18(51.2%) of migrants belong to 30-40 years, 26(74.29%) were Muslims, 31(91.43%) were married, 19(54.29%) studied up to 5th standard.

Table 1. Distribution of demographic variables of migrants in Ottapalam town, Palakkad.

S. N.	Demographic variables	Frequency	Percentage (%)
1	<i>Age</i>		
	20-30 years	15	45.86
	30-40 years	18	51.42
	40-50 years	2	5.7
2	<i>Religion</i>		
	Hindu	9	25.7
	Muslim	26	74.29
	Christian	0	0
	Others	0	0
3	<i>Marital status</i>		
	Married	32	91.43
	Unmarried	3	8.57
	Divorced	0	0
4	<i>Educational status</i>		
	Illiterate	7	20
	1-5 standard	19	54.29
	5-10 standard	7	20
	>10	2	5.7

Table 2 shows that the study related to socio-economic status revealed that 27(77.14%) migrants have monthly income of 10,000-20,000, 26(74.29%) are living without family, 16(45.71%) having moderate home facilities, 26(74.29%) having moderate institutional facilities, 15(42.86%) came in the year from 2010 to 2015 and 2015 to 2019, and 34(97.14%) came for the purpose of job.

Table 3 shows the data showed that the WHO-5 well-being index is effective in assessing the mental well-being of

migrants. The findings of the study also revealed that there is no significant association found between mental well-being and its associated factors ($p < 0.05$) of migrants in Ottappalam town, Palakkad.

Table 2. Distribution of socio-economic variables of migrants in Ottapalam town, Palakkad.

S. N.	Socio-economic variables	Frequency	Percentage (%)
1	<i>Monthly income</i>		
	5000-10,000	7	20
	10,000-20,000	27	77.14
	>20,000	1	2.86
2	<i>Family</i>		
	Living with family	9	25.71
	Living without family	26	74.29
3	<i>Home facilities</i>		
	Good	5	14.29
	Moderate	16	45.71
	Poor	14	40
4	<i>Institutional facilities</i>		
	Good	8	22.86
	Moderate	26	74.29
	Poor	1	2.86
5	<i>Year of migration</i>		
	2000-2005	0	14.29
	2005-2010	5	42.86
	2010-2015	15	42.86
	2015-2019	15	
6	<i>Purpose of migration</i>		
	Job	34	97.14
	Education	0	0
	Family problems	1	2.86

Table 3. Data on association between mental well-being and its associated factors.

Variables	Chi-square value	Degree of freedom	Tabulated value ($P < 0.05$)	Inference
Age	2.24	3	7.82	Not significant
Religion	1.595	3	7.82	Not significant
Marital status	0.28	2	5.99	Not significant
Educational status	3.55	3	7.82	Not significant
Monthly income	1.09	2	5.99	Not significant
Family	1.64	1	3.84	Not significant
Home facilities	0.170	2	5.99	Not significant
Institutional facilities	1.43	2	5.99	Not significant
Year of migration	2.36	3	7.82	Not significant
Purpose of migration	1.073	2	5.99	Not significant

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CONCLUSION

The present study was attempted to assess the mental well-being and its associated factors among migrants in Ottapalam town. After imparting standard questionnaire, the mental well-being of the migrants is independent of the association factors. The findings showed that the standard questionnaire was useful in assessing the mental well-being of migrants is independent of associated factors.

RECOMMENDATIONS

- A similar study can be undertaken for other people for assessing mental well-being.
- A similar study can be done with experimental approach.
- A similar study can be replicated in different parts of the states and countries to examine the variation in the contribution factors.
- A similar study can be replicated in a larger sample, thereby findings can be generalized to a large population.
- A similar study can be undertaken on patients with old age health problems.
- A similar study can be undertaken with a control group.

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A Study to Evaluate the Knowledge on Prevention of Pressure Ulcer Among B. Sc. (N) Student Nurses in Selected Nursing Colleges, At Palakkad

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ABSTRACT

Pressure ulcer also been called Bed Sores, Pressure Ulcer Sores, Decubitus Ulcer and dermal client have a greater risk of developing pressure ulcers. In reality many cases, pressures, shears, friction and moisture and all may have contributed towards varying degrees to the development of the ulcers. The present study is conducted "To evaluate the knowledge on Prevention of Pressure Ulcer among B.Sc (N) student nurses in selected nursing colleges, at Palakkad". Quantitative approach with descriptive research design was used for the present study. data was collected at Nehru College of Nursing at Palakkad. The population was who fulfilled inclusion criteria. The sample size for the present study was 60. Non probability convenient sampling technique was used in this study. Structured questionnaire (pieper's pressure ulcer knowledge test) to assess the knowledge on prevention of pressure ulcer. The collected data was analyzed through descriptive and inferential statistics. The study revealed that maximum student nurses had moderate level of knowledge on prevention on pressure ulcer.

Keywords-- student nurses, pressure ulcer

INTRODUCTION

A Pressure ulcer is an area of skin that break down when the client stays in one position for too long without shifting the weight this often happens, if he uses a wheel chairs or he is bed ridden, oven for a short period of time (for example after surgery, an injury) the constant pressure against the skin

reduces blood supply to that, area and affected tissue dies the most common places for pressure ulcers are like over bony prominence (bone close to the skin) like the elbow, heels, hips, ankles, shoulders, back and occiput of the head.

Pressure ulcer also been called Bed Sores, Pressure Ulcer Sores, Decubitus Ulcer and dermal client have a greater risk of developing pressure ulcers. In reality many cases, pressures, shears, friction and moisture and all may have contributed towards varying degrees to the development of the ulcers. All pressure ulcers are serious but can range in severity from patches of discolored skin which may recover through to deep open ulcers that expose underlying bone or muscles. The latter type of pressure ulcer may be difficult to treat. Pressure ulcer are the common condition among patients hospitalized in acute and chronic care facilities and improve a significant on patient their relatives and care givers.

Pressure ulcer have been described as one of the costliest and physically debilitating complication since the 20th century. The pain and discomfort of pressure ulcer delay rehabilitation, prolong illness and timing of discharge and also contributes to disability and death. Health care expend billion of dollars worldwide. It has been estimated that patient with extended hospital stays from pressure ulcer development. It has been estimated that the cost of treating pressure ulcer is 2.5 times higher than the cost of preventing. So, the burden of pressure ulcer goes depend on health care costs to loss of life. Pressure ulcer is wound with a localized area of tissue necrosis depending on the depth of ulcer. A pressure ulcer may be an acute wound or a chronic wound. The underlying causes is pressure. Most pressure ulcer develop when soft tissues



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are compressed between a bony prominence and an external surface for a prolonged period of time or when soft tissue undergoes pressure in combination with shears and or friction the terms Decubitus ulcer, pressure sore and also used to refer to the type of wound. Most pressure ulcers occur in older adults as a result of combination of factors including aging skin.

Chronic illness, immobility malnutrition fecal and urinary incontinence altered level of consciousness. Pressure ulcers continue to be a prevalent issue in the health care system and causes "Pain, slow recovery from morbid condition infection and death in the field of nursing turning and re-positioning patient is a well known nursing intervention to prevent development of pressure ulcers. However many hospital and facilities still neglect to apply there as a standard policy this given room and nursing. The importance of this intervention result in increased pressure ulcer development the purpose of purulent and re-positioning patient is to prevent oxygen.

The agents for health care policy and research support turning and re-positioning every two hours for the patients requiring assistance assistance Wander Wee states that the time between the causation and external appearance of a pressure ulcer can be 3 days, they goes on to emphasize the importance of turning and re-positioning every two hours especially for those without a pressure reducing mattress. The Braden scale is one of the best known and most widely used tools for evaluating risk for pressure ulcers this to is being used at bath acute and long-term care setting. By using this tool and providing appropriate nursing interventions it will help decrease the number of new pressure ulcer development, standardizing turn and re-position nurses accountable to provides the nurses care.

It is the health care professional who is entrusted with the assessment of risk of pressure ulcers in person usually suffering from some health issue where the patient is bedridden or in the elderly population with decreased mobility. Although ulcer can be prevented using aggressive measures it is found to be having a floor effect with the probability of another ulcer developing in the same area. Strategies for prevention include assessment for risks of developing pressure ulcers in outpatient that after recommendation

for assessment continuous basic while list of questions are used to assess risk for outpatient. Risk assessment among in patient as use standard tools like the Braden scale for predicting pressure sore risk. Braden scale is the most widely used risk assessment tool for pressure ulcer development and is focuses to be an enhancement of the Norton scale and is used as a general tool for predicting pressure sore risk on four different scale based on six factors.

The six factors or sub-scales includes-sensory perception, activity mobility, skin moisture, friction and nutrition. The scores of the Braden scale assessment determine the level of risk of development of pressure ulcer in patients and this sale provides a systematic and quantitative risk assessment in term disciplinary team communication for effective prevention and treatment by the health care professionals.

STATEMENT OF THE PROBLEM

A study to evaluate the knowledge on Prevention of Pressure Ulcer among B.Sc (N) student nurses in selected nursing colleges, at Palakkad.

OBJECTIVES

The objectives of the study were

- To assess the level of knowledge regarding prevention of pressure ulcer among student nurses.
- To determine association between the level of knowledge on prevention of pressure ulcer among student nurses with selected demographic variables.

REVIEW OF LITERATURE

Review of literature is an essential component of the research process. It is a critical examination and publication related to the topic of interest. Review should be comprehensive with evaluation. It helps to plan and conduct the study in a systematic and scientific manner.

Review of literature is defined as a critical analysis of a segment of a published body of knowledge through summary classification and comparison of prior research



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studies review of literature and theoretical articles.

- V. Hemawathy, Girija Bhaskaran, (2016) a study to assess the knowledge and practice regarding ulcer, students of B. Sc nursing 3rd year in Sree Balaji college of nursing, Chennai. The sample consist of 60 students of B. Sc nursing 3rd year were selected using purposive sampling technique. In order to assess their knowledge a self-structured questionnaire was developed [1]. Self-made scoring system was used to categorize the participants as whether they have adequate knowledge, moderately adequate knowledge or inadequate knowledge on pressure ulcer. Results revealed that 6(10%) of B. Sc nursing 3rd year students had adequate knowledge, 44(73.3%) of B. Sc nursing 3rd year students had moderate adequate knowledge and 10(16.7%) had inadequate knowledge about pressure ulcer [2].
- Ilesamni et. al (2014) conducted a Descriptive study on Assessment of common interventions and perceived barriers to pressure ulcer prevention in Southwest Nigeria. Nurses described using interventions that have not proved effective for pressure ulcer prevention such as massaging bony prominence and application of Talcum powder. Nurses identified 2 principle factors that act as barriers to successful prevention of pressure ulcer: Inadequate manpower and inadequate supply of linens on the wards. The most commonly used intervention was patient re-positioning every 2 hours [3].
- Samuriwo et. Al. (2014); Conducted a study on Nurses pressure ulcer related Judgments and decisions in clinical practice a systematic review: The results indicated that assessment tools were not routinely used to identify pressure ulcer risk, and that nurses rely on their own knowledge and experiences rather than research evidence to decide what skin care to be deliver [4].
- Maria Elena Flaco (2014); Conducted a study on knowledge and attitude on Pressure ulcer prevention evidence-based guidelines-A multicenter cross-sectional

study. Seven nursing school from three different Italian regions accepted to participate and a total of 742 students of the B.Sc (N) completed the questionnaire [5]. The mean age of the sample was 22.1-4.4years (range:18-40 years).Most participants attended the nursing school of chetti (38.4%),were female (74.3%) enrolled in the first year of the course (40.6%)had 1 year of training experience (43%) attended 2 departments(36.5%) and had training experience in medical and surgical departments (76.9% and 64.2% respectively) [6, 7].

METHODOLOGY

Research methodology is one of the vitals section of a research since the success of any research is mostly depends upon the methodological issues that are follow in the execution of research work the role of methodology consists of procedures and techniques used for concluding the study. This section deals with the methodology followed in the study and is discussed under the following headings: research approach, research design, setting of study, population, sample, sampling techniques, variables, criteria for sample selection, description of the data collection, content validity and reliability, ethical consideration, data collection procedures plan for data analysis.

Research Approach

Quantitative approach was used for evaluating the knowledge on prevention of pressure ulcer.

Research Design

Descriptive research design was used for the present study to achieve the objectives.

Setting of Study

This study was conducted at Nehru College of Nursing at Palakkad.

Variables

Soci-Demographic variables: age, gender, religion and area of domicile.



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Study variables: prevention of pressure ulcer.

Population

Population of the study includes THIRD YEAR B.SC NURSING students studying in Nehru College of Nursing at Palakkad.

Sample Size

The population who fulfilled inclusion criteria. The sample size for the present study was 60.

Sample Techniques

Non probability convenient sampling technique was used in this study.

CRITERIA FOR SAMPLE SELECTION

Inclusion Criteria

- Students who were are on the day of data collection.
- Students who were able to speak and understand English.
- Students who were willing to participating on the study.

Exclusion Criteria

- Student who were absent on the day of data collection.

DESCRIPTION OF THE DATA COLLECTION INSTRUMENTS

A self-structured questionnaire was used as a tool includes:

Section A

Demographic data includes age, gender, religion, year of study, area of living, languages known.

Section B

Structured questionnaire (pieper's pressure ulcer knowledge test) to assess the knowledge on prevention of pressure ulcer.

DATA COLLECTION PROCEDURE

After obtaining formal approval from the principal the investigator explained the objectives and methods of data collection.

A total of 60 student nurses who met the inclusion criteria was selected by non-probability convenient sampling technique, the investigator him/her self-introduced to the student nurses and developed a support the investigates explained the purpose of conducting the study and reassured the student nurses that the data collection will be kept confidential. These after a self-structured questionnaire with demographic variable and knowledge assessment questionnaires issued to collect the data.

PLAN FOR DATA ANALYSIS

The collected data was analyzed through descriptive and inferential statistics

Descriptive statistics

Frequency, percentage, distribution was used for describing socio-demographic variables and prevention of pressure ulcer.

Inferential statistics

"chi-square" test used to find association between prevention of pressure ulcer and selected socio-demographic variables

DATA ANALYSIS AND INTERPRETATION

This chapter deals with analysis and interpretation of data collected to evaluate the achievements of the objectives in the study. These data were analyzed according to the plan for data analysis, which includes descriptive statistics to describe frequency and percentage distribution for socio - demographic variables and prevention of pressure ulcer. Inferential statistics such as chi- square was used to find the association between prevention of pressure ulcer and socio demographic variables

The data collected were presented under the following heading:



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Section A: Socio demographic variables of Third year B. Sc nursing students
Section B: Data on Level of knowledge on Prevention of Pressure ulcer among Third year B.Sc nursing students

Section C: Association of selected Demographic variables with Level of Knowledge regarding Prevention of Pressure Ulcer among Third year B. Sc (N) students

Table 1: Frequency and percentage distribution on level of knowledge on prevention of pressure ulcer among Third year B. Sc (N) Students. (n = 60)

S. No.	Score	Frequency(n)	Percentage (%)
1	Mild	10	17%
2	Moderate	32	53%
3	Adequate	18	30%

The above table 1 shows out of 60 students, 18(30%) students had adequate level of knowledge, 32(53%) student had moderate

level of knowledge, 10 (17%) had mild level of knowledge on prevention of pressure ulcer.

level of knowledge

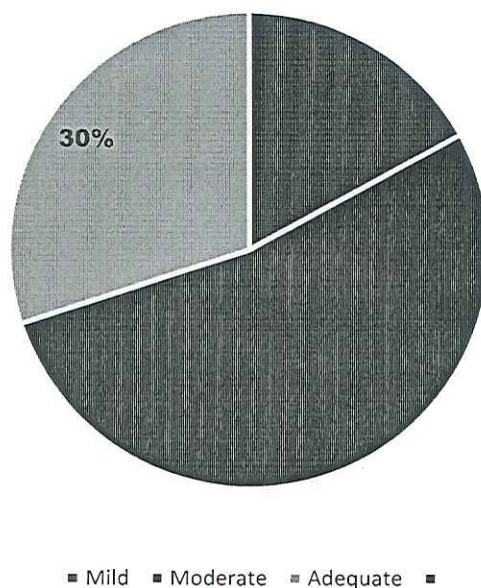


Figure 1: Frequency and percentage distribution on pretest level of knowledge on prevention of pressure ulcer Among Third year

Table 2: Association of socio demographic variable with level of knowledge regarding prevention of pressure ulcer Among Third year B.Sc (N) Students.

S. No.	Demographic Variable	Risk Score			Chi square value	df	P value
		Mild	Moderate	Adequate			
1	Age				2.12	2	5.9
	17-18	0	0	0			
	19-20	4	20	8			
	21-22	6	12	10			
2	Gender				2.62	2	5.9
	Female	2	2	1			



	Male	10	30	17			
3	Religion						
	Hindu	7	23	9	3.5	4	9.49
	Christian	3	8	8			
Muslim	0	1	1				
4	Area of Living						
	Urban	5	26	14	3.73	2	5.9
Rural	5	6	4				

The table reveals that there is no association in level of knowledge with the selected demographic variables.

CONCLUSION

The conclusion of the study was Maximum student nurses had moderate level of knowledge on prevention on pressure ulcer and there is no association in level of knowledge with the selected demographic variables. Effort should be made improve and expend nursing curriculum to provide more content concerning prevention of pressure ulcer. Nursing health research studies need to be concentrated on the behavior and attitude modifications of the people by developing unique teaching programs. A similar study can be conducted among nursing students in other nursing educational institutions.

SUMMARY

The present study was conducted to evaluate the knowledge on prevention of pressure ulcer among third year B.Sc.(N) in Nehru College of Nursing, Palakkad. The study revealed that maximum student nurses

had moderate level of knowledge on prevention on pressure ulcer.

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Prevalence of Hypertension among Menopausal Women at a Selected Rural Area of Vaniyamkulam, Palakkad District

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ABSTRACT

Introduction: Menopause means permanent cessation of menstruation at the end of reproductive life due to loss of ovarian follicular activity. A variety of physiological changes take place in the body. Some of these are the result of cessation of ovarian function and related menopausal events, others are a function of the ageing process. **Background of the Study:** Menopause is the time of a woman's life when reproductive capacity ceases. The ovaries stop functioning and their production of steroid and peptide hormones falls. A variety of physiological changes take place in the body. All these events lead to hypertension in menopausal women. **Objectives:** To find out the prevalence rate of hypertension among menopausal women at a selected rural area of Vaniyamkulam, Palakkad district. To identify the major risk factors for hypertension among menopausal women. **Material and Methods Used:** A cross sectional study with non experimental simple descriptive research design was used. The setting was rural community area of Vaniyamkulam, Palakkad district. Total Sample size was 100 post menopausal women. **Sampling Technique:** Purposive sampling. **Samples from consecutive houses of a particular rural area of Vaniyamkulam. Menopause Women:** 100. **Study conducted at Vaniyamkulam, Palakkad district from 6th-10th Jan 2020.** **Result:** The present study revealed that overall prevalence of hypertension among rural menopausal women was 34%. As per systolic blood pressure, 32% women were found to be hypertensive. Similarly, according to diastolic blood pressure, 42% were found to be hypertensive. Risk factors identified for hypertension among menopausal women were obesity, family history of hypertension and lack of physical activity. Among total 85 women of obese category, 33 were hypertensive and 40 were prehypertensive. Among the total 80 women with positive family history, 24 women were hypertensive, 34 were prehypertensive. The physical activity data reveals that in mild physical activity group among total 73 women, 36 were hypertensive and 30 were prehypertensive. **Conclusion:** The study confirms that the prevalence of hypertension among menopausal women in a rural area is high, that is 34%. Even though there are many risk factors towards the hypertension in menopausal women, the researcher identified that obesity, family history of hypertension and lack of physical activity are the main risk factors for hypertension in menopausal women.

Keywords: follicular, hypertension, menopause, ovarian, prevalence

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INTRODUCTION

Menopause means permanent cessation of menstruation at the end of reproductive

life due to loss of ovarian follicular activity. Blood pressure is typically low in premenopausal women but after



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menopause, the prevalence of hypertension in women is higher. Aging in is characterized by increase in blood pressure (BP) and the prevalence of hypertension in postmenopausal women is higher with 41% of postmenopausal women becoming hypertensive. In 1990, it was estimated that there were 467 million postmenopausal women worldwide [1]. This figure is expected to increase sharply over the next 40 years to a total of 1200 million by 2030. In developed countries, the age at menopause is approximately 51 years. In developing countries, the reported age at menopause exhibits more variability, but is most often reported to be in the late forties. The age at which natural menopause occurs is between the ages of 45 and 55 for women worldwide [2].

Menopause is the time of a woman's life when reproductive capacity ceases. The ovaries stop functioning and their production of steroid and peptide hormones falls. A variety of physiological changes take place in the body. In majority, apart from cessation of menstruation, no more symptoms occur. But in some women, the symptoms occur. The important symptoms seen in menopausal women are vasomotor symptoms which include hot flushes and night sweat, urogenital atrophy, osteoporosis and fracture, cardiovascular disease, psychological changes, mood swing and irritability. The decrease level of estrogen leads to obesity and hypertension [3].

BACKGROUND OF THE STUDY

States of estrogen imbalance or deprivation are associated with higher risks of hypertension and cardiovascular disease in women. However, the effects of estrogen on hypertension are multifactorial, complex, and not completely understood. Although controversial, hormone therapy may improve cardiovascular outcomes when initiated by recently menopausal women [4].

Hypertension is one of the leading causes of global burden on disease, posing a major public challenge to population in socio-economic and epidemiological transition. This problem is of special concern for developing countries where studies have projected an increase by 80% in the number of hypertensive by the year 2025 [5].

The seventh report of the Joint National Committee on prevention, detection, evaluation, and treatment of high blood pressure (JNC7) defines hypertension as systolic blood pressure (SBP) of 140mm Hg and above, and/or diastolic blood pressure (DBP) of 90mm Hg and above [6]. Both, systolic and diastolic blood pressure increases with advancing age. It is seen that blood pressure is typically lower in premenopausal women than in their male counterparts. However, after menopause, the prevalence of hypertension in women is higher than it is in men of same age group, which in turn leads to increased morbidity and mortality in post menopausal women [6]. In view of population aging throughout the world, identification of possible risk factors and prevention of hypertension in postmenopausal women are important [7].

REVIEW OF LITERATURE

A cross sectional study was conducted in Nigeria among the menopausal women, with the objective to explore the possibility of a person's risk of developing hypertension, diabetes, and obesity which is influenced by their ABO blood group, rhesus factor or both. Sample size was 201. Data revealed that hypertension co-morbidity occurred with diabetes (21%), normoglycemic (18.9%), normal body weight (13%), obesity (9.4%) and prediabetes (2.9%) respectively. The study also showed that there is relationship between increased body mass index and or with ABO/Rh blood group prevalence and hypertension among menopausal women [8].



A study conducted at Nellore, Andhra Pradesh, comprised of 263 adult healthy men and 237 women (104 premenopausal and 133 postmenopausal) ranging in age between 21–70 years. They were examined for CHD risk factors. Anthropometric measurements, blood pressure and serum lipids were analysed using standard procedures. Postmenopausal women had significantly higher levels of blood pressures, pulse rate, serum, total cholesterol, triglycerides. The prevalence of hypertension, hypercholesterolemia, hypertriglyceridemia, hyper beta-lipoproteinemia and atherogenic indices were significantly greater in postmenopausal women than in premenopausal women. This study confirms a higher prevalence of risk factors for CHD among women in older age group and suggests that when estrogen production ceases in menopause women, the risk of CHD increases [9].

A community based cross sectional study was conducted in Delhi on hypertension and its risk factors. The prevalence of hypertension in postmenopausal women was found to be 39.6%. Obesity, smoking, family history and physical activity were significantly higher among hypertensive as compared to non-hypertensive [10].

A descriptive study conducted among 350 perimenopausal and postmenopausal women at Urban Health Centre, Bandra, Mumbai, revealed that the prevalence of hypertension was more among postmenopausal women (36.76%) as compared to perimenopausal women (3.03%) [11].

MATERIALS AND METHODOLOGY

Objectives

- To find out the prevalence rate of hypertension among menopausal women at a selected rural area of Vaniyamkulam, Palakkad district.

- To identify the major risk factors for hypertension among menopausal women.

A cross sectional study with non experimental simple descriptive research design was used. The setting was rural community area of Vaniyamkulam, Palakkad district. Total sample size was 100 post menopausal women.

Inclusion Criteria

Menopausal woman above 40 years who is able to answer the questions and willing to participate in the study.

Tool and Technique

Preformed, pre-tested, semi-structured interview schedule.

Total Questions

11 (Demographic data:5 items, other items: 6

Section I

Demographic data: It deals with the demographic characteristics of the samples which includes age, age of menopause, type of menopause, education, employment, source of health information

Section II

Semi-structured questionnaire with the objective to detect the prevalence of hypertension. Total: 6 items.

Section III

Anthropometric measures of the samples. A standard mercury sphygmomanometer was used to record systolic (SBP) and diastolic blood pressures (DBP), height in cm, weight in Kg, BMI calculation.

Data Collection

Interview technique using semi-structured questionnaire and adding description if required. Informed written consent taken prior to data collection.



Data collection was done at rural area, Vaniyankulam, Palakkad district from 6th–10th Jan, 2020.

RESULTS AND INTERPRETATION

Table 1 depicts that total 100 menopausal women participated in the age group of 40 years to 70years. Mean age was 57 years. Majority of respondents (56) were aged between 51–60 years (61%). 32% women were in the age group of 40–50 years and 12% were in the age group of more than 60 years. In age of menopause, majority of the women's (72%) menopause age was between 46–55 years. 26% were in the group of 35–45 years and 2% were in the group of more than 55 years. In the educational status, majority of women (81%) had education upto 10th std., 16% had upto graduation group and 3% were in more than graduation group. The employment data reveals that maximum women (52%) were housewives and unemployed, 28% were in private or government sector and 20% were labourers. In source of health information, majority of the women had health information from family members, 28%

gained knowledge from health personnel and 23% from mass media. The mean menopausal age was 50.1 years.

Table 2 depicts the anthropometric parameters of samples. Only 54% of women checked their BP after menopause. 58% had BP checking only once in a year. 5% checked every week, 25% were irregular in BP checking and 12% had checked once in a month. Presence of lifestyle disease reveals that 33% had hypertension, 24% had diabetes, 16% had both, 18% had cardiac diseases and 9% were without lifestyle diseases. About medicine intake, 30% women were on medication for both, hypertension and cardiac diseases, 28% had taken hypoglycaemics, 10% were on hormonal therapy, 23% were on irregular treatment and 8% were not taking any medicines.

About family history of hypertension, majority of women's (45%) parents were hypertensive, 20% had no family history of hypertension, 23% siblings were hypertensive and 12% women's other relatives were hypertensive.

Table 1. Frequency and percentage distribution of samples according to their demographic variables (N=100).

S.N.	Demographic variable	Frequency	Percentage
1.	Age in years		
	• 40–50	32	32
	• 51–60	56	56
2.	Age of menopause in years		
	• 35–45	26	26
	• 46–55	72	72
3.	Educational qualification		
	• Upto 10thStd.	81	81
	• Upto graduation	16	16
4.	Employment		
	• Nil	03	03
	• Private/Govt.	28	28
5.	Source of health information		
	• From mass media	23	23
	• Family members	49	49
	• Health personnels	28	28

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prehypertensive and 5 were hypertensive. BMI 25–30 kg/m² was considered as grade I obesity and >30kg/m² was considered as grade II obesity. In obesity grade I category, 7 women had normal blood pressure, 22 were prehypertensive and 9 were hypertensive. In obesity grade II category, 5 women had normal blood pressure, 18 were in prehypertensive and 24 women were hypertensive. The family history data reveals that 80% (80) had

family history of hypertension. 24 women were hypertensive, 34 were prehypertensive. The physical activity data reveals that in mild physical activity group, among total 73 women, 36 were hypertensive and 30 were prehypertensive. In moderate category, among total 19 women, 5 were hypertensive and 6 were prehypertensive. In strenuous category, among total 8 women, only 1 was hypertensive and 3 were prehypertensive.

Table 3. Prevalence of hypertension among study population (N=100).

Category	B.P.SBP/DBP	Frequency	%age
Normal	<120/<80	21	21
Prehypertension	120–139/80–89	45	45
Hypertension stage I	140–159/90–99	18	18
Hypertension stage II	>160>100	16	16
Total		100	100

Table 4. Distribution of study population as per systolic blood pressure (N=100).

Category	B.P.SBP/DBP	Frequency	%age
Normal	<120/<80	32	32
Prehypertension	120–139/80–89	36	36
Hypertension stage I	140–159/90–99	26	26
Hypertension stage II	>160>100	6	6
Total		100	100

Table 5. Distribution of study population as per diastolic blood pressure (N=100).

Category	B.P.SBP/DBP	Frequency	%age
Normal	<120/<80	27	27
Prehypertension	120–139/80–89	31	31
Hypertension stage I	140–159/90–99	32	32
Hypertension stage II	>160>100	10	10
Total		100	100

Table 6. Risk factors of hypertension among menopausal women (N=100).

Risk factors	Blood Pressure				Total N=100
	Normal N=21	Prehypertensive N=45	Stage 1 N=18	Stage 2 N=16	
Obesity (BMI)					
• <25 kg/m ²	4	6	3	2	15
• 25–30 kg/m ²	7	22	5	4	38
• >30 kg/m ²	5	18	14	10	47
Family history					
• Parents	9	23	9	4	45
• Siblings	6	9	5	3	23
• Other relatives	7	2	2	1	12
• Nofamily history	10	5	2	1	20
Physical activity					
• Mild	7	30	26	10	73
• Moderate	8	6	3	2	19
• Strenuous	4	3			8

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Table 2. Data showing the frequency percentage of samples' blood pressure and other parameters (N=100).

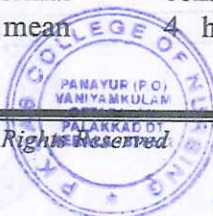
S.N.	Response of samples	Frequency	%age
1.	Blood pressure checking after menopause		
	• Yes	54	54
	• No	46	46
2.	Frequency of BP checking		
	• Every week	05	05
	• Once in a month	12	12
	• Once in a year	58	58
	• Not regular	25	25
3.	Presence of lifestyle disease		
	• Hypertension	33	33
	• Diabetes	24	24
	• Hypertension and diabetes	16	16
	• Cardiac disease	18	18
	• No disease	09	09
4.	Taking medicines if any		
	• Hormone replacement therapy	10	10
	• Antihypertensive/cardiac medicines	30	30
	• Hypoglycaemics	28	28
	• On irregular medication/not taking	23	23
	• Not on any medications	08	08
5.	Family history of hypertension among relatives		
	• Mother, father	45	45
	• Own siblings	23	23
	• Other family members	12	12
	• No history	20	20
6.	BMI		
	• <25 kg/m ²	15	15
	• 25-30 kg/m ²	38	38
	• >30 kg/m ²	47	47
7.	Physical activity		
	• Mild	73	73
	• Moderate	19	19
	• Strenuous	08	08

(Total 80% had family history). The calculation of BMI revealed that 15% had BMI less than 25kg/m², 38% were in the category of 25-30 kg/m² and 47% were in the category of more than 30 kg/m². Women's physical activity shows that maximum (73%) had mild activity, 19% had moderate activities and 8% had strenuous activities.

In Table 3, 34% women were hypertensive means the prevalence of hypertension in post menopausal women was high. Maximum women (45%) were in the group of prehypertension. 21% had normal blood pressure (Table 3). The mean

systolic pressure was 125.7 with range of 80-180 and mean diastolic pressure was 84.2 with the range of 70-120. As per systolic blood pressure, 32% women were found to be hypertensive. Similarly, according to diastolic blood pressure, 42% were found to be hypertensive (Tables 4 and 5).

Table 6 depicts that the main risk factors for hypertension among menopausal women were obesity, family history of hypertension, and lack of physical activity. In obesity category, BMI <25kg/m² was considered as normal. Among the samples, 4 had normal blood pressure, 6 were



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DISCUSSION**Prevalence of Hypertension among Menopausal Women**

Present study shows that overall prevalence of hypertension among rural menopausal women was 34%. The prevalence rate is comparable to other study conducted [12]. Maximum women (45%) were in the group of prehypertension. 21% had normal blood pressure. The mean systolic pressure was 125.7 with range of 80–180 and mean diastolic pressure was 84.2 with the range of 70–120. As per systolic blood pressure, 32% women were found to be hypertensive. Similarly, according to diastolic blood pressure, 42% were found to be hypertensive. The mean menopausal age was 50.1 years.

Risk Factors for Hypertension among Menopausal Women

Risk factors identified for hypertension among menopausal women were obesity, family history of hypertension and lack of physical activity. BMI above 25 kg/m² was considered as obese [12]. Hypertensive women had significantly higher value of BMI than non-hypertensive women. Among total 85 women of obese category, 33 were hypertensive and 40 were in prehypertensive. Among the total 80 women with positive family history, 24 women were hypertensive, 34 were prehypertensive. The physical activity data reveals that in mild physical activity group among total 73 women, 36 were hypertensive and 30 were prehypertensive. The prevalence of mild physical activity was higher as compared to data obtained from other similar studies [13].

CONCLUSION

The present study conducted at rural area of Vaniyankulam, Palakkad district confirms that the prevalence of hypertension among menopausal women in a rural area is high, that is 34%. Even

though there are many risk factors towards hypertension in menopausal women, the researcher identified that obesity, family history of hypertension and lack of physical activity are the main risk factors for hypertension in menopausal women. Hypertension is a major risk factor for cardiovascular disease. There are many reasons existing for the hypertension to occur in menopausal women. Post menopausal hypertension is a major concern for women's health. In view of the current study, the following recommendations are suggested.

RECOMMENDATION

- Screening for premenopausal and post menopausal women for evidence of lifestyle diseases.
- Awareness programmes for the premenopausal and post menopausal women.
- Facility of counseling sessions for menopausal women.
- Similar studies can be conducted in urban settings.

ACKNOWLEDGEMENT

First of all, we thank Lord Almighty for his abundant blessing showered on us which helped us to complete the study successfully. We are immensely thankful to Adv. P Krishna Das, Chairman and Managing Trustee who allowed us to conduct this study from our College. We immensely indebted to our family members for their love and wholehearted support. We extend our sincere gratitude towards the families of Vaniyankulam rural area where we collected the data and conducted this study. Also I extend my sincere gratitude towards the teaching and non-teaching faculties of Nehru College of Nursing, Vaniyankulam and the students who cooperated with us. Last but not the least our sincere thanks to all those who have directly and indirectly helped in the completion of the study.



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Prevalence of Hypertension among Menopausal Women at a Selected Rural Area of Vaniyamkulam, Palakkad District

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ABSTRACT

Introduction: Menopause means permanent cessation of menstruation at the end of reproductive life due to loss of ovarian follicular activity. A variety of physiological changes take place in the body. Some of these are the result of cessation of ovarian function and related menopausal events, others are a function of the ageing process. Background of the Study: Menopause is the time of a woman's life when reproductive capacity ceases. The ovaries stop functioning and their production of steroid and peptide hormones falls. A variety of physiological changes take place in the body. All these events lead to hypertension in menopausal women. Objectives: To find out the prevalence rate of hypertension among menopausal women at a selected rural area of Vaniyamkulam, Palakkad district. To identify the major risk factors for hypertension among menopausal women. Material and Methods Used: A cross sectional study with non experimental simple descriptive research design was used. The setting was rural community area of Vaniyamkulam, Palakkad district. Total Sample size was 100 post menopausal women. Sampling Technique: Purposive sampling. Samples from consecutive houses of a particular rural area of Vaniyamkulam. Menopause Women: 100. Study conducted at Vaniyamkulam, Palakkad district from 6th-10th Jan 2020. Result: The present study revealed that overall prevalence of hypertension among rural menopausal women was 34%. As per systolic blood pressure, 32% women were found to be hypertensive. Similarly, according to diastolic blood pressure, 42% were found to be hypertensive. Risk factors identified for hypertension among menopausal women were obesity, family history of hypertension and lack of physical activity. Among total 85 women of obese category, 33 were hypertensive and 40 were prehypertensive. Among the total 80 women with positive family history, 24 women were hypertensive, 34 were prehypertensive. The physical activity data reveals that in mild physical activity group among total 73 women, 36 were hypertensive and 30 were prehypertensive. Conclusion: The study confirms that the prevalence of hypertension among menopausal women in a rural area is high, that is 34%. Even though there are many risk factors towards the hypertension in menopausal women, the researcher identified that obesity, family history of hypertension and lack of physical activity are the main risk factors for hypertension in menopausal women.

Keywords: follicular, hypertension, menopause, ovarian, prevalence

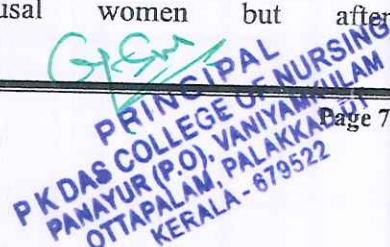
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INTRODUCTION

Menopause means permanent cessation of menstruation at the end of reproductive

life due to loss of ovarian follicular activity. Blood pressure is typically low in premenopausal women but after



menopause, the prevalence of hypertension in women is higher. Aging in is characterized by increase in blood pressure (BP) and the prevalence of hypertension in postmenopausal women is higher with 41% of postmenopausal women becoming hypertensive. In 1990, it was estimated that there were 467 million postmenopausal women worldwide [1]. This figure is expected to increase sharply over the next 40 years to a total of 1200 million by 2030. In developed countries, the age at menopause is approximately 51 years. In developing countries, the reported age at menopause exhibits more variability, but is most often reported to be in the late forties. The age at which natural menopause occurs is between the ages of 45 and 55 for women worldwide [2].

Menopause is the time of a woman's life when reproductive capacity ceases. The ovaries stop functioning and their production of steroid and peptide hormones falls. A variety of physiological changes take place in the body. In majority, apart from cessation of menstruation, no more symptoms occur. But in some women, the symptoms occur. The important symptoms seen in menopausal women are vasomotor symptoms which include hot flushes and night sweat, urogenital atrophy, osteoporosis and fracture, cardiovascular disease, psychological changes, mood swing and irritability. The decrease level of estrogen leads to obesity and hypertension [3].

BACKGROUND OF THE STUDY

States of estrogen imbalance or deprivation are associated with higher risks of hypertension and cardiovascular disease in women. However, the effects of estrogen on hypertension are multifactorial, complex, and not completely understood. Although controversial, hormone therapy may improve cardiovascular outcomes when initiated by recently menopausal women [4].

Hypertension is one of the leading causes of global burden on disease, posing a major public challenge to population in socio-economic and epidemiological transition. This problem is of special concern for developing countries where studies have projected an increase by 80% in the number of hypertensive by the year 2025 [5].

The seventh report of the Joint National Committee on prevention, detection, evaluation, and treatment of high blood pressure (JNC7) defines hypertension as systolic blood pressure (SBP) of 140mm Hg and above, and/or diastolic blood pressure (DBP) of 90mm Hg and above [6]. Both, systolic and diastolic blood pressure increases with advancing age. It is seen that blood pressure is typically lower in premenopausal women than in their male counterparts. However, after menopause, the prevalence of hypertension in women is higher than it is in men of same age group, which in turn leads to increased morbidity and mortality in post menopausal women [6]. In view of population aging throughout the world, identification of possible risk factors and prevention of hypertension in postmenopausal women are important [7].

REVIEW OF LITERATURE

A cross sectional study was conducted in Nigeria among the menopausal women, with the objective to explore the possibility of a person's risk of developing hypertension, diabetes, and obesity which is influenced by their ABO blood group, rhesus factor or both. Sample size was 201. Data revealed that hypertension co-morbidity occurred with diabetes (21%), normoglycemic (18.9%), normal body weight (13%), obesity (9.4%) and prediabetes (2.9%) respectively. The study also showed that there is relationship between increased body mass index and or with ABO/Rh blood group prevalence and hypertension among menopausal women [8].



A study conducted at Nellore, Andhra Pradesh, comprised of 263 adult healthy men and 237 women (104 premenopausal and 133 postmenopausal) ranging in age between 21–70 years. They were examined for CHD risk factors. Anthropometric measurements, blood pressure and serum lipids were analysed using standard procedures. Postmenopausal women had significantly higher levels of blood pressures, pulse rate, serum, total cholesterol, triglycerides. The prevalence of hypertension, hypercholesterolemia, hypertriglyceridemia, hyper beta-lipoproteinemia and atherogenic indices were significantly greater in postmenopausal women than in premenopausal women. This study confirms a higher prevalence of risk factors for CHD among women in older age group and suggests that when estrogen production ceases in menopause women, the risk of CHD increases [9].

A community based cross sectional study was conducted in Delhi on hypertension and its risk factors. The prevalence of hypertension in postmenopausal women was found to be 39.6%. Obesity, smoking, family history and physical activity were significantly higher among hypertensive as compared to non-hypertensive [10].

A descriptive study conducted among 350 perimenopausal and postmenopausal women at Urban Health Centre, Bandra, Mumbai, revealed that the prevalence of hypertension was more among postmenopausal women (36.76%) as compared to perimenopausal women (3.03%) [11].

MATERIALS AND METHODOLOGY

Objectives

- To find out the prevalence rate of hypertension among menopausal women at a selected rural area of Vaniyankulam, Palakkad district.

- To identify the major risk factors for hypertension among menopausal women.

A cross sectional study with non experimental simple descriptive research design was used. The setting was rural community area of Vaniyankulam, Palakkad district. Total sample size was 100 post menopausal women.

Inclusion Criteria

Menopausal woman above 40 years who is able to answer the questions and willing to participate in the study.

Tool and Technique

Preformed, pre-tested, semi-structured interview schedule.

Total Questions

11 (Demographic data:5 items, other items: 6)

Section I

Demographic data: It deals with the demographic characteristics of the samples which includes age, age of menopause, type of menopause, education, employment, source of health information

Section II

Semi-structured questionnaire with the objective to detect the prevalence of hypertension. Total: 6 items.

Section III

Anthropometric measures of the samples. A standard mercury sphygmomanometer was used to record systolic (SBP) and diastolic blood pressures (DBP), height in cm, weight in Kg, BMI calculation.

Data Collection

Interview technique using semi-structured questionnaire and adding description if required. Informed written consent taken prior to data collection.

Data collection was done at rural area, Vaniyankulam, Palakkad district from 6th–10th Jan, 2020.

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S.N.	Demographic variable	Frequency	Percentage
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	• 40–50	32	32
	• 51–60	56	56
	• >60	12	12
2.	Age of menopause in years		
	• 35–45	26	26
	• 46–55	72	72
	• >55	02	02
3.	Educational qualification		
	• Upto 10thStd.	81	81
	• Upto graduation	16	16
	• >Graduation	03	03
4.	Employment		
	• Private/Govt.	28	28
	• Labourer	20	20
	• Nil	52	52
5.	Source of health information		
	• From mass media	23	23
	• Family members	49	49
	• Health personnels	28	28

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Table 2. Data showing the frequency percentage of samples' blood pressure and other parameters (N=100).

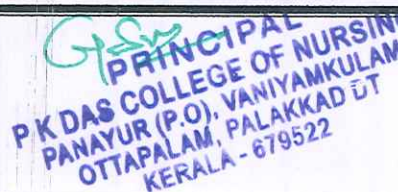
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3.	Presence of lifestyle disease		
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	• Diabetes	24	24
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	• No disease	09	09
4.	Taking medicines if any		
	• Hormone replacement therapy	10	10
	• Antihypertensive/cardiac medicines	30	30
	• Hypoglycaemics	28	28
	• On irregular medication/not taking	23	23
	• Not on any medications	08	08
5.	Family history of hypertension among relatives		
	• Mother, father	45	45
	• Own siblings	23	23
	• Other family members	12	12
	• No history	20	20
6.	BMI		
	• <25 kg/m ²	15	15
	• 25-30 kg/m ²	38	38
	• >30 kg/m ²	47	47
7.	Physical activity		
	• Mild	73	73
	• Moderate	19	19
	• Strenuous	08	08

(Total 80% had family history). The calculation of BMI revealed that 15% had BMI less than 25kg/m², 38% were in the category of 25-30 kg/m² and 47% were in the category of more than 30 kg/m². Women's physical activity shows that maximum (73%) had mild activity, 19% had moderate activities and 8% had strenuous activities.

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Table 6 depicts that the main risk factors for hypertension among menopausal women were obesity, family history of hypertension, and lack of physical activity. In obesity category, BMI <25kg/m² was considered as normal. Among the samples, 4 had normal blood pressure, 6 were



prehypertensive and 5 were hypertensive. BMI 25–30 kg/m² was considered as grade I obesity and >30kg/m² was considered as grade II obesity. In obesity grade I category, 7 women had normal blood pressure, 22 were prehypertensive and 9 were hypertensive. In obesity grade II category, 5 women had normal blood pressure, 18 were in prehypertensive and 24 women were hypertensive. The family history data reveals that 80% (80) had

family history of hypertension. 24 women were hypertensive, 34 were prehypertensive. The physical activity data reveals that in mild physical activity group, among total 73 women, 36 were hypertensive and 30 were prehypertensive. In moderate category, among total 19 women, 5 were hypertensive and 6 were prehypertensive. In strenuous category, among total 8 women, only 1 was hypertensive and 3 were prehypertensive.

Table 3. Prevalence of hypertension among study population (N=100).

Category	B.P.SBP/DBP	Frequency	%age
Normal	<120/<80	21	21
Prehypertension	120–139/80–89	45	45
Hypertension stage I	140–159/90–99	18	18
Hypertension stage II	>160>100	16	16
Total		100	100

Table 4. Distribution of study population as per systolic blood pressure (N=100).

Category	B.P.SBP/DBP	Frequency	%age
Normal	<120/<80	32	32
Prehypertension	120–139/80–89	36	36
Hypertension stage I	140–159/90–99	26	26
Hypertension stage II	>160>100	6	6
Total		100	100

Table 5. Distribution of study population as per diastolic blood pressure (N=100).

Category	B.P.SBP/DBP	Frequency	%age
Normal	<120/<80	27	27
Prehypertension	120–139/80–89	31	31
Hypertension stage I	140–159/90–99	32	32
Hypertension stage II	>160>100	10	10
Total		100	100

Table 6. Risk factors of hypertension among menopausal women (N=100).

Risk factors	Blood Pressure				Total
	Normal N=21	Prehypertensive N=45	Stage 1 N=18	Stage 2 N=16	
Obesity (BMI)					100
• <25 kg/m ²	4	6	3	2	15
• 25–30 kg/m ²	7	22	5	4	38
• >30 kg/m ²	5	18	14	10	47
Family history					
• Parents	9	23	9	4	45
• Siblings	6	9	5	3	23
• Other relatives	7	2	2	1	12
• Nofamily history	10	5	2	1	20
Physical activity					
• Mild	7	30	26	2	73
• Moderate	8	6	2	2	19
• Strenuous	4	3	1	0	8

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DISCUSSION

Prevalence of Hypertension among Menopausal Women

Present study shows that overall prevalence of hypertension among rural menopausal women was 34%. The prevalence rate is comparable to other study conducted [12]. Maximum women (45%) were in the group of prehypertension. 21% had normal blood pressure. The mean systolic pressure was 125.7 with range of 80–180 and mean diastolic pressure was 84.2 with the range of 70–120. As per systolic blood pressure, 32% women were found to be hypertensive. Similarly, according to diastolic blood pressure, 42% were found to be hypertensive. The mean menopausal age was 50.1 years.

Risk Factors for Hypertension among Menopausal Women

Risk factors identified for hypertension among menopausal women were obesity, family history of hypertension and lack of physical activity. BMI above 25 kg/m² was considered as obese [12]. Hypertensive women had significantly higher value of BMI than non-hypertensive women. Among total 85 women of obese category, 33 were hypertensive and 40 were in prehypertensive. Among the total 80 women with positive family history, 24 women were hypertensive, 34 were prehypertensive. The physical activity data reveals that in mild physical activity group among total 73 women, 36 were hypertensive and 30 were prehypertensive. The prevalence of mild physical activity was higher as compared to data obtained from other similar studies [13].

CONCLUSION

The present study conducted at rural area of Vaniyamkulam, Palakkad district confirms that the prevalence of hypertension among menopausal women in a rural area is high, that is 34%. Even

though there are many risk factors towards hypertension in menopausal women, the researcher identified that obesity, family history of hypertension and lack of physical activity are the main risk factors for hypertension in menopausal women. Hypertension is a major risk factor for cardiovascular disease. There are many reasons existing for the hypertension to occur in menopausal women. Post menopausal hypertension is a major concern for women's health. In view of the current study, the following recommendations are suggested.

RECOMMENDATION

- Screening for premenopausal and post menopausal women for evidence of lifestyle diseases.
- Awareness programmes for the premenopausal and post menopausal women.
- Facility of counseling sessions for menopausal women.
- Similar studies can be conducted in urban settings.

ACKNOWLEDGEMENT

First of all, we thank Lord Almighty for his abundant blessing showered on us which helped us to complete the study successfully. We are immensely thankful to Adv. P Krishna Das, Chairman and Managing Trustee who allowed us to conduct this study from our College. We are immensely indebted to our family members for their love and wholehearted support. We extend our sincere gratitude towards the families of Vaniyamkulam rural area where we collected the data and conducted this study. Also I extend my sincere gratitude towards the teaching and non-teaching faculties of Nehru College of Nursing, Vaniyamkulam and the students who cooperated with us. Last but not the least our sincere thanks to all those who have directly and indirectly helped in the completion of the study.



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Effectiveness of Structured Teaching Programme on Knowledge regarding Management of Patients with Organophosphorus Poisoning among I and II Year General Nursing Students in a Selected School of Nursing at Kunnamkulam, Thrissur District

Lt. Col Regina*

Assistant Professor, Department of Obstetrics and Gynaecological Nursing, Nehru College of Nursing, Palakkad, Kerala, India

ABSTRACT

Introduction: A poison is any substance that can cause harm if it gets into the body. The word poison is derived from a Latin word 'Potare' which means to drink. Organophosphorus (OP) compounds are a diverse group of chemicals used in both domestic and industrial settings. OP compounds are divided into two groups which are carbonate group and phosphate group. The organophosphorus compounds include insecticides and pesticides namely malathion, parathion, diazinon etc. **Objectives of the study:** 1. To determine the pre-test knowledge score with the help of semi-structured questionnaire. 2. To evaluate the effectiveness of structured teaching programme on management of patients with organophosphorus poisoning among GNM students. **Method:** The evaluative approach was used with one group pre-test, post-test experimental design. Purposive sampling technique was used for selecting the samples of 50 GNM students. The setting was Malankara Orthodox Syrian Church School of Nursing, Kunnamkulam, Thrissur District. The study was conducted in January 2019. The researcher herself developed a knowledge questionnaire on management of organophosphorus poisoning patients. **Result:** Descriptive and inferential statistics were used to analyse the data. Assessment of level of pre-test knowledge of GNM students shows that highest percentage (56%) of the GNM students had satisfactory knowledge regarding organophosphorus poisoning. 36% of GNM students had poor knowledge and 8% good knowledge. None had excellent knowledge in management of organophosphorus poisoning. Assessment of level of post-test knowledge of GNM students shows that highest percentage (52%) of the GNM students had satisfactory knowledge regarding organophosphorus poisoning. None of the students had poor knowledge and 50% had good knowledge and 8% had excellent knowledge in management of organophosphorus poisoning. The study reveal that the calculated 't' value ($t=8.11$), $p<0.05$ was greater than the table value. Hence it is concluded that there is significant gain in knowledge of I and II year GNM nursing students through structured teaching programme on organophosphorus poisoning. **Discussion and conclusion:** Analysis revealed that out of 25 maximum attainable score the total mean pre-test score was 10.05 (42%). Post-test mean score was 17.5 (70%). The pre-test and post-test score difference was 7.45 (29.8%) The findings reveal that in each area of knowledge, there is knowledge gain among the GNM students. This reveals the effectiveness of the structured teaching programme on management of patients with organophosphorus poisoning among GNM students.

Keywords: atropinisation, effectiveness, GNM nursing students, organophosphorus poisoning, self instruction module



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Organ donation study

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A Study to Assess the Effectiveness of Planned Teaching Programme on Knowledge Regarding Organ Donation among the Adults Residing in Selected Area at Karekkad

Regina P. F., Tamil Selvi P., Aswini V. Nair, Mubeena A.K., Namitha S. Nair, Rohini G., Vijisha M., Vipinkrishnan K.

Abstract

Background of the Study: "Life is a dynamic process. It starts from birth and ends into death. In between, we pass different stages of life with different diseases and problems. As per the WHO, in last three years, India had poor knowledge about organ donation. In April 2014, 98000 people were in waiting lists for organ transplantation. In that, 106 were waiting per day and 18 people died due to organ shortage. In 2015, the number of waiting people increased up to 120004. Recently, India had less knowledge about organ donation. Objectives of the Study: To assess the knowledge of adults regarding organ donation. To evaluate the effectiveness of structured teaching programme on knowledge regarding organ donation. To find out the association between the pre-test knowledge score of adults on knowledge regarding organ donation with selected demographic variables. Method: A pre-experimental one group pre-test post-test design was used for the study. The adults who were in the age group of 20-40 years at Karekkad. After the pre-test, a semi-structured teaching programme was administered to the subjects and on the 7th day, post-test was conducted with the same structured knowledge questionnaire. The collected data was analyzed by using descriptive and inferential statistics. Result: The mean post-test knowledge score obtained (O2 = 20.54) was higher than the mean pre-test knowledge score (O1 = 10.48), paired „t“ test was used to find out the significant difference between the mean pre-test and post-test knowledge score. The calculated „t“ value (11.79) was found to be significant at 0.05 level. This shows that STP was effective in increasing the knowledge of adult regarding organ donation. There was not a significant association between the pre-test knowledge score with the demographic variables like age, sex, religion, education, marital status, and knowledge regarding organ donation. Interpretation and Conclusion: The findings of the study showed that the knowledge score of adults at Karekkad were very less before the STP. The STP facilitated them to gain more knowledge about organ donation which was evident from the post-test knowledge score. Hence, study implies that the STP is an effective strategy for providing information and to improve knowledge of adults at Karekkad.

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Effectiveness of Structured Teaching Programme Regarding Polycystic Ovarian Syndrome among Adolescent Girls in GVHSS Koonathara

Regina P. F., Tamil Selvi P., Sheeba S., Usmanul Hakeem C.P., Aneesha M.M., C.M. Kavya, Ebitha V.O., Jiyamol Thomas, Hima A.M., Uma Suresh, Vrinjisha V.C.

Abstract

Introduction: Adolescence is the transitional period of growth and development between childhood and adulthood. Like the central features of PCOS, certain metabolic changes that are associated with PCOS are also physiologic during puberty. Unhealthy eating habits and lack of exercise lead to many diseases in adolescents such as polycystic ovarian syndrome. The cysts are fluid-filled bubbles that contain eggs that have not yet been released because of hormonal imbalance. **Objectives of the study** 1. To assess the pre-test knowledge of adolescent girls regarding PCOS. 2. To find the effectiveness of a structured teaching programme on PCOS. 3. To find out the association between knowledge and selected variables. **Method:** In this study, a pre-experimental one-group pre-test post-test design was used. **Sample size:** 30 adolescent girls. **Sampling:** Convenient sampling. Data was collected using a structured knowledge questionnaire. After the pre-test, a structured teaching programme was given to the adolescent girls regarding polycystic ovarian syndrome. On the 3rd day, the post-test was conducted with the same structured knowledge questionnaire. **Inferential and descriptive statistics** were used for data analysis. **Result:** The mean post-test knowledge score obtained ($O_2 = 18.8$) was higher than the mean pre-test knowledge score ($O_1 = 10.76$). Paired t-test was used to find out the significant difference between the mean pre-test and post-test knowledge scores. The calculated 't' value (13.7) was found to be significant at 0.05 level. This shows that STP was effective in increasing the knowledge of adolescent girls regarding PCOS. There was no significant association between the pre-test knowledge score with the demographic variables like age, sex, religion, education, marital status, and knowledge regarding PCOS. **Interpretation and Conclusion:** The findings of the study showed that the knowledge score of adolescent girls in GVHSS Koonathara was very less before the STP. The STP facilitated them to gain more knowledge about organ donation which was evident from the post-test knowledge score. Therefore, the study concludes that the administration of a structured teaching programme was an effective method for improving the knowledge of adolescent girls regarding PCOS.

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A Study to Assess the Knowledge about Reproductive Health among College Girls in a Selected College at Ottapalam, Palakkad District

Tamil Selvi, Regina P.F, Sheeba S., Rincy P.M., Shilu Saju, Rosmy Vincent, Saranya Chandran, Sandra U.S., Rajendran R.

Abstract

Reproductive health is a state of complete physical, mental, and social wellbeing and not merely the absence of disease and infirmity, in all matters relating to the reproductive system and to its functions and processes. Reproductive health implies that people are able to have satisfying and safe sex and that have the capability to reproduce and the freedom to decide if, when, and how often to do so. Reproductive health refers to the condition of male and female reproductive systems during all life stages. These systems are made of organs and hormone-producing glands, including the pituitary gland in the brain. Ovaries in females and testicles in males are reproductive organs, or gonads, that maintain the health of their respective systems. They also function as glands because they produce and release hormones. Statement of the Problem: "A study to assess the knowledge about reproductive health among college girls in a selected college at Ottapalam, Palakkad District." Objectives of the Study: • To assess the knowledge of college girls about reproductive health. • To find out the association between knowledge score of college girls about reproductive health and selected demographic variables. Method: The design used in this study is one group knowledge test design. A descriptive study was conducted by the administration of a structured knowledge questionnaire to assess the knowledge level regarding reproductive health among college girls. A total of 50 college girls were selected by convenient sampling. A study was conducted among first-year B.Sc. Nursing students of Nehru College of Nursing, Vaniyankulam, Ottapalam, Palakkad District. Data collection was done on 2nd March 2020 by using a structured knowledge questionnaire. The data was analysed by using descriptive and inferential statistics. Result: The knowledge score of college girls regarding reproductive health score was low. The mean knowledge score was 14 out of 25. The mean knowledge score percentage was only 56%. Data shows that the highest percentage (48%) of the college girls had satisfactory knowledge regarding reproductive health. 26% of students had good knowledge and 18% had poor knowledge. Only 8% had excellent knowledge about reproductive health. This reveals that on the whole, the knowledge level of college girls regarding reproductive health was low. All the chi-square values were lesser than that of the tabulated values. The findings indicated that there is no significant association between the knowledge score and selected demographic variables. Interpretation and Conclusion: The knowledge score of college girls regarding reproductive health score was low. The *Author for Correspondence Regina P.F. E-mail: tlvc901@gmail.com 1Principal, Nehru College of Nursing, Vaniyankulam, Kerala, India 2Associate Professor, Department of Nursing, Nehru College of Nursing, Vaniyankulam, Kerala, India 3Assistant Professor, Department of Nursing, Nehru College of Nursing, Vaniyankulam, Kerala, India 4B.Sc. Nursing Student, Nehru College of Nursing, Vaniyankulam, Kerala, India Received Date: September 28, 2020 Accepted Date: November 25, 2020 Published Date: April 10, 2021 Citation: Tamil Selvi, Regina P.F., Sheeba S., Rincy P.M., Shilu Saju, Rosmy Vincent, Saranya Chandran, Sandra U.S., Rajendran R. A Study to Assess the Knowledge about Reproductive Health among College Girls in a Selected College at Ottapalam, Palakkad District. International Journal of Women Health Nursing. 2021; 4(1): 20p. A Study to Assess the Knowledge about Reproductive Health among College Girls in a Selected College at Ottapalam, Palakkad District. et al. © JournalsPub 2021. All Rights Reserved 10 findings of this study would help the nurses to develop an insight into the importance of health education regarding reproductive health and its various aspects.



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Effectiveness of Structured Teaching Programme Regarding Menstrual Hygiene Among Adolescent Girls in TRKHSS, Vaniyamkulam

Lt Col Regina P.F., Tamil Selvi P., Akhila A., Anju Babu, Gopika K., Liba cherian, Muhammed Arshed K.T., Praveena Paul, Shalu Varghese, Sumi K.S., Ummu Salma, Vani V. V.

Abstract

Background of the Study: Adolescence is a transitional period in a girl's life. She is getting changed from girlhood to adulthood. Physiological, psychological and hormonal changes takes place in girls. There is deficiency in knowledge regarding menstruation and its hygiene. Also certain taboos exist in some families regarding menstrual hygiene. To minimize the chance of infection in adolescent girls, awareness about menstrual hygiene is a needed factor.

Objectives:

- To assess the pretest knowledge of adolescent girls regarding menstrual hygiene.
- To find the effectiveness of structured teaching programme (STP) on menstrual hygiene.
- To find out the association between pretest knowledge and selected demographic variables.

Method: One group pretest post-test design was used for the present study. Sample size was 30 adolescent girls in the age group of 10-12 years. The present study was carried out for a period of five days from 21/02/2019 to 25/02/2019. After pretest, a STP was administered to the subjects and post-test was conducted with the same structured knowledge questionnaire. The collected data were analysed by using descriptive and inferential statistics.

Result: The descriptive and inferential statistics were used for the analysis of data. The analysis was carried out on the basis of objectives and hypothesis of the study. The mean post-test knowledge score obtained ($O_2 = 19.93$) was higher than the mean pretest knowledge score ($O_1 = 11.06$); paired 't' test was used to find out the significant differences between the mean pretest and post-test knowledge score. The calculated t-value (7.8) was found to be significant at (t29) level. This showed that the STP was effective in increasing the knowledge of adolescent girls regarding menstrual hygiene. There was no significant association between the median pretest knowledge score with demographical variables such as residential area ($X^2 = 0.79$), type of family ($X^2 = 1.62$), religious status ($X^2 = 1.41$), educational status of mother ($X^2 = 0.71$), number of elder sister ($X = 2.63$) and source of information ($X^2 = 2.38$)

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Asso.Prof.,Principal, Asst.Prof. (Nehru College of Nursing, Vaniyamkulam, Palakkad District, Kerala) 3rd year B.Sc Nursing students.

ABSTRACT

Adolescents - young people between the age of 12 and 19 years are often thought of as healthy group. It is the transition stage between childhood and adolescent. The impact of modernization and technological ascertainment reflects in daily life. The unhealthy eating habits and lack of exercise leads to many diseases in adolescents as polycystic ovarian syndrome. Polycystic ovarian syndrome is a common health problem which increases in adolescent girls and young women during the reproductive years. The term polycystic means many cysts and polycystic ovarian syndrome gets its name because of clusters of small, pearls size cysts in ovaries. The cysts are fluid filled bubbles that contain eggs that have not yet been released because of hormonal imbalance.

Statement of the problem

“Effectiveness of structured teaching programme regarding polycystic ovarian syndrome among adolescent girls in GVHSS Koonathara”.

Objectives of the study

1. To assess the pretest knowledge of adolescent girls regarding PCOS.
2. To find the effectiveness of structured teaching programme on PCOS.
3. To find out the association between knowledge and selected variables.

Method



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In this study, a pre-experimental one group pre-test post-test design was used for the study.

Sample size: 30 adolescent girls.

Sampling : Convenient sampling

Pilot study was conducted, the tool and study design were found to be feasible. Data were collected using a structured knowledge questionnaire. After pre-test a structured teaching programme were given to the adolescent girls. On the 3rd day post-test was conducted with the same structured knowledge questionnaire. The data were collected and analysed using descriptive and inferential statistics.

Result

The mean post-test knowledge score obtained ($O_2=18.8$) was higher than the mean pre-test knowledge score ($O_1=10.76$). Paired t test was used to find out the significant difference between the mean pre-test and post-test knowledge score. The calculated 't' value (13.7) was found to be significant at 0.05 level. This shows that STP was effective in increasing the knowledge of adolescent girls regarding PCOS. There were no significant association between the pre-test knowledge score with the demographic variables like age, sex, religion, education, marital status and knowledge regarding PCOS.

Interpretation and Conclusion

Findings of the study showed that the knowledge score of adolescent girls in GVHSS Koonathara was very less before the STP. The STP facilitated them to gain more knowledge about organ donation which was evident from the post-test knowledge score. There for, the study concludes that the administration of structured teaching programme was an effective method of improve the knowledge of adolescent girls regarding PCOS.

Key words

Effectiveness, structured teaching programme, knowledge, adolescent girls



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“EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME REGARDING MENSTRUAL HYGIENE AMONG ADOLESCENT GIRLS IN TRKHSS, VANIYAMKULAM.”

Authors: Lt Col Regina P.F¹., Tamilselvi P²., Akhila A³., Anju Babu⁴., Gopika K⁵., Liba cherian⁶., Muhammed Arshed K.T⁷., Praveena Paul⁸., Shalu Varghese⁹., Sumi K.S¹⁰., Ummu Salma¹¹., Vani V.V.¹²

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³B.Sc. Nursing Students, Nehru College of Nursing, Palakkad, Kerala, India

ABSTRACT

BACKGROUND OF THE STUDY

Adolescence in girls has been recognized as a special period which signifies the transition from girlhood to womanhood. Menstruation is generally considered as unclean in the Indian society. Isolation of the menstruating girls and restrictions being imposed on them in the family, have reinforced a negative attitude towards this phenomenon. Several studies have reported restrictions during the daily activities. Apart from these, they believe in specified taboos at menarche and menstruation. There is a substantial lacuna in the knowledge about menstruation among adolescent girls. Several research studies have revealed this gap and they showed that there was a low level of awareness about menstruation among the girls when they first experienced it. Social prohibitions and the negative attitude of parents in discussing the related



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issues openly, have blocked the access of adolescent girls to the right kind of information, especially in the rural and tribal communities. Infections due to lack of hygiene during menstruation have been reported in many studies

OBJECTIVES

- To assess the pretest knowledge of adolescent girls regarding menstrual hygiene.
- To find the effectiveness of structured teaching programme on menstrual hygiene.
- To find out the association between pretest knowledge and selected demographic variables.

METHOD

A pre experimental one group pre test- post test design was used for the study. Adolescent girls between the age group of 10-12 years were useful to study . After pre test a structured teaching programme was administered to the subjects and post test was conducted with the same structured knowledge questionnaire. The collected data was analysed by using descriptive and inferential statistics.

RESULT

The descriptive and inferential statistics were used for the analysis of data. The analysis was carried out on the basis of objectives and hypothesis of the study. The mean post test knowledge score obtained ($O_2 = 19.93$) was higher than the mean pretest knowledge score ($O_1 = 11.06$), paired 't' test was used to find out the significant differences between the mean pretest and post test knowledge score. The calculated t value (7.8) was found to be significant at ($t_{29} =$) level. This showed that structured teaching programme was effective in increasing the knowledge of adolescent girls regarding menstrual hygiene .



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There was no significant association between the median pretest knowledge score with demographical variables such as residential area($X^2=0.79$), type of family ($X^2=1.62$) , religious status ($X^2=1.41$), educational status of mother($X^2=0.71$), number of elder sister ($X =2.63$)and source of information($X^2=2.38$).

Keywords: Effectiveness, menstrual hygiene, adolescent girls, structured teaching programme



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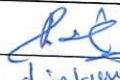
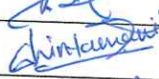
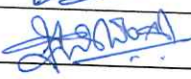
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**A STUDY TO ASSESS THE EFFECT OF PLANNED TEACHING PROGRAMME ON
KNOWLEDGE REGARDING OBJECTIVE STRUCTURED CLINICAL
EXAMINATION (OSCE) AMONG FINAL YEAR NURSING STUDENTS IN NEHRU
COLLEGE OF NURSING , VANIYAMKULAM.**

Prof. Tamil Selvi, M.Sc., Mrs. Chintamani M, M.Sc., Mrs. Anjali K A, M.Sc.,

Abstract

The objective Structured Clinical Examination (OSCE) is an innovative approach to students' assessment in which aspects of clinical competence are evaluated in a comprehensive, consistent and structured manner, with close attention to the objectivity of the process. The OSCE examination sections are planned and organized in the form of several "stations", approximately 10-20 or more stations are there for exams and the students are rotated and covering each stations. Each station focuses on testing various skill such as, cognitive skill, procedure skill , interpretation skill , communication skill etc. A checklist is prepared by breaking the skill being tested into its essential steps and the precautions to be observed. Score "1" for each point conducted correctly or mark "0" if the task is not done as recommended and calculate the Score. Quantitative research approach and the design used in this study was pre experiment 'One group pretest post test design'. The data were collected from 30 samples .This result was computed using descriptive and inferential statistics based on the objectives of the study. The study findings reveals that there is an effect in the planned teaching programme among final year nursing students regarding OSCE.

Key : Planned Teaching, OSCE, Nursing Students

INTRODUCTION

The objective structured clinical examination (OSCE) was first used in the year of 1970s, is an assessment of competence carried out in a well-planned, structured and objective way



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(Harden and Gleeson, 1979). It is well established within medicine and has been used extensively in Nurse Education worldwide (Nulty et al, 2011).

The Objective Structured Clinical Examination (OSCE) is often used in undergraduate nursing education as a means to provide standardized and objective evaluation of clinical skills required for nurses' future professional activity.(8)

The objective Structured Clinical Examination (OSCE) is an innovative approach to students' assessment in which aspects of clinical competence are evaluated in a comprehensive, consistent and structured manner with close attention to the process of objectivity (Byrne and Smith, 2007).

OSCE has been widely used since it was developed. Researcher have declare that it is an effective evaluation tool to assess the students practical skills. currently, the ability of simulation to meet the needs of practice education remains limited (pierre, wierenga, barton, branday and christie, 2004)

OSCE is reliable assessment done to assess practical skills in an objective and a transparent manner. It provides opportunity to test their attitude and communication skills too. The examinations organized in the form of various stations, through which students will rotate.

The examinatio is planned and organized in the form of several "stations" (usually 10-20, or more stations) and candidates are rotates each stations. Each station focuses on testing various skill such as, cognitive skill, procedure skill , interpretation skill, , communication skill etc. an checklist is prepared for assessing the skill, in to its essential steps and precautions are to be observed. Score "1" for each point conducted correctly or mark "0" if the task is not done as recommended and calculate the Score. The objectivity in assessment is achieved by each component tested at one fixed statio by the examiner and having the student rotate through each stations.

The stations, where the performance skills are tested station called as procedure stations. The examiner examine the performance of the student with a checklist and assigna the scores. We can have 6-10 such stations. The answers at the stations are written in the answersheet, and



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submitted at the end of the examination and cross check with the checklist at the time of marking scores. Each stations students spends 5 minutes.

NEED FOR THE STUDY

The OSCE has been usually evaluate the areas most critical to performance of health care professional, such as the ability to obtain or interpret data, problem solving, teach, communicate and handle unpredictable patient behaviour, which are otherwise impossible in the traditional clinical examination.

There are Several methods of assessing the clinical competence of medical students exist. Objective structured clinical examination (OSCE) has been increasingly used in medical and nursing education to provide a valid assessment of the clinical competencies for the students(7)

Shadia A. Eldarirand Nagwa A. Abd el Hamid (2013) conducted a Comparative study to find the effect of OSCE versus traditional clinical student's achievement at maternity nursing. It conclude that OSCE can be used as an appropriate method in evaluating nursing clinical skills because of various advantages such as improving students' clinical performance, preparing highly qualified graduates, increasing decising making abilities and improve teaching level.

So OSCE is one of the essential method to evaluate the nursing students skills objectively and also it help to create a skillful nurses for service.

Planned teaching programme play a important role in enhancing the knowledge of people .There are various kind of methods used to improve the knowledge among the people.

STATEMENT OF THE PROBLEM

A study to assess the effect of planned teaching programme on knowledge regarding objective structured clinical examination (OSCE) among final year nusing students in Nehru college of nursing , Vaniyamkulam

OBJECTIVES

- Assess the pretest level knowledge of nursing students regarding objective structured clinical examination (OSCE).



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- Find the effect of Planned teaching programme regarding objective structured clinical examination (OSCE) among final year nursing students.
- To find out the association between pretest knowledge with selected demographic variables.

ASSUMPTIONS

It is assumed that :-

1. Nursing student have less knowledge regarding objective structured clinical examination (OSCE).
2. Planned teaching programme is an effective tool in improving knowledge of final year Nursing students at Nehru college of nursing , Vaniyankulam.

REVIEW OF LITERATURE

Review of literature is a key step in every research process. It is an account of what is already known above a particular phenomenon. The main purpose of this review of literature is to convey to the readers about the work already done and the knowledge and ideas that have been already established on a particular research topic.

Majumder M A A, Kumar et all.,(2019) conducted a cross-sectional evaluative study of objective structured clinical examination(OSCE):students and examiners perspeptions .It conclude Overall, the OSCE was perceived very positively and welcomed by both the students and also by the examiners.

Pramilaa Ravindranadhan(2017)., conducted a pre experimental study to determine the effect of Structured Teaching Program (STP) on Objective Structured Clinical Examination (OSCE) among 31 nurse educators in a college of nursing, Nainital .One group Pretest intervention and post test design was adopted. STP was delivered using power point presentation. The results of the study reveals that mean difference between pretest and post test level of knowledge were 4.355 and paired 't' value was 17.576 and that was highly significant at 0.001 level. Level of knowledge was found majority (51.6%) had average knowledge and 38.7% had poor knowledge in the pretest whereas majority (90.3%) had good knowledge and 9.7% had average knowledge in the post test.



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METHODOLOGY

This chapter deals with research approach, research design, setting of the study, population, sampling technique, sample, sample size, criteria for sample selection, description of the instruments, scoring procedure, validity and reliability of tool, description of the intervention, pilot study, data collection procedure, and plan for data analysis.

RESEARCH APPROACH: Quantitative research approach

RESEARCH DESIGN: The design used in this study is pre experiment 'One group pretest post test design'.

Subject	Pre test	Treatment	Post test
Nursing students- final year	O1	X	O2

SETTING OF STUDY: The study was conducted in Nehru college of Nursing, Vaniyamkulam.

POPULATION: The population of study consist of final year Nursing students at Nehru college of nursing, Vaniyamkulam.

SAMPLE AND SAMPLING TECHNIQUE: The sample for the current study consist of 30 final year Nursing students at Nehru college of nursing, Vaniyamkulam. Simple random sampling technique was used in this study.

INCLUSION CRITERIA

- Those who are willing to participate in the study
- Students who will be present at the time of study.

EXCLUSION CRITERIA

- Those who are not interested to participate in the study
- Students not present at the time of study

DESCRIPTION OF TOOL

The tool consist of 2 sections



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Part A: Demographic Performa with 4 variables.

Part B: Structured knowledge questionnaire regarding objective structured clinical examination (OSCE). . Total 20 questions

DATA ANALYSIS AND INTERPRETATION:

This result was computed using descriptive and inferential statistics based on the objectives of the study. The data were collected from 30 samples.

This tables deals with the frequency and percentage distribution of nursing students women according to selected demographic variables such as age in years, sex, economic status and previous knowledge.

Table: 1: Frequency and percentage distribution of nursing students according to selected baseline variables

N=30

VARIABLES		F	%
1.Age in years	20 years	0	0
	21 years	25	83.3
	22 years and above	5	16.7
2.Sex	Male	3	10
	Female	27	90
3.Economic status	BPL	10	33
	APL	20	77
4.Previous exposure	News paper	4	13.3
	Mass media	12	40.3
	Social media	4	46.4



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The table1 reveals the majority 25(83.3%) of final year nursing students belongs to the age group of 21 years. Regarding sex majority 27(90%) workers are female. Economic status majority 20(77%) of the final year nursing students were APL. Regarding previous knowledge majority 14 (46.4%) final year nursing students having previous knowledge from social media.

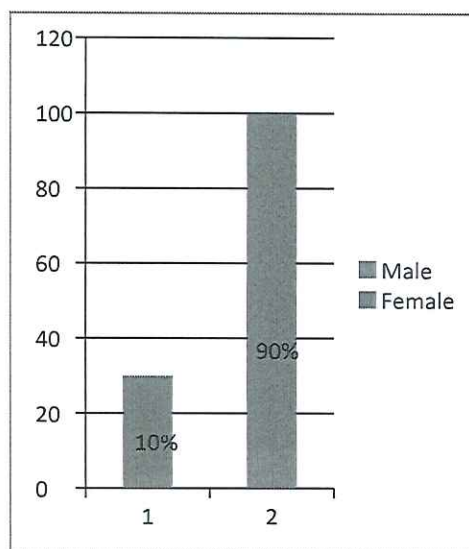
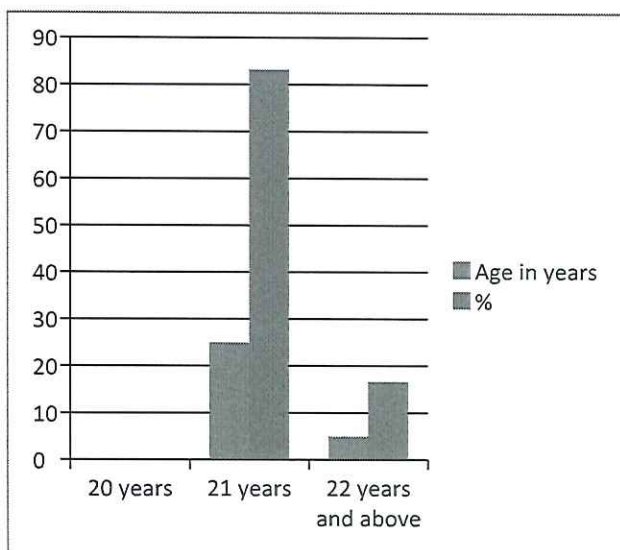


Table: 2: Frequency and percentage distribution of nursing students according to pre test and post test level of knowledge. N=30

VARIABLES		F	%
PRE TEST SCORE	POOR	4	13.3
	AVERAGE	26	86.7
	GOOD	0	0
POST TEST SCORE	POOR	0	0
	AVERAGE	15	50
	GOOD	15	50



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The table1 reveals that the majority 26(86.7%) of final year nursing students having average knowledge in pre test. From post test majority 15(50%) of final year nursing students are having average and good knowledge regarding OSCE.

Table 3: Distribution of final year nursing students objective structured clinical examination knowledge level in pre test and post test. N=30

Group	n	Mean	SD	Paired 't' Value
Pre Test	30	13.93	4.19	
Post Test	30	14.76	1.26	2.64

P<0.05

The above table 2 shows that the obtained 't' value for final year nursing students knowledge of objective structured clinical examination the 't' value is 2.64 significant at 0.05 level. It is inferred that the final year nursing students exposed to the planned teaching programme had significant increase in post test knowledge.

TABLE 4: Association of knowledge on objective structured clinical examination with the selected demographic variables among final year nursing students.



n=30

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S.NO	VARIABLES	POOR	AVERAGE	GOOD	X ²
1.Age in years	21 years	4	21	-	1.22
	22 years and above	0	5		
2.Sex	Male	1	2	-	1.07
	Female	3	24		
3.Economic status	BPL	2	8	-	0.586
	APL	2	18		
4.Previous exposure	News paper	1	3	-	1.015
	Mass media	2	10		
	Social media	1	13		

P>0.05

Table 4 reveals that there is no association between pre test level of knowledge with selected demographic variables.

SUMMARY AND CONCLUSION: In the present study the investigator assessed the effect of OSCE among final year nursing students. Result showed that there is an effectiveness in the pre test and post test knowledge and there is no association between level of knowledge and selected base line variables.

Based on the study findings ,it is concluded that there is an effect in the planned teaching programme among final year nursing students regarding OSCE.

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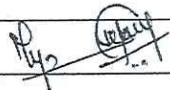
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**A Descriptive Study to Assess the Quality of Food & Safety in a Selected Hostel,
Vaniyamkulam.**

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Abstract

People all over the world often get sick from the food they eat every day. This sickness is called food borne disease and is caused by dangerous microorganisms and chemicals which are harmful to human body. The substance is ingested by an organism and assimilated by the organism's cells to provide energy, maintain life, or stimulate growth. Major determinant of health is food, nutritional status and productivity of the population is assessed by the intake of food. It is, therefore, essential that the food we consume is wholesome and safe. **Statement Of The Problem:** A descriptive study to assess the quality of food & safety in a selected hostel, Vaniyamkulam. **Objectives:** i) To assess the quality of food and safety ii) To describe the observations of each quality and food safety **Methodology:** Non experimental design – Descriptive study. Samples were selected by purposive sampling technique used in this present study. Tool: Observational check list is made to assess the food quality and food safety. Its was given to the students residing in the selected hostel Vaniyamkulam .**Data Analysis and**



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Interpretation: Descriptive analysis used in this study. **Result and Discussion:** The present study aims to assess the quality of Food and Safety in selected hostel at Vaniyamkulam. The major findings of the study were 40% of the sample strongly agree with design and facilities, 41% of sample agrees, 11% of sample have neutral opinion and 8 % disagrees with design and facilities. In control of operation 19% of sample strongly agrees, 61 % agrees and 20% have neutral opinion. Maintenance and sanitation 30% of sample strongly agrees, 46% of sample agrees, 20% of sample have neutral opinion and 4% disagrees. And Personal Hygiene 34% of sample strongly agrees, 29 % agrees and 31% have neutral opinion 5% disagrees and 1% strongly disagrees. In total the quality of Food & Safety 51.3% has compliance-Exemplar, 48.3% of sample have compliance-satisfactory. The analysis shows that the food quality and food safety were well maintained in the hostel canteen. Still the area of maintenance and sanitation need to get full satisfaction **Conclusion:** In conclusion, food is one of the basic necessities of human. Therefore, there should not be any problem which causes serious health issues. In order to protect those rights of public quality in Food and safety has to be ensured.

Keywords: Food Quality, Food safety, Food maintenance, Food sanitation

Introduction

People all over the world often get sick from the food they eat every day. This sickness is called foodborne disease and is caused by dangerous microorganisms and chemicals which are harmful to human body. Any substance that is consumed to provide nutritional support for an organism is called Food. Food is usually of plant, animal or fungal origin, and contains essential nutrients, such as carbohydrates, fats, proteins, vitamins, or minerals^[1]. The substance is ingested by an organism and assimilated by the organism's cells to provide energy, maintain life, or stimulate growth. Different species of animals have different feeding behaviours that



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satisfy the needs of their unique metabolisms, often evolved to fill a specific ecological niche within specific geographical contexts. Major determinant of health is food, nutritional status and productivity of the population is assessed by the intake of food. It is, therefore, essential that the food we consume is wholesome and safe.

Unhygienic food can lead to a large number of food-borne diseases. Globally, foodborne illness is a major problem of public health concern. In India, the Ministry of Health and Family Welfare, in September 2010 stated that more than 300 million episodes of acute diarrhoea occur every year in Food Quality and Food Safety Food-borne illness can not only result in mortality but can damage trade and tourism, lead to loss of earnings, unemployment and litigation and thus can impede economic growth, and therefore food safety and quality have gained worldwide significance.

Food safety and quality are starting its importance from the home level itself, but are critical in large scale food production and processing, and also where food is freshly prepared and served. In the past, many foods were processed at home. Advancement in technology and processing, larger per capita incomes and better purchasing power as well as increased consumer demand have led to a variety of products of processed foods, food for health / functional foods being manufactured. Safety of such foods needs to be assessed.

Quality is a measure of excellence or a state of being free from defects, deficiencies and significant variations. Quality is not a result of chance; it is a choice. This means that choice in selection of raw materials, inputs, process control, workers' knowledge and skills, all determine quality.

The most critical part of food quality is Safety. A product with perfect appearance i.e., well-coloured, appetizing, flavourful could nevertheless be unsafe because it is



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contaminated with undetected pathogenic organisms, toxic chemicals, or physical hazards. Not all contaminants are hazards. On the other hand, a product that seems to lack many of the visible quality attributes can still be safe. Food safety is the level of security achieved by ensuring food hygiene. Food safety assurance starts at the “farm”, the primary agricultural or fishery level. At all steps of the food chain, particular attention is given to potential food safety problems and how they could be prevented or controlled.

A study done by Ansari A, Kumar A et al in the year 2013 to assess the food safety management and its significance in maximizing the profit for Food Industry. In this study there are 14 respondents have selected for conduct the study and 7 companies are covered for survey. In the present investigation the survey has been conducted on the basis of well-structured questionnaire, in which some selected question asked by the respondent in regarding food safety and food quality. The result showed that 33% respondents accepted that they have no a particular food safety management system in their organization because the market they are covering does not compelling them to follow food safety.²

Statement of the Problem

A descriptive study to assess the quality of food & safety in a selected hostel, Vaniyamkulam.

Objectives

- i) To assess the quality of food and safety
- ii) To describe the observations of each quality and food safety

Hypothesis

There will be significant maintenance in the quality of food and safety.



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Review of Literature

A Review done by R.V. Sudarshan, Rao P & Polasa K on food safety research in India in the year 2009 data collected from Google search, Google scholar, PubMed, ScienceDirect were used to search for food safety research in India. The studies that were included for this review were those with a representative sample size and carried out by scholars studying in well-reputed universities, doctoral theses, original research articles in peer reviewed journals, annual reports of research organizations and institutions. Qualitative reviews were reviewed in similar topics and the results were tabulated and compared to get a better understanding of the research carried out in these issues. The study concluded that food safety research in India indicates that there is a striking paucity of reliable data on important issues like HACCP, risk assessment and KABP. In India there have been hardly any studies to evaluate the risks posed by adulterants, additives and contaminants to the health of consumers. Consequently, the protection of our diets from these hazards must be considered one of the essential public health functions of any country, which emphasizes the need for total diet studies³.

A descriptive study was done by Mundie OK and E Kuria in the year 2005 to assess the hygienic and sanitary practices of vendors of the street foods in Nairobi Kenya. The objective of the study was to assess the current status of food hygiene and sanitation practised by vendors of street foods. Hygiene and sanitation were determined by the use of structured interview and through observations. Practices such as acquisition of cooking skills, place of preparation, environmental conditions, methods of washing utensils and preservation methods were studied. Location of the street vendor, utensils used, environment surrounding the street food vendors, general processing of the food and hygienic practices were observed and recorded through an observation checklist. s.



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Five street food vendors selling each of these foods were purposively selected for the study. The total number of street food vendors included in the study was forty in each estate, giving a total of 80 street food vendors who represented 20% of the total population of street food vendors in the two locations. The results were Most (61%) of the vendors acquired cooking skills from observation, 33.3% were taught by their parents while 6.3% gained the skills by trial and error. The study concluded that every vendor, helper or food handler should undergo a basic training in food hygiene. This is to ensure that they follow the required rules for proper hygiene and sanitation⁴.

A descriptive study was done by Johnson AE, Donkin AJ, Morgan K, et al in the year 2000 to assess the food storage knowledge and practice of elderly people living at home. The methods used were three face survey and the data collection methods used was face to face interviews; dietary diaries with a food frequency questionnaire; and follow up interviews. The setting was Urban Nottingham. There were totally 809 samples which were randomly selected. The study concluded that food storage practices among the majority of elderly people interviewed in this study do not meet recommended safety standards to minimise the risk of food poisoning⁵.

Description of Tool

Tool: -

Observational Checklist to assess the food and safety practices which consist of 12 questions in four sub headings. Total score given is 60 and minimum score is 1.



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Data Analysis and Interpretation

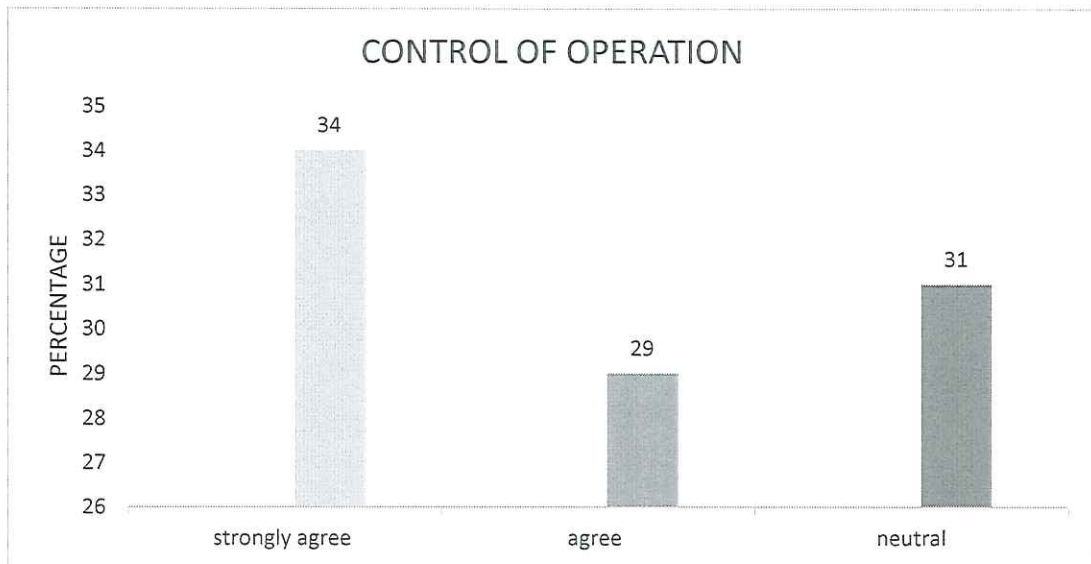
Table 1 shows distribution of sample based on quality of Food Safety based on Design and Facilities

n=37

Variable	Frequency (f)	Percentage (%)
Strongly agree	15	40
Agree	15	41
Neutral	4	11
Disagree	3	8
Strongly disagree	0	0

The above table shows 40% of the sample strongly agree with design and facilities, 41% of sample agrees, 11% of sample have neutral opinion and 8 % disagrees with design and facilities.

Fig 1 shows distribution of sample based on quality of Food Safety based on Control of Operation.



The presented data in figure 1 shows 19% of sample strongly agrees, 61 % agrees and 20% have neutral opinion.



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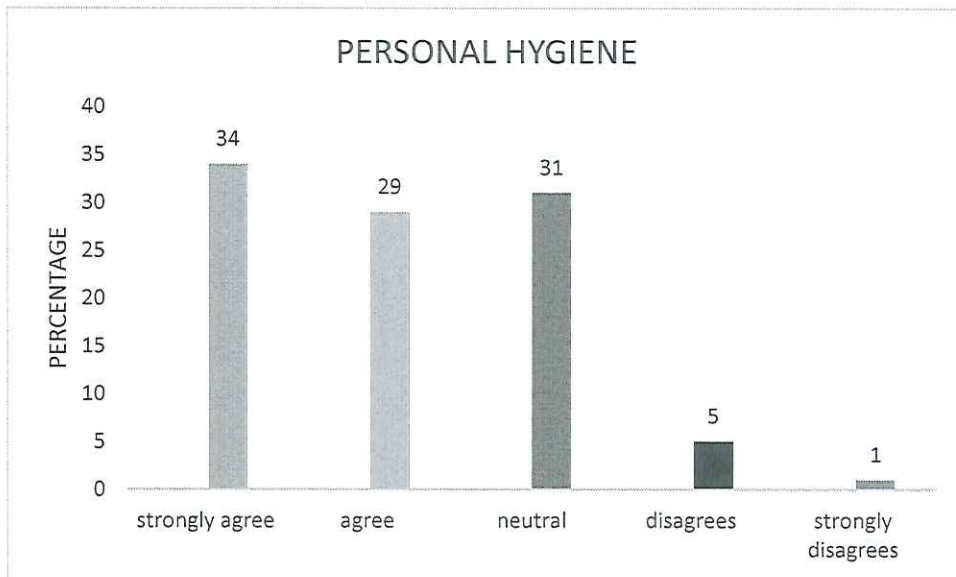
Table 2 shows distribution of sample based on quality of Food Safety based on Maintenance and sanitation

n=37

Variable	Frequency (f)	Percentage (%)
Strongly agree	11	30
Agree	17	46
Neutral	8	20
Disagree	1	4
Strongly disagree	0	0

The presented data in table 2 shows that 30% of sample strongly agrees, 46% of sample agrees, 20% of sample have neutral opinion and 4% disagrees.

Fig 2 shows distribution of sample based on quality of Food Safety based on Personal Hygiene



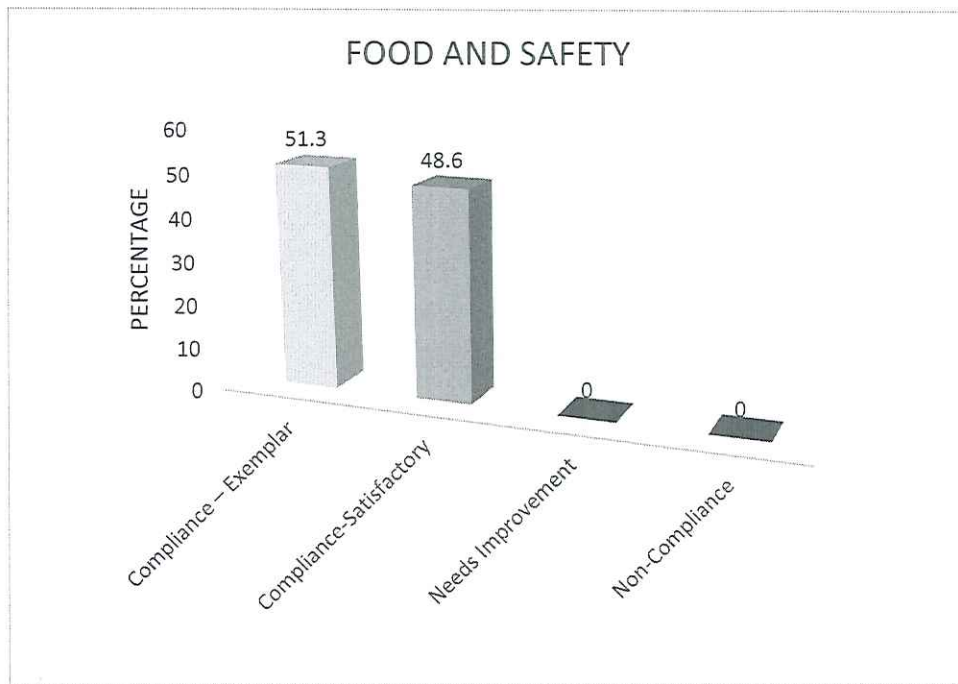
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The presented data in figure 1 shows 34% of sample strongly agrees, 29 % agrees and 31% have neutral opinion 5% disagrees and 1% strongly disagrees.

Distribution of sample based on Quality of Food and Safety

Fig 3 shows distribution of sample based on quality of Food Safety

This section describes the frequency and percentage of sample based on quality of Food & Safety. The scoring is categorized as Compliance-Exemplar (46-60), Compliance-Satisfactory (31-45), Needs improvement (16-30), Non-Compliance (1-15)



The presented data in table 3 shows that 51.3% have compliance-Exemplar, 48.3% of sample have compliance- satisfactory.

RESULT & CONCLUSION

The present study aims to assess the quality of Food and Safety in selected hostel at Vaniyamkulam. The major findings of the study were 40% of the sample strongly agree with design and facilities, 41% of sample agrees, 11% of sample have neutral



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opinion and 8 % disagrees with design and facilities. In control of operation 19% of sample strongly agrees, 61 % agrees and 20% have neutral opinion. Maintenance and sanitation 30% of sample strongly agrees, 46% of sample agrees, 20% of sample have neutral opinion and 4% disagrees. And Personal Hygiene 34% of sample strongly agrees, 29 % agrees and 31% have neutral opinion 5% disagrees and 1% strongly disagrees. In total the quality of Food & Safety 51.3% has compliance-Exemplar, 48.3% of sample have compliance- satisfactory.

The analysis shows that the food quality and food safety were well maintained in the hostel canteen. Still the area of maintenance and sanitation need to get full satisfaction

In conclusion, food is one of the basic necessities of human. Therefore, there should not be any problem which causes serious health issues. In order to protect those rights of public quality in Food and safety has to be ensured.

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Effectiveness of Structured Teaching Programme on Road Safety Measures and Prevention of Road Traffic Accident Among Third Year College Students in Al-Ameen College of Engineering at Kulappully

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ABSTRACT

Aim: A road traffic accident (RTA) was defined as accident, which took place on the road between two or more objects, one of which must be any kind of a moving vehicle. The major causes for rating our country are rapid increase in personalized modes of transport, a mixture of slow- and fast-moving vehicles, lack of road discipline, drunken driving and use of mobile phones while driving. Road traffic crashes are one of the world's largest public health and injury prevention problems. In this study we are trying to analyse the knowledge of engineering students regarding the road safety measures and road traffic accident. **Statement of the problem:** Effectiveness of Structured Teaching Programme on Road Safety Measures and Prevention of Road Traffic Accident Among Third Year College Students In Al-Ameen College of Engineering At Kulappully. **Objectives:** (1)To assess knowledge of third year college students regarding road safety measures and prevention of road traffic accidents (2) To evaluate the effectiveness of structured teaching programme regarding road safety measures and prevention of road traffic accidents. (3) To find out the association between knowledge of the third-year college students regarding road safety measures and prevention of road traffic accidents with selected demographic variables **Methodology:** Quantitative research approach, one group pre-test post-test design adopted for the study. Pre-test is assessed by using structured questionnaire and educated the third-year engineering students with a structured teaching programme of road traffic accident. The post -test was after two weeks with same

structured knowledge questionnaire. **Data Analysis and Interpretation:** The collected data was analysed by descriptive and inferential statistics. Demographic variables were analysed by descriptive method. Effectiveness by using 't' test and association by chi square test. **Result and Discussion:** The finding showed that mean post- test value (18.43) is higher than pre-test mean value (10.27). There were significant association of demographic variables with pre -test knowledge such as gender, religion, type of licence, source of information and driving experience. **Conclusion:** It indicates the drastic change of increased knowledge among third year engineering students about road safety measures and prevention of road traffic accident by the structured teaching programme.

Keywords-- Road traffic accident, Road safety measures, Public health injury, Structured teaching on RTA, Preventive measures

INTRODUCTION

Teaching the world to be careful is a constructive service worthy of God's great gift of life to man.

– Justice Harold H. Burton

Gopalakrishnan stated road traffic accidents (RTAs) have emerged as an important public health issue which needs to be tackled by a multi-disciplinary approach. Developing countries like India the RTA related injuries and death having drastic change. The real public health challenge of all the concerned agencies are increased number



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of fatal and disabilities related to road accident. The preventive approaches for implementing the rules and regulations of road accidents is often ineffective and half-hearted. The need of preventing the public health catastrophe by creating awareness, strict implementation of traffic rules and scientific engineering measures. Imparting awareness to the public as well as to the youth community will help to adhere the rules and regulation while riding and prevents serious injuries by motor vehicles [1].

NEED FOR THE STUDY

The youngsters are the future of the new generation they have to build up a good carrier, bright future, healthy nation, so they have to unleash their potentiality for their carrier and to build up a strong nation. The youths are responsible for future India but the community people are not well aware about their health, even though the youth are more prone to road traffic accidents. Due to driving too fast not following traffic rules and regulation, carelessness, over confidence, unaware of traffic rules and regulation, consuming alcohol and driving, and bad road etc [2].

The theme of WHO in 2004 was road safety is no accident. The immediate quality care given to the victim will definitely alleviate their pain and limit the disabilities associated with accident [3].

According to ministry of road transport research wing reported that, during 2015 total no. Of 500279 persons will injure in road accidents in our country. Out of these 87.2 persons by accountable 13 states. Tamil Nadu (79746), Karnataka (56971), Madhya Pradesh (55815), Kerala (41735), (39606), Andhra Pradesh (29439), Rajasthan (26153), Uttar Pradesh (232050), Telengana (29948), Gujarat (21448), Chhattisgarh (13426), Odisha (11825), West Bengal (11794). From these Tamil Nadu reported the highest number of persons injured in road accidents [4, 5].

Based on the Hindu Newspaper publication (2016 October 18) Kerala places fourth position in road transport accidents among Indian state. In the last year 32,230 accident cases are reported, in that 3,517 are died at the spot of accident and 36,398 persons are injured [6].

Harginp. F (2012) has stated that, the pedestrian safety education can help the existing practice about road crossing and this will reduce the risk of injury to pedestrian in road traffic crashes. There is lack of effective safety education among adult pedestrians and also elderly people [7].

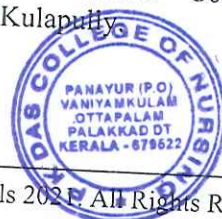
Rai K.S (2014) conducted a controlled study for evaluating the impact of a school-based helmet promotion program on knowledge, attitudes and practices of eligible adolescent drivers in Pune and the study recommends that the educational programmes related to road safety can made positive changes among the needed specific population group although can implement during critical life events, like transitions to driving status [8].

In every year 1.25 million deaths seen worldwide. In that 92 % of road traffic accidents occur in low and middle income countries India is undergoing major economic and demographic transition coupled with increasing urbanization and motorization. The road traffic accident is the tenth cause of mortality among the top ten causes of mortality in the two decades back. Some of the factors that increase the risk of road crashes in India are unsafe traffic environment, lack of knowledge regarding the use of seat belt, wearing of helmets and drink - driving, poor road infrastructure such as traffic warning signs and improper constructions [9, 10].

The investigator identified that, lack of knowledge in road traffic accident and road safety measures major cause of accident among youth community. Creating awareness to the youngsters will help to reduce the risk of occurrence of road traffic accident. So, its planned that structured teaching programme will improve knowledge on road safety measures

STATEMENT OF THE PROBLEM

Effectiveness of structured teaching programme on knowledge regarding road safety measures and prevention of road traffic accidents among third year college students in Al- Ameen College of engineering at Kulapully.



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OBJECTIVES

- To assess knowledge of third year college students regarding road safety measures and prevention of road traffic accidents
- To evaluate the effectiveness of structured teaching programme regarding road safety measures and prevention of road traffic accidents.
- To find out the association between knowledge of the third year college students regarding road safety measures and prevention of road traffic accidents with selected demographic variables.

HYPOTHESIS

H₁: There will be significant difference in the knowledge on road safety measures and prevention of road traffic accident among third year college students in Al- Ameen college of engineering at Kulapully, after the structured teaching programme.

H₂: There will be significant association between the pretest knowledge score of road safety measures and prevention of road traffic accidents with selected demographic variables.

METHODOLOGY

Research approach

The investigator adopted a quantitative research approach for the study, the study aims to assess the effectiveness of structured teaching programme on knowledge regarding road safety measures and prevention of road traffic accidents among third year students studying in Al-Ameen college of engineering at Kulapully.

Research design

The design is the master plan to analyse and determine the result. The research design used in the study is one group pre-test post-test design.

Table 1: Research Design of the Study.

Subject	Pre test	Treatment	Post test
Third Year College Students	O ¹	X	O ²

O₁: Administration of structured knowledge questionnaire to assess the pre-test knowledge level regarding road safety measures and prevention of road traffic accidents among third year college students.

x: Administration of structured teaching programme on knowledge regarding road safety measures and prevention of road traffic accidents among third year college students.

O₂: Administration of same structured knowledge questionnaire to assess the post-test knowledge level of the third-year college students regarding road safety measures and prevention of road traffic accidents.

SAMPLE AND SAMPLING TECHNIQUE

The sample for the current study consists of 100 students studying in Al-Ameen college of engineering at Kulapully. Simple random sampling technique was used in the study.

Inclusion criteria

- Students of age group between 20 – 23 studying in Al- Ameen college of engineering.
- Students who are studying in third year.
- Students who are available during the study.
- Students who are willing to participate in the study

Exclusion criteria

- Students have the age of more than 23 and less than 20 years.
- Students who are previously participate in NCC activities.
- Students who are studying other than third year
- Students who are not present during the period of study.



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Setting of the Study

The study was carried out in third year engineering students in al-ameen engineering college of engineering a kulapully.

Description of Tool

The tool consists of two sections

Part A: Demographic Performa

Table 2: Distribution of demographic variable of college students in the age group of 20-23 years.

S. No.	Demographic Variable	Frequency	Percentage%
1	Age in years		
	20-21	26	26%
	21-22	47	47%
2	Gender		
	Male	63	63%
	Female	37	37%
3	Religion		
	Hindu	45	45%
	Christian	33	33%
4	Driving experience		
	<1 year	50	50%
	< 1 and 2 year	31	31%
5	Type of vehicle used		
	2-wheeler	63	63%
	4-wheeler	32	32%
6	Type of license		
	Learners license	21	21%
	Regular license	56	56%
7	Source of information		
	friends and relatives	56	56%
	social media	36	36%
	No information	8	8%

It includes age, gender, religion, type of vehicle used, type of licence, year of driving experience, source of information.

Part B: Structured knowledge questionnaire regarding road safety measures and prevention of road traffic accident.

The structured knowledge questionnaire consists of 25 questions for

assessing the effectiveness of structured teaching programme on road safety measures and prevention of road traffic accidents among third year students. The multiple-choice questionnaire was used. The total score of the tool 25. Each correct answer carry "one" mark and wrong answer carry "zero" mark.



Table 3: Description about comparison between the pre test and post test knowledge score. N = 100

Sl. No	Group	Mean	SD	"t" Value	Level of significance
1	Pre test	10.27	2.25	37.58*	0.05
2	Post test	18.43	3.34		

*Significant

Table 3 shows the description about the comparison between the pre -test and post-test knowledge score. In pre-test the mean was 10.27 and standard deviation is 2.25. In post-

test the mean was 18.43 and standard deviation was 3.34 and the obtained "t" value is 37.58. It was significant on 0.05 level at 99 df.

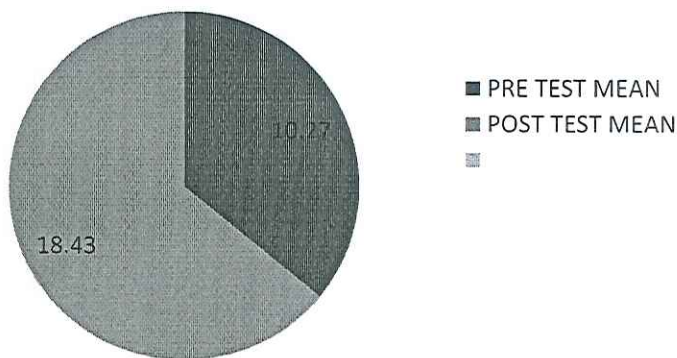
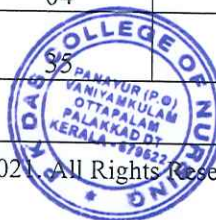


Figure 1: Distribution of pre -test and post-test knowledge mean score

Table 4: Association of Pre- Test Knowledge and Demographic Variables.

Sl No	Variables	> Mean	< Mean	Total	X ²
1.	Age				
	20 -21 Years	16	14	30	4.34
	22-23 Years	12	27	37	
23 -24 Years	18	15	33		
2.	Gender				
	Male	36	28	64	7.51
Female	10	26	36		
3.	Religion				
	Hindu	20	25	45	6.63
	Muslim	16	17	33	
Christian	10	10	22		
4.	Driving Experience				
	< 1 Year	26	24	50	4.59
	Between 1&2 Year	10	29	29	
<2year	10	21	21		
5.	Type of Vehicle Used				
	Two Wheeler	23	40	63	26.07
	Four Wheeler	22	10	33	
Heavy Vehicle	01	04	05		
6.	Type Of License				
	Learners License	20	35	55	9.24



	Regular License	12	14	26	
	No License	14	05	19	
	Source of Information				
7.	Social Media	23	33	56	22.48
	Friends\Relatives	20	16	36	
	No Information	03	05	08	

In this table, the results showed that the Chi square is higher than the table value at significance level of 0.05. The demographic variables, such as source of information, type of license, type of vehicle used, gender and religion. There is no association with the age and driving experience.

RESULT

The descriptive and inferential statistics was used for the analysis of data. The analysis was carried out on the basis of objectives and hypothesis of the study. The mean post-test knowledge score obtained ($\sigma_2 = 18.43$) was higher than the mean pre -test knowledge score ($\sigma_1 = 10.27$), paired “t” test was used to find out the significant difference between the mean pre-test and post-test knowledge score. The calculated “t” value (37.58) was found to be significant at 0.05 (99 df) level. There was a significant association between the mean pre-test knowledge score with demographic variable of gender ($\chi^2 = 7.51$, $p < 0.05$), religion ($\chi^2 = 6.63$, $p < 0.05$), type of vehicle used ($\chi^2 = 23.76$, $p < 0.05$), type of license ($\chi^2 = 9.24$, $p < 0.05$) and source of information ($\chi^2 = 22.48$, $p < 0.05$). There is no significant association between the pre-test knowledge score with other demographic variables such as age ($\chi^2 = 4.34$) and year of driving experience ($\chi^2 = 4.59$). This showed that structured teaching programme was effective in increasing knowledge of third year college students regarding road safety measures and prevention of road traffic accidents.

DISCUSSION

According to first objective, the mean pre-test knowledge scores 10.27 suggesting that the structured teaching programme needed to improve the knowledge of third year college

students regarding the road safety measures and prevention of road traffic accidents.

According to second objective of the study, the finding of the study shown a significant increasing mean post-test knowledge score was 18.43 and calculated ‘t’ value (37.58) was significant at 0.05 level at 2 (do). the result shown that difference between pre-test and post-test knowledge score on road safety measures and prevention of road traffic accidents. It implies that the structured teaching programme is effective in increasing the knowledge regarding road safety measures and prevention of road traffic accidents.

According to third objective, the chi-square is used to find out the association of pre-test knowledge score with selected demographic variables are age, sex, religion, driving experience, type of vehicle used, type of license, source of information was associated with the pre-test knowledge score. The result shown that some of the demographic variables like gender, type of vehicle, licence and source of information were associated with pre-test knowledge score

CONCLUSION

Accidents tragically are not often due to ignorance but are due to carelessness, thoughtlessness and over confidence. Since most of the causes are preventable in order to create awareness. The present study was attempted to assess the knowledge of college students regarding road safety measures and prevention of road traffic accidents. Most of the college students had poor knowledge. After structured teaching programme there was a significant improvement in the knowledge level as it is evident from the post-test knowledge score of students.

The findings shown that the structured teaching programme is effective to third year engineering students as evidenced by post – test score is increased compared with the pre –



test score. It is useful, in improving the knowledge on road safety measures and prevention of road traffic accidents help to reduce the road traffic accidents.

Recommendations

On the basis of the study finding, the following recommendations have been made for further study.

1. A study could be conducted on the larger sample, there by the findings can be generalized.
2. A exploratory study could be conducted to identify the knowledge of adult regarding road safety measures and prevention of road traffic accidents.
3. A experimental study could be under taken by having control group.

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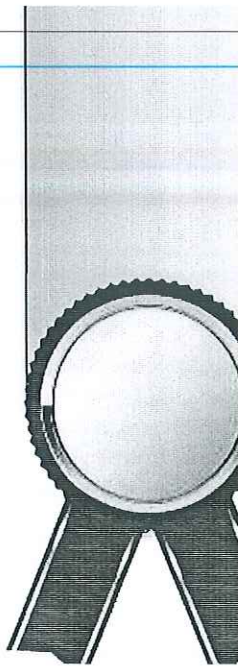
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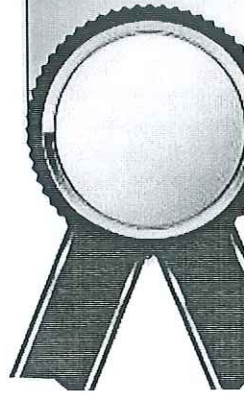
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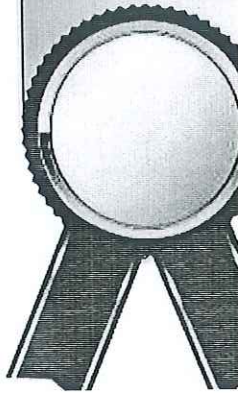
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Greetings from JournalsPub!

We are glad to inform you that your article **"A Study to Assess the Knowledge about Reproductive Health among College Girls in a Selected College at Ottapalam, Palakkad District"** has been published in the International **Journal of Women Health Nursing in Volume 4, Issue 1.**

Please find the attached certificate.

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A Study to Assess the Knowledge about Reproductive Health among College Girls in a Selected College at Ottapalam, Palakkad District

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ABSTRACT

Reproductive health is a state of complete physical, mental, and social wellbeing and not merely the absence of disease and infirmity, in all matters relating to the reproductive system and to its functions and processes. Reproductive health implies that people are able to have satisfying and safe sex and that have the capability to reproduce and the freedom to decide if, when, and how often to do so. Reproductive health refers to the condition of male and female reproductive systems during all life stages. These systems are made of organs and hormone-producing glands, including the pituitary gland in the brain. Ovaries in females and testicles in males are reproductive organs, or gonads, that maintain the health of their respective systems. They also function as glands because they produce and release hormones. **Statement of the Problem:** "A study to assess the knowledge about reproductive health among college girls in a selected college at Ottapalam, Palakkad District."

Objectives of the Study

- To assess the knowledge of college girls about reproductive health.
- To find out the association between knowledge score of college girls about reproductive health and selected demographic variables.

Method: The design used in this study is one group knowledge test design. A descriptive study was conducted by the administration of a structured knowledge questionnaire to assess the knowledge level regarding reproductive health among college girls. A total of 50 college girls were selected by convenient sampling. A study was conducted among first-year B.Sc. Nursing students of Nehru College of Nursing, Vaniyankulam, Ottapalam, Palakkad District. Data collection was done on 2nd March 2020 by using a structured knowledge questionnaire. The data was analysed by using descriptive and inferential statistics. **Result:** The knowledge score of college girls regarding reproductive health score was low. The mean knowledge score was 14 out of 25. The mean knowledge score percentage was only 56%. Data shows that the highest percentage (48%) of the college girls had satisfactory knowledge regarding reproductive health. 26% of students had good knowledge and 18% had poor knowledge. Only 8% had excellent knowledge about reproductive health. This reveals that on the whole, the knowledge level of college girls regarding reproductive health was low. All the chi-square values were lesser than that of the tabulated values. The findings indicated that there is no significant association between the knowledge score and selected demographic variables. **Interpretation and Conclusion:** The knowledge score of college girls regarding reproductive health score was low. The findings of the study would help the nurses to develop



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an insight into the importance of health education regarding reproductive health and its various aspects.

Keywords: College girls, glands, knowledge, reproductive health, reproductive system

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INTRODUCTION

Reproductive health is an important area of concern in adolescent health. Assessment of unmet needs of unmarried adolescent girls during past five years revealed that the felt needs are mostly unmet in areas related to menstrual hygiene, knowledge on consequences of early marriage, risk of teenage pregnancies, sexually transmitted infections, HIV and AIDS, unsafe abortions, and breastfeeding [1].

Women often enter the health care system because of reproductive health issues or problems. In the "International Conference on Population and Development" held in 1994, the nations of the world agreed to give special attention to the reproductive issue. ICPD recommended the new approach and needs to be adopted to tackle the problem. The reproductive health of adolescent girls is crucial in determining the health of future generations. However, there exist many roadblocks in implementation from theory to practice [2].

NEED FOR THE STUDY

Reproductive health implies that people are able to have satisfying and safe sex and that they have the capacity to reproduce and the freedom to decide if, when, and how often to do so. Reproductive health is a state of wellbeing in all matters relating to the reproductive system, and its function and processes.

Furthermore, men and women should have access to appropriate health care services that will enable them to go safely through

pregnancy and childbirth, as well as to provide the couple with the best chance of having a healthy infant. Men and women have the right to be informed and to have areas to safe, effective, affordable, and acceptable methods of family planning to their choice that are not against the law.

PROBLEM STATEMENT

"A study to assess the knowledge about reproductive health among college girls in a selected college at Ottapalam, Palakkad District."

OBJECTIVES

- To assess the knowledge of college girls about reproductive health.
- To find out the association between knowledge score of college girls about reproductive health and selected demographic variables.

ASSUMPTIONS

Awareness regarding reproductive health is poor among college girls in the selected college of Ottapalam, Palakkad District.

HYPOTHESIS

- **H₁:** There will be a significant knowledge deficit about reproductive health among college girls in a selected college at Ottapalam.
- **H₂:** There will be a significant association between knowledge scores of reproductive health and the selected demographic variables.

SUMMARY

The article deals with the introduction regarding reproductive health, the need for



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the study, the statement of the problem, objectives, operational definition, assumptions, and hypothesis.

REVIEW OF LITERATURE

A descriptive cross-sectional study was conducted in Bangalore among the second PUC students from the college of Bangalore city. 600 girls participated, 300 each from science and non-science. All the girls were educated about reproductive health after the study. The findings reveal that science students are having better knowledge than non-science students regarding reproductive tract infections. About the routes of HIV among the science group, 64% knew about the routes of HIV, but in non-science students, only 42% knew the routes of HIV. In conclusion, the author says that the science students were found to be more knowledgeable than the non-science students.

A study was conducted at a coastal village in Udipi, Karnataka to determine the effectiveness of an educational interventional program on knowledge about reproductive health among adolescent girls. The study was conducted on 791 rural girls in the age group of 16–19 years. According to the survey, a significant increase in overall knowledge after the intervention was observed. Knowledge regarding contraception, ovulation, fertilization, and diet during pregnancy was improved from 60 to 95%. The study reveals that education programs will bring gain in knowledge about reproductive health in adolescent girls [3].

A descriptive study was conducted to study the awareness of adolescent teacher's trainers of Awassa College of teacher education, South Ethiopia regarding reproductive health through a questionnaire. The study adopted a survey method. A total of 200 teacher trainers

were selected randomly from Awassa College of Teacher Education, South Ethiopia. The result showed that the male teacher trainers have a better awareness of reproductive health when compared to the female trainers. Despite the fact that as many as 1/5th of the population of Ethiopia comprises adolescents aged 10–20 years, their health needs are poorly understood and ill-served [4].

A study was undertaken to check the awareness of reproductive health among rural and urban adolescent girls at Varanasi. Knowledge regarding clinical symptoms and biological symptoms of AIDS and the relationship between AIDS/HIV and knowledge regarding teenage pregnancy and mode of pregnancy was lower in urban girls than rural girls. The result of the study revealed that urban girls had more scientific information than rural girls. So the rural girls had various misconceptions about it [5].

A descriptive study was conducted in Mumbai among a population of 60 adolescents who were selected by convenient sampling technique, and data were collected by self-reporting technique. The objective was to assess the effect of a planned teaching program on the knowledge, attitude, and practice of adolescence in relation to reproductive health in selected shelter homes. A convenient sampling technique was used. In this study, the pretest knowledge score was 63% and the post-test knowledge score was 91% which reveals gain in knowledge after planned teaching program [6].

A descriptive study was conducted at Thiruvananthapuram to assess the effectiveness of a school-based adolescent reproductive sexual health education package in improving the students' knowledge on reproductive sexual health matters. In this, it was observed that the



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majority of the adolescents were poorly informed about reproductive sexual health matters, particularly about contraceptives. There was a statistical increase in the knowledge in adolescents after the interventions. The percentage of poor knowledge had reduced significantly from 64.1 to 83%. The study revealed the feasibility and effectiveness of school-based reproductive and sexual health programs for adolescents [7].

A cross-sectional study was conducted in Chennai regarding reproductive health status and life skills of adolescent girls dwelling in slums. The total sample size was 130. The age group was 13–19 years. A multi-staging sampling technique was used. After the study, the result showed that 95 girls reported menstrual morbidity and 66 had symptoms suggestive of reproductive/urinary tract infection. Contraceptive use among ever-married girls was 22.7%. 75% of respondents knew about HIV. About 52% had low life skill level. In the conclusion, the author says that there is a high prevalence of menstrual/reproductive morbidity, self-treated abortion, and low knowledge about modes of HIV transmission. There is a need to initiate community-level life skill education, sex education, and behavior change communication [8].

A descriptive cross-sectional study was conducted among pre-adolescent girls in Vijaya English School at Hassan, Karnataka. Overall knowledge score shows girls were having only 33.52% of knowledge before the administration of the planned teaching program. It means they were able to answer on an average 8 questions out of 25 total questions before the planned teaching program. Pre-adolescent girls were having more than 70% knowledge on all aspects of puberty, the overall percentage of post-test knowledge on different aspects of puberty

after the planned teaching program. On average, adolescent girls increased 80.71% of knowledge after the planned teaching program regarding reproductive health [9, 10].

RESEARCH METHODOLOGY

This article deals with the methodological approach adopted to assess the knowledge regarding the reproductive health among college girls in the age group of 17–20 years, studying at Nehru College of Nursing, Ottapalam, Palakkad District. It includes a description of the research approach, research design, study setting, sampling technique, description of the tool, development of the tool, data collection technique, and plan for data analysis.

The research methodology is designed to develop or refine procedure for obtaining, organizing, and analyzing the data research method and the steps, procedures, and strategies for gathering and analyzing the data in research investigation.

Research Design

Research design is a blueprint for conducting a study to maximize control over factors that could interfere with the findings, guides, planning, and implementation.

The design used in this study is one group knowledge test design.

01: Administration of structured knowledge questionnaire to assess the knowledge level regarding reproductive health among college girls.

Variables

Variables are the quality, character, and properties of a person, things, or structure that change or vary.

Demographic Variables

In the present study, the demographic variables are age, sex, education, occupation, and religion.



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Research Setting

The research setting is the more specific place where the data collection occurs. The study was conducted at Nehru College of Nursing, Ottapalam, Palakkad District.

Population

- A population is the total number of people who meet the criteria established for the study from whom the finding will be generalized.
- In the present study, the population consists of college girls from the selected college of Ottapalam in the age group of 17–20 years.

Sample and Sampling Technique

The sample for the current study consists of 50 college girls studying in the first year of B.Sc. Nursing at Nehru College of Nursing, Ottapalam, Palakkad District. A convenient sampling technique was used. Study subjects were 50 college girls studying in their first year of B.Sc. Nursing at Nehru College of Nursing, Ottapalam, Palakkad District.

Data Collection Instruments

Data collection is the procedure or instrument used by the researchers to observe or measure the key variable in the research problem. A structured knowledge questionnaire was used to collect the data of 25 items.

- Section A: Demographic variables
- Section B: Structured knowledge questionnaire regarding reproductive health

Section A: Demographic Variables

It includes age, type of family, religion, and source of health information

Section B: Structured Knowledge Questionnaire regarding Reproductive Health

The structured knowledge questionnaire consists of 25 questions for assessing the

knowledge on reproductive health among college girls. The multiple-choice questionnaire was used. The total score of the tool was 25, each correct answer carries 'one' mark and the wrong answer carries 'zero' mark.

Data Collection Method

- The questionnaire was given to the subjects directly and received back with answers.
- Data Analysis: Data analysis is done by descriptive and inferential statistics.

ANALYSIS AND INTERPRETATION

The article deals with the analysis and interpretation of data collected from the college girls between the age group of 17–20 years at Nehru College of Nursing, Ottapalam, Palakkad district to assess the knowledge regarding reproductive health.

Section A: Distribution of Demographic Variables of College Girls in the Age Group of 17–20 Years

In Table 1, the data reveals that in the age group, 22 students (44%) are in 17–18 yrs. category, 26 students (52%) in 18–19 yrs. category, and 2 students (4%) are in more than 19 years category.

In the type of family, 34 students (68%) are from the nuclear family, 13 students (26%) belong to the joint family, and 3 students (6%) are from the extended family.

In religion, 33 students (66%) are Hindus, 10 students (20%) are Christians, and 7 students (14) are Muslims.

In source of health information, 30 students had health information from mass media, 13 students (26%) had information from family members, and 7 students (14%) had gained health information from health professionals.



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Figure 1 shows the distribution of college girls according to their ages. The majority (52%) were in the age group of 18–19 years, 44% were in the age group of 17–18 years and 4% were in the age group of more than 19 years.

In Figure 2, the pie diagram shows the distribution of college girls according to their type of family. Percentage-wise distribution of college girls according to

their type of family reveals that the highest percentage (68%) of samples belong to the nuclear family, 26% belong to the joint family, and 6% belong to the extended family.

Figure 3 shows the distribution of college girls according to their religion where the highest percentage (66%) belongs to Hindus, 20% belongs to Christians, the least percentage (14%) belongs to Muslims.

Table 1. Frequency and percentage distribution of samples according to their demographic variables (N = 50).

S.N.	Sample characteristics	Frequency	Percentage
1.	Age in years		
	a. 17–18	22	44
	b. 18–19	26	52
	c. >19	2	4
2.	Type of family		
	a. Nuclear	34	68
	b. Joint	13	26
	c. Extended	3	6
3.	Religion		
	a. Hindu	33	66
	b. Christian	10	20
	c. Muslim	7	14
4.	Source of health information		
	a. Mass media	30	60
	b. Family members	13	26
	c. Health professionals	7	14

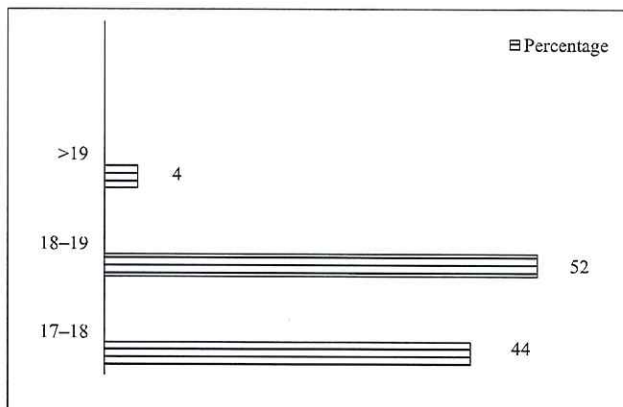


Fig. 1. Bar diagram showing the distribution of college girls according to their ages.



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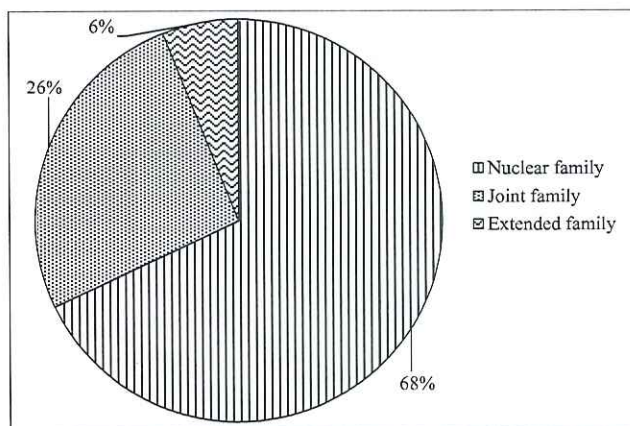


Fig. 2. Pie diagram showing the distribution of college girls according to their type of family.

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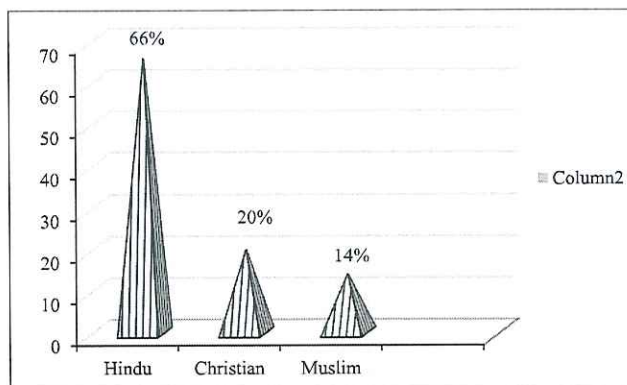


Fig. 3. Cone diagram showing the distribution of college girls according to their religion.

Figure 4 shows the distribution of college girls according to their source of health information.

Percentage-wise distribution of college girls according to the source of health information reveals that the highest percentage (60%) of samples received health information from media, 26% gained knowledge from friends, and 14% gained knowledge from health personnel.

Section B: Description about Knowledge Scores

Assessment of Existing Knowledge Level

In Table 2, the assessment of existing knowledge among college girls shows that the highest percentage (48%) of students had satisfactory knowledge regarding reproductive health, 26% of students had good knowledge, and 18% had poor knowledge. Only 8% had excellent knowledge about reproductive health.



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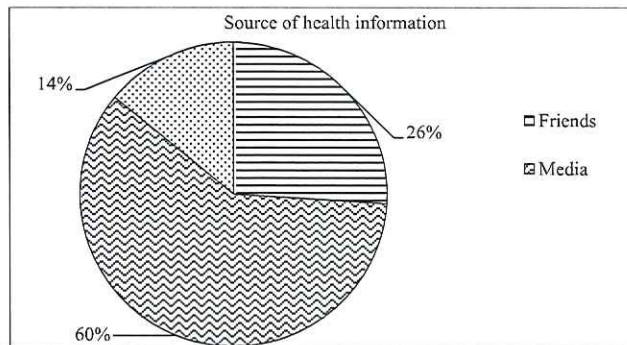


Fig. 4. Exploded pie diagram showing the distribution of college girls according to their source of health information.

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Table 2. Distribution of knowledge scores of college girls regarding knowledge on reproductive health.

Level of knowledge	% range	Total marks 25		Scoring percentage	
		Marks range	Frequency	Percentage	
Poor	< 40%	< 10	9	18	
Satisfactory	41-60%	10-14	24	48	
Good	61-80%	15-20	13	26	
Excellent	> 80%	> 20	4	8	

Table 2:

S.N.	Sample characteristics	<Median	>Median	X ²	df	Level of significance
1.	Age in years					
a.	17-18	12	10	1.95	2	Not significant
b.	18-20	9	17			
c.	>20	1	1			
2.	Type of family					
a.	Nuclear	16	18	0.43	2	Not significant
b.	Joint	5	8			
c.	Extended	1	2			
3.	Religion					
a.	Hindu	15	18	0.10	2	Not significant
b.	Christian	4	6			
c.	Muslim	3	4			
4.	Source of health information					
a.	Mass media	13	17	0.03	2	Not significant
b.	Family members	6	7			
c.	Health professionals	3	4			

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*NS: Not significant, $\chi^2 = 5.99, P < 0.05$

CHI-SQUARE

Chi-square values showing an association between the knowledge score and sample characteristics (N = 50).

Result

- S.N. 1 column shows the association between knowledge score with age group. The obtained X² value was 1.95



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at 2 (df). It was not significant at 0.05 level. It reveals that there was no association between knowledge score of college girls with the demographical variables of age.

- S.N. 2 column shows the association between knowledge score with the type of family. The obtained X^2 value was 0.43 at 2 (df). It was not significant at 0.05 level. It reveals that there was no association between the knowledge score of college girls with the type of family.
- S.N.3 column shows the association between knowledge score with the religion. The obtained X^2 value was 0.10 at 2 (df). It was not significant at 0.05 level. It reveals that there was no association between the knowledge score with the religion of college girls.
- S.N.4 column shows the association between knowledge score with the source of health information. The obtained X^2 value was 0.03 at 2 (df). It was not significant at 0.05 level. It reveals that there was no association between the knowledge score with the source of health information of college girls.

In order to determine the significant association of knowledge score with selected variables, the chi-square test was used. All the chi-square values were lesser than that of the tabulated values. Hence, the finding indicated that there is no significant association between the knowledge score and selected demographic variables like age, type of family, religion, and source of health information.

TESTING OF HYPOTHESIS

The knowledge score of college girls regarding reproductive health score was low. The mean score was 14 out of 25. The mean knowledge score percentage was

only 56%. Data shows that the highest percentage (48%) of the college girls had satisfactory knowledge regarding reproductive health. 26% of students had good knowledge, and 18% had poor knowledge. Only 8% had excellent knowledge about reproductive health. This reveals that on the whole, the knowledge level of college girls regarding reproductive health was low. Hence, we accept the alternate hypothesis.

In order to determine the significant association of pre-test knowledge score with selected variables, the chi-square test was used. All the chi-square values were lesser than that of the tabulated values. The findings indicated that there is no significant association between the knowledge score and selected demographic variables like age, type of family, religion, and source of health information. Hence, we accept the null hypothesis.

RESULT

Part I: Percentage-wise Distribution of College Girls according to their Demographic Variables

Distribution of college girls according to their age shows that the highest percentage (52%) of college students were in the age group of 18–20 years whereas 44% were in the age group of 17–18 years, and 4% were in the age group of >20 years.

Percentage-wise distribution of college girls according to their type of family shows that the highest percentage i.e. 68% (34) belong to the nuclear family, 26% (13) belong to the joint family, and 6% (3) belong to the extended family.

Percentage-wise distribution of college students according to their religion shows that the highest percentage i.e. 66% (33) were Christians, 20% (10) were Hindus, and 14% (7) were Muslims.



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Percentage-wise distribution of college girls according to source of health information reveals that the highest percentage i.e. 60% (30) of sample received health information from media, 26% (13) gained knowledge from friends, and 14% (7) gained knowledge from health professionals.

Part II: Analysis of Knowledge Score of College Students regarding Reproductive Health

Level of knowledge of college girls regarding reproductive health

The knowledge score of college girls regarding reproductive health score was low. The mean score was 14 out of 25. The mean knowledge score percentage was only 57%. Data shows that the highest percentage (48%) of the college girls had satisfactory knowledge regarding reproductive health. 26% of students had good knowledge, and 18% had poor knowledge. Only 8% had excellent knowledge about reproductive health. This reveals that on the whole, the knowledge level of college girls regarding reproductive health was low.

Part III: Testing of Hypothesis

The knowledge score of college girls regarding reproductive health score was low. The mean knowledge score was 14 out of 25. The mean knowledge score percentage was only 57%. Data shows that the highest percentage (48%) of the college girls had satisfactory knowledge regarding reproductive health. 26% of students had good knowledge and 18% had poor knowledge. Only 8% had excellent knowledge about reproductive health. This reveals that on the whole, the knowledge level of college girls regarding reproductive health was low.

Part IV: Association of the Knowledge Score of College Students with Demographic Variables

In order to determine the significant association of pre-test knowledge score

with selected demographic variables, the chi-square test was used. All the chi-square values were lesser than that of the tabulated values. The findings indicated that there is no significant association between the knowledge score and selected demographic variables like age, type of family, religion, and source of health information.

DISCUSSION, SUMMARY, CONCLUSION, IMPLICATION, AND RECOMMENDATION

DISCUSSION

The present study was designed to assess the knowledge score about reproductive health among college girls in a selected college at Palakkad District. In the nature of the problem under study to achieve the objectives of the study, a one group knowledge testing was done using structured knowledge questionnaire. A simple random technique was used. The data was collected from 50 college girls.

- Part I: Description of demographic characteristics of college girls
- Part II: Analysis of knowledge of college girls regarding reproductive health
- Part III: Testing of Hypothesis
- Part IV: Association of the knowledge score of college girls with demographic variables

Part I: Percentage-wise Distribution of College Girls according to their Demographic Variables

Distribution of college girls according to their age shows that the highest percentage (52%) of college students were in the age group of 18–20 years whereas 44% were in the age group of 17–18 years, and 4% were in the age group of >20 years.

Percentage-wise distribution of college girls according to their type of family shows that the highest percentage, 68% (34) belongs to nuclear family, 26% (13)



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belongs to the joint family, and 6% (3) belongs to the extended family.

Percentage-wise distribution of college students according to their religion shows that the highest percentage, 66% (33) were Christians, 20% (10) were Hindus, and 14% (7) were Muslims.

Percentage-wise distribution of college girls according to source of health information reveals that the highest percentage, 60% (30) of samples received health information from media, 26% (13) gained knowledge from friends, and 14% (7) gained knowledge from health professionals.

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Part IV: Association of the Knowledge Score of College Students with Demographic Variables

In order to determine the significant association of pre-test knowledge score with selected demographic variables, the chi-square test was used. All the chi-square values were lesser than that of the tabulated values. The findings indicated that there is no significant association between the knowledge score and selected demographic variables like age, type of family, religion, and source of health information.

SUMMARY

The overall of conducting this study was a satisfying one as there was good cooperation from the college girls of Nehru College of Nursing, Ottapalam, Palakkad District. The respondents were satisfied and happy with the information they received. The study was a new learning experience for the investigator. The result of the present study showed that there is a great need for college girls to update their knowledge regarding reproductive health. By improving the knowledge of college girls, the community-based awareness also will be improved, so the future will be much benefitted.

CONCLUSION

Major Findings

The knowledge score of college girls regarding reproductive health score was low. The mean score was 14 out of 25. The mean knowledge score percentage was only 57%. Data shows that the highest percentage (48%) of the college girls had satisfactory knowledge regarding



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reproductive health. 26% of students had good knowledge and 18% had poor knowledge. Only 8% had excellent knowledge about reproductive health. This reveals that on the whole, the knowledge level of college girls regarding reproductive health was low.

The findings of the present study show that there was no association between the knowledge scores and selected demographic variables.

- In knowledge score assessment, it has been found that the majority of the college girls had satisfactory knowledge.
- There was no association between the knowledge score about reproductive health among college girls and demographic variables.

IMPLICATIONS

The findings of the present study have implications in various areas of nursing education, nursing practice, and nursing research.

Nursing Practice

Promotion of health and prevention of diseases is the present day trend in health care industry which is also greatly emphasized by WHO. Nurses have a major role in improving the health of the people by conducting awareness programs. Hence, nurses should take a keen interest in preparing different teaching strategies for the schools, colleges, and community. So that students will get much knowledge about reproductive physiology and reproductive health.

Nursing Education

Nurses should have thorough knowledge regarding various aspects of health in order to provide comprehensive care to society. One of the important aspects of health is reproductive health. Nurses need to have in-depth knowledge regarding

reproductive health and issues so that they can motivate the women in the community about the consequences of unawareness about reproductive health. The findings of the study would help the nurses to develop an insight into the importance of health education regarding reproductive health and its various aspects.

Nursing Research

Nursing practice should be based on a scientific body of knowledge. Further research should be conducted to create awareness about reproductive health.

LIMITATIONS

- Sample size was small so the generalization of the finding is limited.
- Study was conducted only in a selected college, so the generalization of the finding is limited.

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Effect of Self-instructional Module on Cardiac Drugs and Its Management among People with Cardiac Diseases at Palakkad District

Tamilselvi ., Lavanya ., Daisy M.V., Akhila K.S., Aleena Rose Siby, Aleena Thomas, Alkesh P.J., Alvy Paul, Anamika P.S., Angel Thomas

Abstract

Cardiovascular disease is the leading cause of mortality and morbidity in many countries worldwide. The world Health Organization estimated action is taken 20 million people would die from cardiovascular disease in every year. Drug that affects the function of heart and blood vessel are among the most widely used medicine. The patient who is taking cardiac medication has to understand the side effects. The research is based on the effect of self-instructional module on knowledge of side effects on cardiac drugs and its management among people with cardiac disease at Palakkad. Most of the people doesn't know the side effects of these medication. The education about drugs and their side effects aim to improve patient's long-term survival and recovery. Statement of the Study: The effect of self-instructional module on knowledge of side effects on cardiac drugs and its management among people with cardiac disease at Palakkad district. Aim: The study is to find out the knowledge on side effect of cardiac drugs on regular use and administering self-instructional module to the cardiac patients after that reassessing the knowledge on side effects of cardiac drugs Methodology: The quantitative research approach, pre-experimental one group pretest and posttest research design adopted to assess the knowledge of side effects of cardiac drugs and its management among people with cardiac diseases. The population of the study consists of people with cardiac diseases in community area of Palakkad district. Purposive sampling technique was used to select 30 people with cardiac diseases in the community area. The samples pretest knowledge assessed by using structured knowledge questionnaire. Administered the self-instructional module on side effects of cardiac drugs. Reassessed the knowledge by using the same structured knowledge questionnaire The collected data was analyzed by using descriptive and inferential statistics. Result: According to the analysis the pre-test mean value is 9.76 and the post-test mean value is increased to 13.6 after the administration of self-instructional module on side effects of cardiac drugs and its management. It indicates the increased level of knowledge on side effects of cardiac drugs in the post-test. The obtained t' value 9.12 (table value 2.045) was significant at 0.05 level at 29 (df). Conclusion: It is concluded that the self-instructional module on side effects of cardiac drugs improved the knowledge and helped to take precautions and manage the side effects as early.

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Assess the knowledge on prevention of computer vision syndrome among long terms computer users in PK Das Institute of Medical Science, Vaniyamkulam.

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ABSTRACT

The present study was done to assess the knowledge on prevention of computer vision syndrome among long term computer users in PK Das Institute of Medical Science, Vaniyamkulam. The objectives of the study were to assess the knowledge of long term computer users regarding prevention of computer vision syndrome and to find the association between the level of knowledge and selected demographic variables of long term computer users. The research approach was quantitative and descriptive design. Thirty long term computer users were selected using purposive sampling technique . Knowledge regarding prevention of computer vision syndrome was assessed with structured knowledge questionnaire. Data was analyzed by using descriptive and inferential statistics. The mean pre –test knowledge were 7.5. A statistically significant ($p < 0.05$) association were found between pre-test level of knowledge with measures adopt to get relief from the problems after computer usage.

Key words: Knowledge, Computer Vision Syndrome, Prevention

Introduction

Information and communication are two of the most important strategic issues for the success of every enterprise. Today nearly every organization uses a substantial number of computers and communication tools. Computers find a wide variety of applications in different spheres of life. With an increase in their widespread usage and their ever-increasing popularity, computer education has become the need of the day.¹

Computers and mobile computing devices are being used increasingly by larger number of population today. This new generation social changes have led increased number of people



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complaining about ocular and non-ocular symptoms². People working with computer in India is 20 Million plus and 80% of them (16 Million) have discomfort due to Computer vision syndrome (CVS)³ – “the number one occupational hazard of 21st century”.⁴ Computer vision syndrome is a complex of eye and vision problems related to work which are experienced during or related to computer use. We are unaware of some simple steps that can ensure us to stay comfortable and productive.⁵

A study was done in Malaysia to determine the prevalence of CVS and knowledge and attitude on visual ergonomics among administrative staff. Among respondents 63% had CVS. The most prevalent symptom was tired eyes, which was reported by 40% of subjects. A proportion of the respondents (35.6%) had poor level of knowledge, while 50% had poor attitude on visual ergonomics.⁶ According to the American Optometric Association (AOA), the most frequent health complaints among computer workers are vision-related⁴. Information about CVS knowledge will help employers and other stakeholders to develop strategies that will be used to reduce the effects of CVS in selected population.⁷

A study conducted by Chiemeké et al (2007) in Benin, Nigeria tested the respondents' knowledge on computer ergonomics and preventive measures of CVS. Results from the study showed that only a small percentage (32%) of the respondents were aware of preventive measures for visual symptoms, while a minority (1%) had former ergonomics guidelines/policies at their workplace.⁸

A cross sectional study was conducted by Seshadhri Arumugam et al (2014) among information technology professionals in Chennai. The prevalence of computer vision syndrome in this study was found to be 69.3%. The study concluded that continuing education would keep



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the computer professionals working in the software companies to update with necessary knowledge with regards to the recent trends in the preventive aspects of Computer Vision Syndrome.⁷

Rossignol et al reported that the prevalence of visual symptoms increased significantly in individuals who spent more than four hours daily working on video display terminals (VDTs). Of these reported complaints, eyestrain or sore eyes were the most common condition. The occurrence was significantly greater for workers who used VDTs for at least seven hours per day, when compared with those who used the displays for shorter periods.¹

Need for the Study

Millions of people around the world now use computers as their primary business tool. In the last decade or so, the number of hours people use computers has increased tremendously. With this increase in the use of computers, problems have also increased. Some of the most common problems related to computer use are Carpal tunnel syndrome, repetitive strain injury, computer eyestrain and computer vision syndrome.

Using computers for long hours put repetitive stress on body, muscles and joints especially to eyes. Problems related to eyes affect all those who spend a significant time working with computers. Hales et.al. (1994) reported that approximately 22% of computer users have musculo- skeletal problems, such as neck pain, back pain, shoulder problems and /or carpal tunnel syndrome.⁸

Torrey (2003) and Graney (2011) have shown that computer user's vision – related problems are the most frequently reported health – related problems occurring in over 70% of



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computer users. Many studies have shown that the prevalence of visual symptoms was higher among individuals who spend more than four hours working on video display terminals.⁸

People works in the IT department have the higher chance to get vision related problems . Life without computers and other devices are unimaginable. Prevalence of computer vision syndrome is also increasing with wide use of these devices. Proper education about computer vision syndrome will helps to prevent computer vision syndrome and sufferings after computer use.

Statement of the Problem

Assess the on knowledge on prevention of computer vision syndrome among long terms computer users in PK Das Institute Of Medical Science, Vaniyamkulam.

Objectives

- To assess the knowledge of long term computer users regarding prevention of computer vision syndrome.
- To find the association between level of knowledge and the selected demographic variables of long term computer users.

Operational definition

Knowledge: Refers to awareness on prevention of computer vision syndrome among long term computer users.

Computer Vision Syndrome: Complex of eye and vision problems related to near work which are experienced during or related to computer use.



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Long Term Computer User: Refers to a person of age 21-50 years who has been using computer for more than three hours per day and at least for last six month.

Hypothesis

H₁: There will be significant association between level of knowledge and selected demographic variables of long term computer users.

Methodology

Research Approach

The investigator adopted a quantitative approach for the study since the aim of the study was to assess the knowledge regarding prevention of computer vision syndrome.

Setting of the Study

The study will be conducted in PK Das Institute of Medical Sciences, Vaniyamkulam.

Population

The target population of study includes long term computer users in PK Das Institute of Medical Sciences, Vaniyamkulam..

Sample and Sampling Technique

Sample of this study consists of 30 long term computer users who are working in PK Das Institute of Medical Sciences. Purposive sampling technique was used in this study.

Inclusion Criteria

Long term computer users,



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- Who were aged between 21-50 years
- Who were working with computer for more than 6 months?

Exclusion Criteria

Long term computer users

- Who has vision problem.
- Who were not willing to participate in the study.

Tool for the Study

The tool consists of two sections

Part A: A self – administered questionnaire to assess baseline data such as age, gender, education status, department of present work, experience at present department, previous information regarding prevention of computer vision syndrome, source of information, duration of computer usage, measures adopts to get relief problems after computer use.

Part B: Structured knowledge questionnaire consists of 20 questions regarding prevention of computer vision syndrome.

Data Analysis and Interpretation

The chapter deals with the analysis and interpretation of the data collected from long term computer users in PK Das Institute of Medical Sciences, Vaniyamkulam. To assess the knowledge regarding prevention of computer vision syndrome among long terms computer users.

The findings based on the descriptive and inferential statistical analysis tabulate as follows:-

Section A: Distribution of subjects according to demographic variables



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Section B. Classification of subjects based on level of knowledge regarding prevention of computer vision syndrome

Section C: Association between level of knowledge regarding prevention of computer vision syndrome and selected demographic variables of long term computer users

Section A: Distribution of subjects according to demographic variables

This section deals with the distribution of subjects according to the demographic variables

Table 1: Frequency and percentage distribution of subjects according to age in years

n=30

Age in years	Frequency	Percentage
21- 30	8	26.67
31- 40	8	26.67
41- 50	12	40
>50	2	6.67

Table 1 reveals the distribution of subjects according to age. Majority of the subjects 40% belongs to age group of 41 -50 years, 26.67 %subjects belongs to 31-40 years and 21-30 years and 6.67% subjects belongs to >50 years of age group.

Table 2: Frequency and percentage distribution of subjects according to gender

n = 30



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Gender	Frequency	Percentage
Male	15	50
Female	15	50

Table 2 shows the distribution of subjects according to gender. Both subjects are belongs to equally distributed.

Table 3: Frequency and percentage distribution of subjects according to educational status

n = 30

Educational status	Frequency	Percentage
Diploma	2	6.7
Degree	11	36.7
Post-graduation	13	43.3
Ph D	4	13.3

Table 3 reveals that majority of subjects 43.3% are post graduate, 36.7% are graduate, 13.3% are Ph D and 6.7 % are diploma .



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Table 4: Frequency and percentage distribution of subjects according to department of present work

n = 30

Department of present work	Frequency	Percentage
Collge of Nursing	2	6.67
Medical college	8	26.6
Administration	4	46.6
School of management	6	20

Table 4 shows that majority of subjects 46.6% are working in administration department, 26.6% are working in medical college , 20% are working in school of management and 6.67% are working in college of nursing .

Table 5: Frequency and percentage distribution of subjects according to experience of computer usage at present department

n = 30

Experience of computer usage at present department	Frequency	Percentage
≤1 year	4	13.3
2-5 years	8	26.6
6-9 years	5	16.6
≥10 years	13	43.3

Table 5 shows distribution of subjects according to experience of computer usage at present department. Majority of the subjects 43.3% are with ≥10 years of experience, 26.6% subjects are with 2-5 year's of experience, 16.6% subjects are with 6-9 year of experience,



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13.3% subjects are with ≤ 1 year's of experience.

Table 6: Distribution of subjects according to previous information regarding prevention of computer vision syndrome

n = 30

Previous information regarding prevention of computer vision syndrome	Frequency	Percentage
Yes	9	30
No	21	70

Table 6 shows distribution of subjects according to previous information regarding prevention of computer vision syndrome. Majority of subjects 70% does not have previous information regarding prevention of computer vision syndrome and 30% subjects have previous information regarding prevention of computer vision syndrome.

Table 7: Frequency and percentage distribution of subjects according to source of information regarding prevention of computer vision syndrome

n = 30

Source of information regarding prevention of computer vision syndrome	Frequency	Percentage
Friend / Relative/ colleague	1	3.3
Radio /Television/ Newspaper	10	33.3
Internet	14	47
Health worker	5	17



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Table 7 shows distribution of subjects according to source of information regarding prevention of computer vision syndrome. Majority of subjects 47% have obtained information regarding prevention of computer vision syndrome from internet, 33.3% subjects received information from radio/television/newspaper, and 17% subjects got information from health worker and 3.3% from friend/relative/colleague .

Table 8: Frequency and percentage distribution of subjects according to duration of continuous computer usage per day

n = 30

Duration of continuous computer usage per day	Frequency	Percentage
≤ 3 hours	9	30
4-5 hours	9	30
6-7 hours	8	26.6
≥ 8 hours	4	13.3

Table 8 shows distribution of subjects according to duration of continuous computer usage per day. Majority of subjects 30% have ≤ 3 hours and 4-5 hours of continuous computer usage, 26.6% subjects have 6-7 hours of continuous computer usage and 13.3% subjects have ≥ 8 hours of continuous computer usage .

Table 9: Frequency and percentage distribution of subjects according to measures adopted to get relief from the problems after computer use



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n = 30

Measures adopted to get relief from the problems after computer use	Frequency	Percentage
Take a break	17	56.7
Close your eyes	7	23.3
Blink more frequently	3	10
None	3	10

Table 9 shows distribution of subjects according to measures adopted to get relief from the problems after computer use. Majority 56.7% of subjects take a break and move around or remain seated, 23.3% subjects close eyes for some minutes, 10 % subjects blink more frequently, 10% subjects not taking any measures to get relief from the problems after computer use.

Section B: Classification of subjects based on the level of knowledge

This section deals with analysis of level of knowledge regarding prevention of computer vision syndrome among long term computer users.

Table 10: Classification of subjects based on level of knowledge

n=30

Knowledge level	Pre test	
	Frequency	Percentage
Good	1	3.3
Average	15	50
Poor	14	46.7



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Table 10 indicates that majority 50% of subjects has average knowledge, 46.7% subjects have poor knowledge and 3.3% subjects had good knowledge.

Section C: Association between knowledge and the selected demographic variables of long term computer users.

This section deals with association between pre-test level of knowledge with selected demographic variables such as age, gender, education, department of present work, experience of computer usage at present department, previous information regarding prevention of computer vision syndrome, if yes, source of information regarding prevention of computer vision syndrome, duration of continuous computer usage and measures adopt to get relief from the problems after computer usage.

Table 11: Association between level of knowledge and age in years

n= 30

Age in years	Level of knowledge			Fisher's exact Value	P Value
	Poor	Average	Good		
21 – 30	4	11	0		
31 – 40	5	3	1	5.778	0.216
41- 50	3	2	1		

Table 11 indicates that the Fisher's exact value level of knowledge with age is 5.778 and p value is 0.216 Hence the association between pre- test level of knowledge and age is statistically not significant.



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Table 12: Association between level of knowledge and gender

n= 30

Gender	Level of knowledge			Fisher's exact value	P Value
	Poor	Average	Good		
Male	6	6	2	2.879	0.237
Female	10	6	0		

Table 12 indicates that the calculated Fisher's exact value of pre-test level of knowledge with gender is 2.879 and p value is 0.237. Hence the association between pre-test level of knowledge with gender is statistically not significant.

Table 13: Association between level of knowledge and educational status

n= 30

Educational status	Level of knowledge			Fisher's exact value	P Value
	Poor	Average	Good		
Diploma	2	0	0	4.378	0.625
Degree	7	4	0		
Post graduate	7	4	2		
PhD	2	2	0		

Table 13 indicates that the Fisher's exact value of pre-test level of knowledge with education 4.378 and p value is 0.625. Hence the association between pre-test level of knowledge



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with education is statistically not significant at 0.625 level.

Table 14: Association between level of knowledge and department of present work

n= 30

Department of present Work	Level of knowledge			Fisher's exact P Value	P Value
	Poor	Average	Good		
College of nursing	0	1	1	9.286	0.158
Medical college	3	4	1		
Administration	7	7	0		
School of management	4	2	0		

Table 14 indicates that the calculated Fisher's exact value of pre-test level of knowledge with department of present work is 9.286 and p value is 0.158. Hence the association between pre-test level of knowledge with department of present work is statistically not significant.

Table 15: Association between level of knowledge and experience of computer usage at present department

n=30

Experience of computer usage at present Department	Level of knowledge			Fisher's exact value	P Value
	Poor	Average	Good		
≤ 1 year	2	2	0	7.385	0.286
2-5 years	2	4	2		
6-9 years	2	3	0		
≥ 10 years	8	5	0		

Table 15 indicates that the calculated Fisher's exact value of pre-test level of knowledge with experience of computer usage at present department is 7.385 and p value is 0.286. Hence the



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association between pre-test level of knowledge with experience of computer usage at present department is statistically not significant.

Table 16: Association between level of knowledge and previous information regarding prevention of computer vision syndrome n= 30

Previous information regarding prevention of computer vision syndrome	Level of knowledge			Fisher's exact value	P value
	Poor	Average	Good		
Yes	5	2	2	5.401	0.067
No	12	9	0		

Table 16 indicates that the calculated Fisher's exact value of pre-test level of knowledge with previous information regarding prevention of computer vision syndrome is 5.401 and p value is 0.067. Hence the association between pre-test level of knowledge with previous information regarding prevention of computer vision syndrome is statistically not significant.

Table 17: Association between level of knowledge and source of information regarding prevention of computer vision syndrome n=30

Source of information regarding prevention of computer vision syndrome	Level of knowledge			Fisher's exact value	P value
	Poor	Average	Good		
Friend / Relative/Colleague	1	0	0	2.25	0.895
Radio/Television/Newspaper	2	4	4		
Internet	2	3	9		
Health worker	0	5	0		

Table 17 indicates that the Fisher's exact value of pre-test level of knowledge with source of information regarding prevention of computer vision syndrome is 2.25 and p value is 0.895.



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Hence the association between pre-test level of knowledge with source of information regarding prevention of computer vision syndrome is statistically not significant.

Table 18: Association between level of knowledge and duration of continuous computer usage n= 30

Duration of continuous computer usage	Level of knowledge			Fisher's exact value	P value
	Poor	Average	Good		
≤ 3hours	4	5	0	8.332	0.214
4-5 hours	5	4	0		
6-7 hours	6	2	1		
≥ 8 hours	0	3	1		

Table 18 indicates that the Fisher's exact value of pre-test level of knowledge with duration of continuous computer usage is 8.332 and p value is 0.214. Hence the association between pre-test level of knowledge with duration of continuous computer usage is statistically not significant.

Table 19: Association between level of knowledge and measures adopt to get relief from the problems after computer usage n= 30

Measures adopt to get relief from the problems after computer usage	Level of knowledge			Fisher's exact value	P value
	Poor	Average	Good		
Take a break	13	4	0	16.904	0.009
Close your eyes	2	5	0		
Blink more frequently	1	2	0		
None	0	2	1		



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*Significant at 0.05 level

Table 19 indicates that the Fisher's exact value of pre-test level of knowledge with measures adopt to get relief from the problems after computer usage is 16.904 and p value is 0.009. Hence the association between pre-test level of knowledge with measures adopt to get relief from the problems after computer usage is statistically significant at 0.05 level.

Result and Discussion

This chapter deals about the major findings of the based on objectives and hypotheses.

Objectives of the study

1. To assess the knowledge of long term computer users regarding prevention of computer vision syndrome.
2. To find the association between level of knowledge and the selected demographic variables of long term computer users.

Hypotheses

H₁: There will be significant association between knowledge and selected demographic variables of long term computer users.

Results

For the above objectives, the results are summarized under the following sections.

Section A Distribution of subjects according to demographic variables.

The characteristics of study population are as follow:

1. Majority of the subjects 58.3% belongs to age group of 21 -30 years, 33.3 %subjects belongs to 31-40 years and 8.34% subjects belongs to 41-50 years of age group.
2. According to the gender Majority 86.7% of the subjects are females and 13.3% subjects are



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males.

3. Considering the educational qualification that majority of subjects 56.7% are graduate, 20% are postgraduate, 11.7% are both diploma and plus two.
4. Regarding the department of work majority of subjects 45% are working in administration department, 25% are working in radiology department, 16.7% are working in reception and 13.3% are working in pharmacy department.
5. According to experience of computer usage at present department. Majority of the subjects 31.7% are with 2-5 year's of experience, 28.3% subjects are with 6-9 year's of experience, 21.7% subjects are with ≤ 1 year of experience, 18.3% subjects are with ≥ 10 year's of experience.
6. According to previous information regarding prevention of computer vision syndrome. Majority of subjects 66.67% does not have previous information regarding prevention of computer vision syndrome and 33.33% subjects have previous information regarding prevention of computer vision
7. Regarding the source of information Majority of subjects 50% have obtained information regarding prevention of computer vision syndrome from radio/television/newspaper, 40% subjects received information from friend/relative/colleague, and 5% subjects got information from both internet and health worker respectively.
8. Regarding duration of continuous computer usage per day Majority of subjects 38.3% have ≥ 8 hours of continuous computer usage, 26.7% subjects have ≤ 3 hours of continuous computer usage, 21.7% subjects have 6-7 hours of continuous computer usage and 13.3% subjects have 4-5 hours of continuous computer usage.
9. According to measures adopts to get relief from the problems after computer use Majority 36.7% of subjects take a break and move around or remain seated, 33.3% subjects close eyes for



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some minutes, 8.3% subjects blink more frequently, 21.7% subjects not taking any measures to get relief from the problems after computer use.

Section B Classification of subjects based on the level of knowledge

This section deals with the level of knowledge regarding prevention of computer vision syndrome among long term computer users in PK Das Institute of Medical Sciences, Vaniyamkulam.

Pre- test knowledge scores of 30 subjects reveals that, 50% of subjects had average knowledge, 46.7% subjects have poor knowledge and 3.3% subjects had good knowledge.

Section C Association between level of knowledge regarding prevention of computer vision syndrome and selected demographic variables of long term computer users.

There was no association between the pre-test knowledge score with demographic variable such as age , gender, education, department of present work, experience of computer usage at present department, previous information regarding prevention of computer vision syndrome, if yes, source of information regarding prevention of computer vision syndrome, and duration of continuous computer usage .

Conclusion

Based on the findings of present study, it is concluded that majority 50% of subjects has average knowledge, 46.7% subjects have poor knowledge and 3.3% subjects had good knowledge. There was an association between the pre-test knowledge score with demographic variable such as measures adopt to get relief from the problems after computer usage at 0.05 level.

Recommendation

On the basis of the study that had been conducted, certain suggestions are given for future



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studies.

1. A prevalence study can be carried out to assess the signs and symptoms of computer vision syndrome among computer professionals.
2. A similar kind of study can be undertaken in different settings and different target population, such as IT professionals and call center employees.
3. Regular in-service educational programme should be conducted for the computer professionals regarding the prevention of various computer work related health problems.

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Effect of Structured Teaching Programme on Knowledge of Respiratory Tract Infection among Mothers of Underfive Children at Selected Hospital in Vaniyamkulam

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Articles

Keywords: Respiratory tract infection, Effectiveness structured teaching programme, knowledge, mothers of under five children in Vaniyamkulam

Abstract

Respiratory tract infection or RTI is a major cause of mortality and morbidity in developing and also developed countries. About 30 million under five children die every year in the world, 95% of them in developing countries, one third of total death due to respiratory tract infection. The study was carried out to assess the effect of structured teaching programme on knowledge of respiratory tract infection among mothers of underfive children at selected hospital in Vaniyamkulam. A descriptive cross sectional survey design was used to collect data from 30 mothers of under five children to assess their knowledge regarding respiratory tract infection using structured questionnaire and structured teaching programme. This study was undertaken in PKDIMS at Vaniyamkulam from 11/04/2019 to 12/04/2019, collected data was analysed using inferential statistics and are presented in the form of tables. The finding of the study reveals that there is a significant difference between mean pre-test and post-test knowledge regarding RTI among mothers of under-five children.

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ABSTRACT

The aim of the comparative study to assess the effectiveness of the demonstration and video assisted teaching program on the level of knowledge regarding Neonatal Resuscitation among Nursing students at Nehru College Of Nursing, Palakkad.

To assess the knowledge regarding Neonatal resuscitation among both groups in pre-test score.

- 1 To assess the knowledge regarding Neonatal resuscitation among both groups in post-test score.
- 2 To find the association between knowledge regarding neonatal resuscitation in both groups with selected demographic variables.

A comparative research design was used for this study.

Research methodology is a way to systematically solve research problems. It includes the steps, procedures and strategies for gathering and analyzing the data in a research investigation.

This chapter deals with methodology adopted to assess the effectiveness of demonstration vs. video assisted teaching program regarding Neonatal Resuscitation on Neonate dummy among III Year B.Sc Nursing students. It includes research approach, description of setting, population, sample and sampling technique of too, description of tool and procedure for data collection and plan for data analysis.

Research approach will be comparative study.

Pre-Experimental of pre-test & post-test in two group.

Nursing students who are doing B.Sc Nursing-III year.

Nursing students who are doing B.Sc Nursing-III year.


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Nursing students who are doing B.Sc Nursing-III year.

-Repeated measures of ANOVA will be used to compare the pretest and post test scores of comparison.

After obtaining formal permission from the concerned authorities Nehru College of Nursing, by using a lottery method the college will be assigned to one of the demonstrative group (1st Group) and other one is video program group (2nd Group). Samples for each group will be selected by simple random sampling technique. Written consent will be taken from the participants after explaining the purpose of the study. Pretest will be conducted by using structured observational check list to assess the knowledge of the nursing students regarding neonatal resuscitation, followed by teaching will be provided both the groups. A post test will be conducted for both the groups 7 days after the pretest by using the same observational check list.

-Frequency and percentage distribution will be used to analyze the socio demographic variables and knowledge of nursing students in performing neonatal resuscitation.

-Means; mean percentage and standard deviation will be used to assess the pretest and post test level of knowledge in performing neonatal resuscitation

-“Chi-square” test will be used to determine the association between post test score of knowledge and selected socio-demographic variables.

The purpose of the data analysis is to translate information collected during the course of the study into interpretable form so that research questions could be answered. Data gathered were analyzed using descriptive and inferential statistics. The analysis of data was done, in the height of the objectives and hypotheses formulated for the study

Here $p \text{ value} > \alpha$, there is no significant difference between classroom teaching group and video assisted teaching group knowledge



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Study the association between classroom teaching group and video assisted teaching group knowledge (using post-test scores).

Null hypothesis H_0 : There is no significant difference between classroom teaching group and video assisted teaching group knowledge.

Alternative hypothesis H_1 : There is significant difference between classroom teaching group and video assisted teaching group knowledge.



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Effectiveness of Structured Teaching Programme on Knowledge and Attitude Regarding Management of Diabetic Mellitus among Family Members in Selected Area at Arani

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ABSTRACT

Aim: Diabetic mellitus is a chronic, lifelong condition and it is commonly referred to diabetics, is group of metabolic disorders in which there are high blood sugar level include frequent urination, increased hunger. In this study, we tried to measure the knowledge and attitude regarding management of diabetic mellitus among family members. **Methods:** A pre experimental one group pre test, post test design was used for the study having age group between 18 to 60 years at Arani. After pre test a structured teaching programme was administered to the subjects and on the same day post test was conducted with the same structured knowledge questionnaire. The collected data was analyzed by using descriptive and inferential statistics. **Result:** According to analysis pre test mean value is 9.7 and post-test mean value is increased as 17.4 regarding the management of diabetic mellitus. It indicates that there is increased the level of knowledge of subjects in the post test regarding the diabetes mellitus. **Conclusion:** The study implies that there is significant improvement in knowledge and attitude of diabetes mellitus among family members.

Keywords: Provide 4-5 keywords.

NEED FOR THE STUDY

Diabetes mellitus is a chronic multisystem related to abnormal insulin production, impaired insulin utilization or both. Diabetes mellitus is a serious health problem throughout the world and its prevalence is rapidly increasing [1].

The long term complication of diabetes mellitus makes it a devastating disease. Diabetes is the leading causes of adult blindness [2]. End-stage kidney disease, and non-traumatic lower limb complications, It is also a major complication and contributing factor to heart disease and stroke. Adult with diabetes have heart disease death rate 2-4 time higher than adults through diabetes [3]. The

risk for stroke is also 2-4 times higher among people through Diabetes Mellitus [4].

A qualitative survey was conducted in mopani district, Limpopo province regarding "patients and family members' knowledge and views regarding diabetes mellitus and its treatment" [5]. The result revealed that the diabetes and family members lack adequate knowledge on diabetes and its treatment. Recommendation regarding the required health education and assistance to be given to these patients and their family members were made [6].

A community based study was conducted in Kerala regarding "knowledge of diabetes mellitus among adults in rural population of Kerala" result revealed that respondents were better aware of lifestyle modifications that are needed in diabetes mellitus [7]. More than 2/3rd of diabetic respondents were aware that they should modify their diet, exercise regularly, stop smoking and abstain from alcohol. However it is need to be explored whether knowledge translates in their attitude and practice [8].

A qualitative study was conducted in suburban cities in Ethiopia regarding "knowledge and practice on prevention of diabetes mellitus among diabetes mellitus family members" [9]. The result revealed that diabetes mellitus family members in Ethiopia suburban cities kemisse and kombolcha had better knowledge and practice about diabetes mellitus compared to countries. But the overall awareness about diabetes mellitus occurrences prevention was relatively low. Diabetes mellitus awareness campaigns should be strongly perused regardless of family history and educational background to prevent further increase of diabetes mellitus in Ethiopia [10].

The investigator feel that lack of knowledge of family members of diabetes patients may causes more chance of occurrences of complication of Diabetes Mellitus. We selected the study to assess the effect of structured teaching programs on knowledge and attitude on management of diabetes mellitus among family members residing in Arani [11].



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STATEMENT OF THE PROBLEM

Effectiveness of structured teaching programme on knowledge and attitude on management of diabetes mellitus among family members residing in Arani.

OBJECTIVES

1. To assess the knowledge and attitude regarding management of diabetes mellitus among family members.
2. To evaluate the effect of structured teaching programme on knowledge and attitude regarding management of diabetes among family members.
3. To find out the association between knowledge and attitude regarding management of diabetes mellitus with selected demographic variables among family members.

HYPOTHESIS

H1 – there will be significant difference between the pre test and post test knowledge regarding the management of diabetes mellitus among family members after the structured teaching programme.

H2 – there will be significant association between attitude and pre test knowledge score of diabetes mellitus with selected demographic variables.

LIMITATION

1. study is limited to assess the knowledge and attitude of management of diabetes mellitus

and not screening the present stages of diabetic patient

2. sample size of the study was 30 family members diabetic patient and sampling was purposive sampling hence generalization is limited
3. external validity is limited as there is no control group and randomization
4. the study was pre experimental one group pre-test post-test design
5. Data collection period was only two days
6. Limited time distance between pre-test data collection and post-test data collection after structured teaching is given

METHODOLOGY

Research Approach

The investigator adopted a quantitative approach for the study, since the aim of the study was to assess the effect of structured teaching programme of knowledge and attitude of diabetic mellitus among family members.

Research Design

Research design is a master plan specifying the methods and procedure for collecting and analysing the needed information in a research study [12-14]. Research design selected for this study is pre-experimental one group pre-test post test design. The base measure is knowledge and attitude of diabetic mellitus among family members. The research design selected for this study symbolically represented as

Table 1: Research design selected for the study

Group	Pretest	Intervention	Post test
30 family from Arani palakkad district	W1	x	W2

W1 – Assessment of existing knowledge and attitude of diabetes mellitus among family members.

X – Structured teaching programme on management of diabetes mellitus among family members.

W2 - Reassessment of knowledge and attitude regarding management of diabetic mellitus among family members.

SAMPLE AND SAMPLING TECHNIQUE

Sample is a representative unit of target population .The sample for the study consists of 30 family members of diabetic patients from Arani, Palakkad district [15].

The sampling technique in this study was purposive sampling and 30 samples were selected from different homes from Arani, Palakkad district.

SETTING OF THE STUDY

The study was carried out at different families of diabetic patients in Arani, Palakkad district.

DESCRIPTION OF THE TOOL

Data collection tools are the procedures and instruments used by the investigator to observe or measure the key variable in the research problem. On the basis of objectives on the



following tools were developed to collect the data [16].

Tool 1: Structured Questionnaire

Section 1: Demographic Performa: it is a questionnaire to assess the baseline variables of the respondent and it comprises of age in years, gender, education, occupation, marital status. Who is having diabetes mellitus in your family?

Section 2: knowledge questionnaire on diabetic mellitus, management of diabetic mellitus. It is a structured questionnaire which consists of 20 questions to assess the knowledge of the

respondent regarding management of diabetes mellitus. Each questions had 4 options. The score of the correct response to each item was 1 and incorrect response was 0. The maximum possible score was 20. The obtained knowledge score was graded as follows.

Poor: 0 – 8 [0 to 49%]

Average: 9 – 14 [50% to 72 %]

Good: 15 – 20 [75% to 100%]

Tool 2: five point attitude: it is a set of 15 statement to assess the attitude of the respondents regarding management of diabetes mellitus the statement were given scoring as,

Strongly agree	agree	Neither agree or disagree	disagree	Strongly disagree
5	4	3	2	1

the negative statement were given scoring as,

Strongly agree	agree	Neither agree or disagree	disagree	Strongly disagree
1	2	3	4	5

Maximum score is 15. The obtained attitude score was graded as follows.

Negative attitude: 0-4 (0-49%)

Favourable attitude: 5-9 (50-74%)

Positive attitude: 10-15 (75-100%)

attitude regarding management of diabetes mellitus among family members of diabetic clients from this study it is evident that the structured teaching programme is effective in impairing the knowledge and attitude of family member's .

RESULT

According to the data analysis, pre-test mean value is 9.7 and post-test mean value is increased as 17.4 regarding the management of diabetes mellitus. It indicate that increase the level of knowledge of subject in the post test

The attitude of diabetes mellitus in pre-test, majority of the persons had favourable attitude (43%), 27% had positive attitude and 30% had negative attitude. After structured teaching program positive attitude is increased to 83% and none of them in negative attitude. It revealed that the structural teaching program was significantly effective.

DISCUSSION

Diabetes mellitus is the sixth leading cause of death in the United States. Diabetes mellitus has become an epidemic in the united states with 21 millions peoples are having this diseases. Approximately 15 millions peoples diagnosed with diabetes mellitus, with nearly an additional 6 millions estimated to have the diseases but who are undiagnosed. The prevalance rate of diabetes among Indian is 8.8%, in Bangladesh it is 609%, and Srilanka it is 8.6% (IDF, 2071).

This study focuses on the effect of structured teaching programme on knowledge and

CONCLUSION

The structured teaching programme was a successful endeavour in improving the knowledge and attitude regarding management of diabetes mellitus. Based on the findings of present study, it is concluded that risk factors and proper management of diabetes mellitus was prevalent among family members of diabetes mellitus clients and raising awareness about early detection, management and preventions of complications. There was a significant improvement in knowledge and attitude score among family members after structured teaching programme.

RECOMMENDATION

On the basis of study findings the investigators suggest the recommendations for further study.

1. Similar kind of study can be performed in large scale there by findings can be generalized
2. A similar study can be done with an experimental and control group from different setting can be conducted in different settings such as schools, offices, colleges, and in communities



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A Descriptive Study to Assess the Risk of Prediabetes among Adult between the Age of 45-75 Years in Ambalapara Gramapanchayath

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ABSTRACT

Diabetes mellitus (DM), is a metabolic disorders characterized by a high blood sugar level over a prolonged period of time due to the hyposecretion of insulin from the pancreas. Symptoms often include frequent urination, increased thirst, and increased hunger. If left untreated, diabetes can cause many complications. Statement of The Problem: Assess the risk of prediabetes among adult between the age of 45-75 years in Ambalapara Gramapanchayath. Objectives: i) to assess the relation between BMI and diabetes, ii) to assess the relation between BMR and diabetes iii) to assess the risk of prediabetes among adult between the age of 45-75 years. Methodology: Descriptive study, structured can risk questionnaire used to identify the risk of pre diabetes or type 2 diabetes mainly for adults between the ages of 45 and 75 years, but may also be used for younger age groups in high risk populations. Result and Discussion: The descriptive statistics were used for the analysis of data. The analysis was carried out on the basis of objectives and hypothesis of the study. The result shows that the risk of prediabetes among adult in Ambalapara gramapanchayath is depended on the demographic variable of age. The result of the study was discussed according to the objectives. The highest score obtained is 34 and the lowest is 13. The mean value of BMI is 22.53. There are 19 members having BMI less than 21 kg/m² (low risk for prediabetes). There are 40 members having BMI between 21-32 kg/m² (moderate risk for prediabetes). There is 1 member having BMI greater than 32 kg/m² (high risk for prediabetes).

Keywords: diabetes, Prediabetes, BMI, BMR

INTRODUCTION

Diabetes was described in an Egyptian manuscript from 1500 BCE mentioning "too great emptying of the sweet urine. It is identified by the ant around the urine like sugar. The Ebers

papyrus includes a recommendation for a drink to take in such cases [1].

Diabetes is a chronic disease due to the impaired function of pancreas. Diabetes occurs in one of the following situations: The pancreas (an organ behind the stomach) produces little insulin or no insulin at all. Insulin is a naturally occurring hormone, produced by the beta cells of the pancreas, which helps the body use sugar for energy [2, 3]. Or inadequate sensitivity of cells to the action of insulin. This condition is called insulin resistance.

The common symptoms characterized by a high blood sugar level includes frequent urination, increased thirst, and increased hunger. *3ps*- polyuria, polyphagia and polydipsea. If left untreated can cause diabetic ketoacidosis, hyperosmolar hyperglycemic state, or death. Long-term increase of blood sugar cause damage to the major organs such as heart - cardiovascular disease, brain-stroke, kidney-chronic kidney disease, foot ulcers due to peripheral nerve damage and damage to the eyes (retinopathy) [4, 5].

NEED FOR THE STUDY

Diabetes is one of the fastest growing health challenges of the 21st century, with the number of adults living with diabetes having more than tripled over the past 20 years. The global diabetes prevalence in 2019 is estimated to be 9.3% (463 million people), rising to 10.2% (578 million) by 2030 and 10.9% (700 million) by 2045. The prevalence is higher in urban (10.8%) than rural (7.2%) areas, and in high-income (10.4%) than low-income countries (4.0%). One in two (50.1%) people living with diabetes do not know that they have diabetes (IDF Diabetes Atlas committee, 2019).

The rising prevalence of diabetes and other non-communicable diseases is driven by a combination of factors - rapid urbanization, sedentary lifestyles, unhealthy diets, tobacco use, and increasing life expectancy. Obesity and overweight are the most important risk factors responsible for diabetes. The diabetes burden can be prevented or delayed by behavioural changes



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favouring a healthy diet and regular physical activity (WHO, 2019).

Diabetes Atlas committee, 2019 stated modernization and changing lifestyle habits like higher calorie intake, increasing consumption of processed foods, sedentary lifestyles are contributory factors for the increasing prevalence of type 2 diabetes at a societal level.

Centre for disease control and prevention explained that prediabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. Approximately 88 million American adults—more than 1 in 3—have prediabetes. Of those with prediabetes, more than 84% don't know they have it. Prediabetes puts the human at increased risk of developing type 2 diabetes, heart disease, and stroke.

In the year 2017, International Diabetes Federation (IDF) estimated that diabetes resulted in 4.0 million deaths worldwide, using modelling to estimate the total number of deaths that could be directly or indirectly attributed to diabetes

Type II Diabetes occurs in more developed countries. The higher occurrences seen in low- and middle-income countries. The fastest prevalence increase is expected to occur in Asia and Africa, where most people with diabetes will probably live in 2030. The increase in rates in developing countries follows the trend of urbanization and lifestyle changes, including decreased physical work and inactivity, unhealthy dietary pattern and less or no exercise. The diabetes cases might increase by 48% between 2017 and 2045 globally.

Many researches from different parts of the world have established that lifestyle modification with physical activity and healthy diet can delay or prevent the onset of type 2 diabetes. Community-based interventions can reach individuals and families through campaigns, education, social marketing and encourage physical activity both inside and outside the workplace and within the family. IDF recommends physical activity at least between three to five days a week, for a minimum of 30-45 minutes. It has developed type 2 diabetes online diabetes risk assessment that aims to predict an individual's risk of developing type 2 diabetes within the next ten years.

Statement of the problem

Assess the risk of prediabetes among adult between the age of 45-75 years in Ambalapara Gramapanchayath.

OBJECTIVES

- To assess the risk of prediabetes among adult between the age of 45-75 years
- To assess the relation between BMI and diabetes

OPERATIONAL DEFINITION

Risk

The changes in health status of the individual due to increased blood sugar level.

Diabetes

Diabetes mellitus is characterized by the presence of chronic hyperglycemia accompanied by greater or lesser impairment in the metabolism of carbohydrates, lipids and proteins. Increased blood sugar causes frequent urination, excessive thirst and dry mouth, lack of energy, tiredness and increased appetite.

Prediabetes

Prediabetes is a condition that blood sugar levels are higher than normal, but not high enough or yet to be diagnosed as type 2 diabetes. But the individual is prone to get diabetes in future if the healthy lifestyles are not followed in day today practice.

Hypothesis

H0: There is no significant relation between age and prediabetes risk

METHODOLOGY

Research approach

The investigator adopted a qualitative approach to assess the risk of pre diabetes among adults between the ages 45-75 years.

Setting of the study

The study was carried out in different individuals belonging to the age group of 45-75 years at Ambalappara.

Population

The entire set of individual or objects having some common characteristics selected for a research study. The population for the study includes adults between the age group of 45-75 years.



Sample and sampling technique

Sample is a representative unit of target population. The sample for the study consists of 60 adults between the age group of 45-75 years. The sampling technique in this study was purposive sampling and 60 samples were selected from different homes from Ambalapara, Palakkad district.

Inclusion criteria

- The Family members belong to the age group 45-75 years.
- The family members who are willing to participate.

Exclusion criteria

- The family members who are <45 and >75 years of age.
- The subjects with hemiplegia/stroke

Research tools used for this present study are:

Structured standard CANRISK questionnaire:

It is a questionnaire that helps to identify the risk of pre diabetes or type 2 diabetes mainly for adults between the ages of 45 and 75 years, but may also be used for younger age groups in high risk populations.

DATA ANALYSIS AND INTERPRETATION SECTION A

Table 1: Distribution of demographic variable of adult in the age group of 45-75 years. N=60

S. No.	Demographic variable	Frequency	Percentage
1	Age		
	a.40-44 years	3	5%
	b.45-54 years	16	26%
	c.55-64years	20	33.3%
2	d.65-74years	21	35%
	Gender		
	a. Male	23	38.3%
	b. Female	37	61.6%
3	Weight		
	a.<40	4	6.66%
	b.40-55	27	45%
	c.55-70	20	33.33%
4	d.70-85	9	15%
	Height		
	a.<150	24	40%
	b.150-160	15	25%
5	c.160-170	16	26.66%
	d.>170	5	8.33%
	BMI		
	a.<18	8	13.33%
6	b.18-24	30	50%
	c.>24	22	36.66%
	Waist circumference		
	a.<60	2	3.33%
7	b.60-75	2	3.33%
	c.75-90	42	70%
	d.>90	14	23.33%
	Physical activity		
8	a. Yes	41	68.3%
	b. No	19	31.7%
9	Fruits and vegetables		
	a. Everyday	48	80%
10	b. Not everyday	12	20%
	Blood pressure		
11	a. High	31	51.7%
	b. No/ Don't know	29	48.3%



Family history of dm			
10	a. Mother	5	8%
	b. Father	8	13%
	c. Others	9	15%
	d. No/ Don't know	54	90%

The above table 1 describes the distribution of demographic variable of adult in the age group of 45-75 years. The highest age group is between 65-74 years (35%). According to the gender female ratio (61.6%) is higher than the males, BMI between 18-24 is higher (50%), 70% of

samples have waist circumference of 75-90cm, 68.3% of samples doing physical activity every day, 80% of samples having fruits and vegetables every day, 51.7% have higher blood pressure than normal, 90% of samples don't know the family history of diabetes.

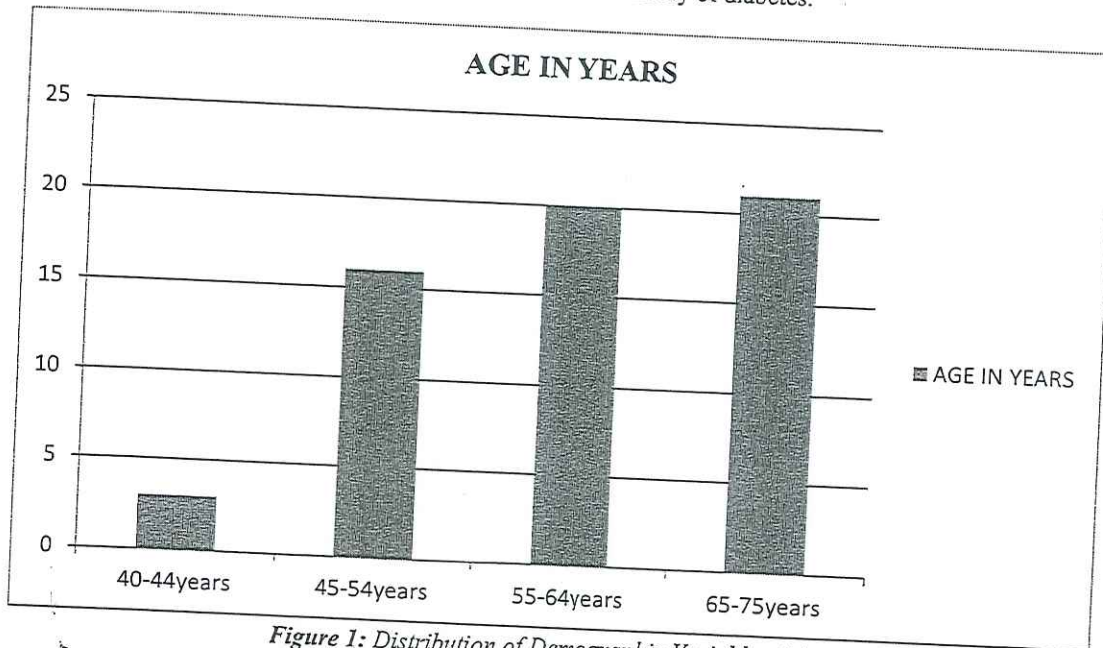


Figure 1: Distribution of Demographic Variable of Age

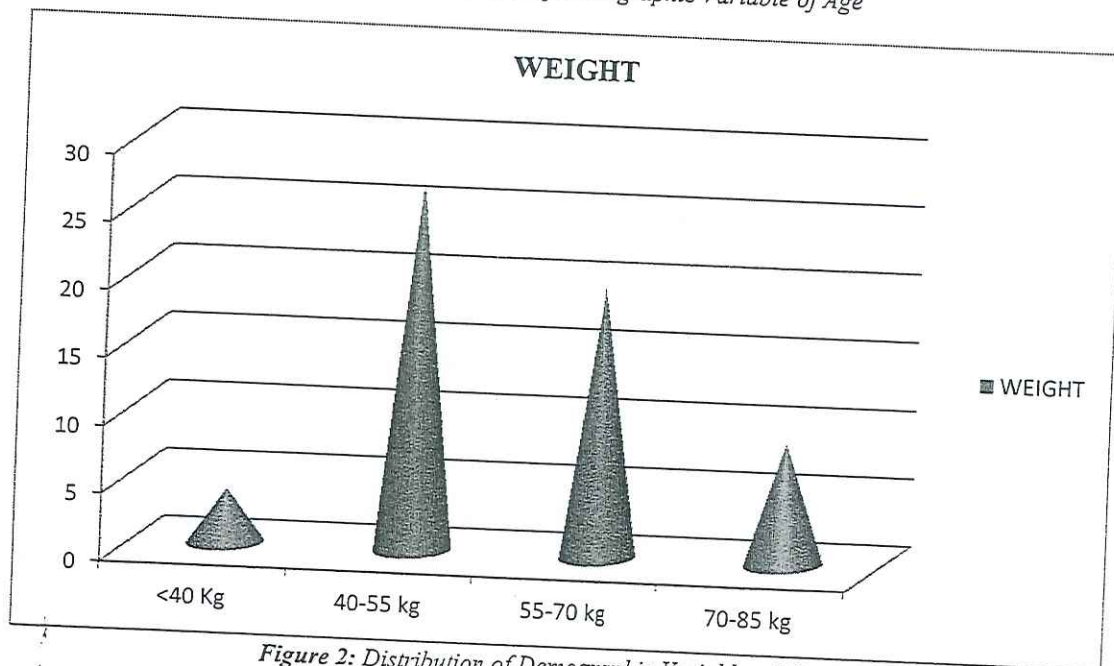


Figure 2: Distribution of Demographic Variable of Weight



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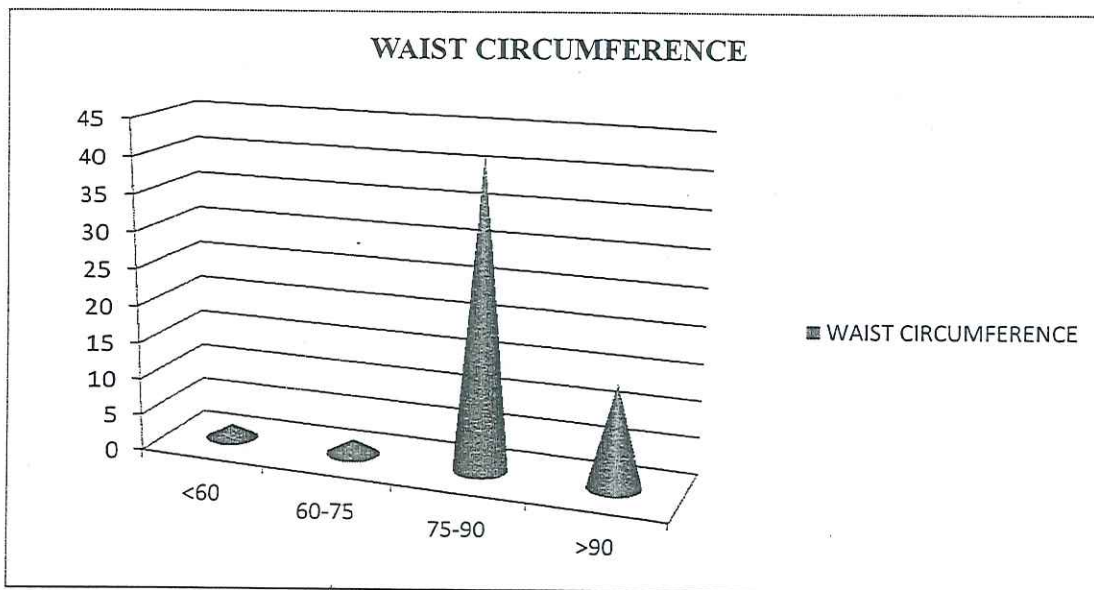


Figure 3: Distribution of Demographic Variable of Waist Circumference.

SECTION B

Table 2: Description of BMI

S. No.	Mean	SD	Level of Significance
1	22.53	4.21	0.05

The above table shows the description of BMI. The mean was 22.53 and SD was 4.21

SECTION C

Table 3: To determine the relationship between the BMI and age

S. No.	Age	Below Mean	Above Mean	Total	X ²
1	40-44	1	3	4	*9.72
2	45-54	9	5	14	
3	55-64	10	11	21	
4	65-74	12	9	21	

*Significant

Table 3 shows the association between BMI with age group. The obtained χ^2 value was 9.72 at 3(df). It was significant at 0.05 level. It reveals that there is association between BMI and demographic variable of age.

members having BMI less than 21 kg/m² (low risk for prediabetes). There are 40 members having BMI between 21-32 kg/m² (moderate risk for prediabetes). There is 1 member having BMI greater than 32 kg/m² (high risk for prediabetes).

RESULTS AND DISCUSSION

This is a descriptive design intended to assess the risk of prediabetes among adult between the age of 45-75 years in Ambalpara Gramapanchayath.

The result of the major study was discussed according to the objectives.

The first objective of the study was to assess the relationship between BMI and age. The highest score obtained is 34 and the lowest is 13. The mean value of BMI is 22.53. There are 19

CONCLUSION

Through imparting CANRISK questionnaire, the risk for prediabetes is dependent on demographic variable age. CANRISK questionnaire on selected aspects of factor influencing prediabetes will help to access the risk of prediabetes among adults.

This study reveals that the age group between 65-75 years having higher rate of BMI, have higher risk for diabetes among adults.



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Recommendations

On the basis of study finding the following recommendations have been made for further study.

- A study could be conducted on the large samples there by findings can be generalized.

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A Study to Assess the Knowledge Regarding Pain and Palliative Care among Student Nurses in Selected Nursing Colleges of Palakkad District

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ABSTRACT

A study to assess the level of knowledge regarding pain and palliative care among student nurses at selected colleges at Palakkad District. Method: Quantitative approach was used and study design was quasi experimental research design. 50 samples were selected using Non Probability Convenient Sampling Technique. Data was collected by using demographic variables and semi structured knowledge questionnaire on pain and palliative care to assess the knowledge of student nurses regarding pain and palliative care. The data was analyzed and interpreted using descriptive and inferential statistics. Results: Among samples 37(74%) of student nurses have average knowledge regarding pain and palliative care and 13(26%) of samples have good knowledge regarding pain and palliative care and none of the samples have poor knowledge regarding pain and palliative care. The study revealed that there was no significant association between level of knowledge score and demographic variables. Conclusion: The study revealed that semi structured knowledge questionnaire improved the knowledge of student nurses regarding pain and palliative care.

Keywords: Pain and Palliative care, Semi Structured knowledge questionnaire, Student nurses.

focus on improvement of quality of life instead of straining curative treatment approach. Palliative care is an imperative need worldwide for people with cancer, human immunodeficiency syndrome (HIV) and other such advance life-threatening illness

The goal of palliative treatment is achievement of the best possible quality of life for the patients and their families. Palliative care is an important part of care that is included along with treatments to slow, stop, or cure the cancer. Research shows that palliative care can improve the quality of life and help to feel more satisfied with the treatment patient receive.

Palliative care was originally employed in hospice for patients near end of life, but hospice is only one delivery model for palliative care services. Palliative care is now recommended for all patients facing serious illness, ideally beginning at the time of diagnosis and regardless of whether patients are also pursuing life-sustaining or "curative" treatments. Thus, palliative care provides an "extra layer of support" for patients and their family and informal caregivers

Nursing students, who will be future nurses, should be well educated to deliver quality palliative care. In general, lack of knowledge is a vital obstacle in providing palliative care. Many studies investigating the palliative care knowledge of undergraduate nursing students revealed that knowledge is still inadequate

PROBLEM STATEMENT

A descriptive study to assess the knowledge regarding pain and palliative care among student nurses in selected nursing colleges of palakkad district.

INTRODUCTION

World Health Organization defines palliative care as the active total care of the patient whose disease is not responsive to curative treatment and the treatment should



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OBJECTIVES

- Assess the knowledge regarding pain and palliative care among student nurses
- Associate the knowledge regarding pain and palliative care among student nurses with selected demographic variables.

HYPOTHESIS

H1: There is a significant association between knowledge regarding pain and palliative care and selected demographic variable

H2: There is no significant association between knowledge regarding pain and palliative care and selected demographic variable

REVIEW OF LITERATURE

A descriptive study was conducted to assess the Knowledge of Palliative Care among Nursing Students. The study adopted quantitative research design. A total of 204 nursing students were participated in this study. Purposive sampling technique was adopted for this study. The study shows that 57.9% had received educational sessions and 42.1% did not receive educational sessions and concluded that education on palliative care will improve the quality of patient care in nursing practices.

A descriptive cross sectional study was conducted to assess the palliative care knowledge using PCQN of BSN students in Arab American University/ Jenin. By using convenient sampling technique a total of 198 nursing students were participated in this study. Data was collected through demographic characteristic and palliative care knowledge. The results revealed that the total percentage rate on the PCQN was 40.58% (SD=13.89011). There is a significant relation with age ($p>0.000$) and knowledge regarding palliative care. The study revealed that students had lack of knowledge regarding palliative care.

RESEARCH METHODOLOGY

The research approach used for this study was Quantitative approach. The research design selected for this study was non experimental Descriptive research design. The sample comprised of 50 nursing students from BSc nursing II year who were selected using Non Probability Convenient Sampling Technique. The study was conducted at selected colleges of nursing, Palakkad.

DESCRIPTION OF THE TOOLS

Tool 1: Semi Structured Knowledge Questionnaire

It includes two sections; they are as follows

Section A: Structured interview Schedule to collect information on demographic variables

Section B: Semi Structured Knowledge Questionnaire

DATA ANALYSIS

Descriptive statistics

Frequency and percentage distribution were used to study the demographic variables of student nurses such as gender, religion, type of family, previous knowledge regarding pain and palliative care and source of information and the association of all the variables

Inferential statistics

Chi square test was used to find out the association of knowledge with selected demographic variables.

The findings of the study are presented in the following sections

Section I: Distribution of demographic characteristics of student nurses

Section II: Assessment of level of knowledge of student nurses regarding pain and palliative care.

Section III: Association between knowledge of student nurses and selected demographic variables



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Section I: Distribution of demographic characteristics of student nurses.

Table 1: Frequency and Percentage Distribution of Demographic Variables

Demographic variables	Frequency (n=50)	Percentage %
Gender		
Male	4	8%
Female	46	92%
Religion		
Hindu	21	40%
Muslim	4	8%
Christians	25	50%
Type of family		
Nuclear	47	94%
Joint	3	6%
Extended	0	0%
Previous knowledge		
Yes	50	100%
No	0	0%
Source of information		
Workshop	5	10%
Seminar	7	14%
Continuing nursing education	7	14%
Conference	5	10%
Class	26	52%

Section II: Assessment of level of knowledge of student nurses regarding pain and palliative care

Table 2: Frequency and Percentage Distribution of Knowledge Score of Student Nurses (N=50)

Level of knowledge	Frequency	Percentage
Poor	0	0%
Average	37	74%
Good	13	26%

The above table shows that 37 (74%) of student nurses have average knowledge regarding pain and palliative care and 13 (26%) of samples have good knowledge

regarding pain and palliative care and none of the student nurses have poor knowledge regarding pain and palliative care.

Section III: Association between knowledge of student nurses and their selected demographic variable

Table 3: Association of knowledge scores of nursing students with their gender

Variables	Knowledge Score			chi square	df	P value
	Poor	Average	Good			
Gender						
Male	0	5	0	1.89	1	0.169
Female	0	86	9			
Religion				0.102	5.99	
Hindu	0	16	5			
Muslim	0	3	1			
Christian	0	18	7			



Type of family						
Nuclear	0	34	13			
Join	0	3	0	1.271	3.84	
Extended	0	0	0			
Previous knowledge						
Yes	0	37	13	0	1	3.84
No	0	0	0			
Class						
Workshop	0	3	1			
Seminar	0	3	3			
Continuing nursing	0	6	2	3.83	4	9.49
Education	0	3	2			
Conference	0	22	5			

The above table shows that there was no significant association between demographic variables and knowledge score of student nurses regarding pain and palliative care.

CONCLUSION

The study concluded that there were 37(74%) of student nurses have average knowledge regarding pain and palliative care and 13(26%) of samples have good knowledge regarding pain ad palliative care and there was no significant association between level of knowledge score and demographic variables.

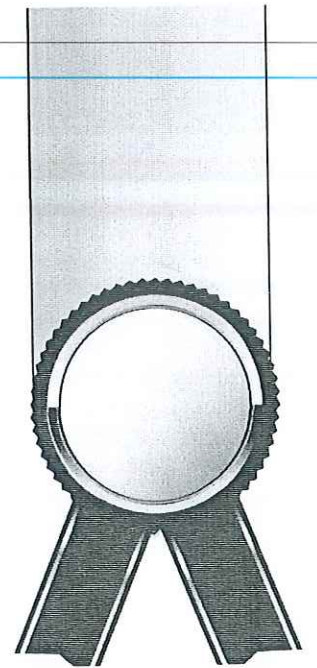
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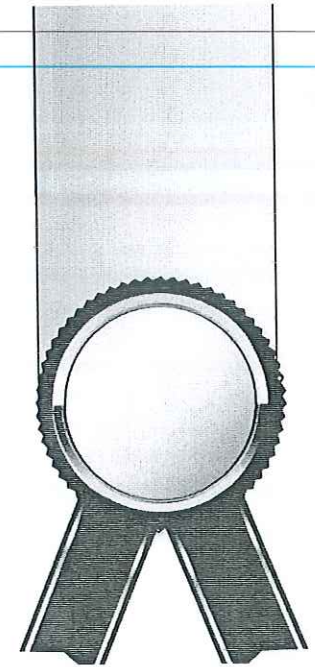
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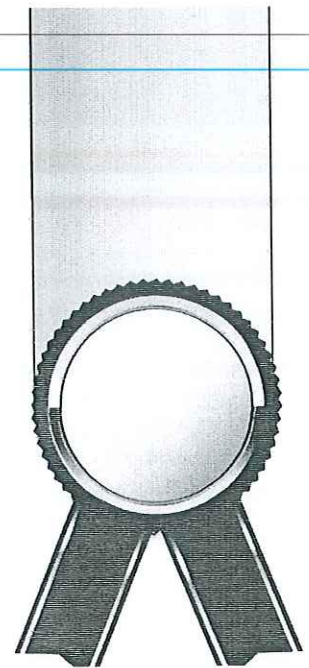
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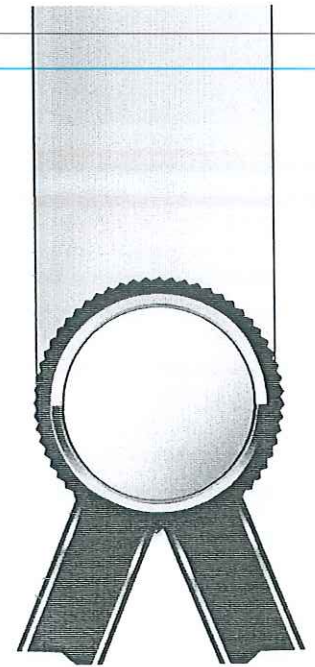
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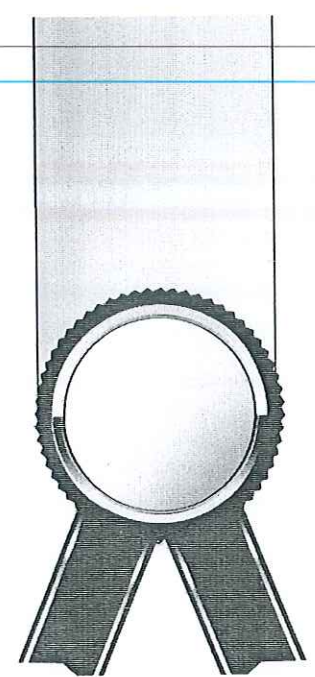
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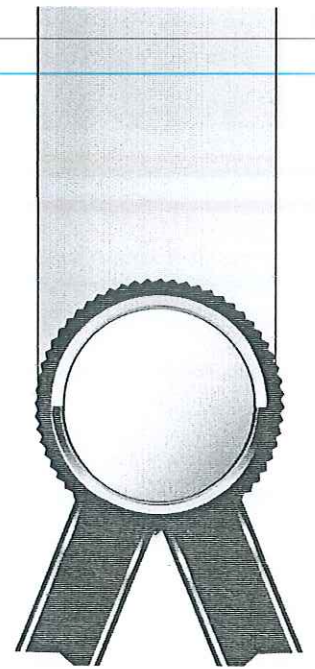
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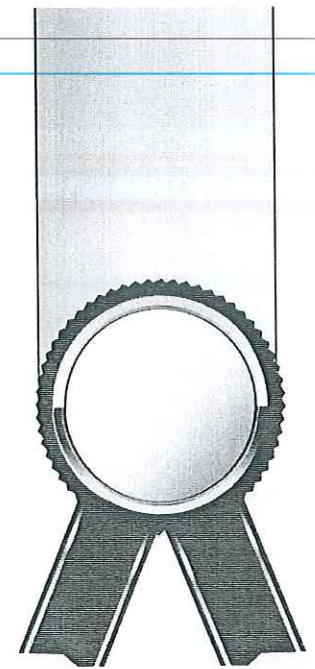
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A Study to Assess the Effectiveness of Self-instruction Module on Pregnancy and Childbirth among Adolescent Boys in Selected College at Mangalore

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Assistant Professor, Department of Obstetrics and Gynaecological Nursing, Nehru College of Nursing, Vaniyankulam, Panayur, Palghat, Kerala, India

ABSTRACT

Introduction: Adolescence is a developmental stage of tremendous biological, social and cognitive change. Pregnancy and childbirth represent major events for both men and women. Care during pregnancy and childbirth is an essential part of modern healthcare. Male involvement or men's participation is one of the ten elements of reproductive health. As adolescents are vulnerable group, there is urgency for equipping adolescent boys with adequate knowledge on reproductive health. **Objectives of the Study:** (1) To determine the pretest knowledge of adolescent boys regarding Pregnancy and Childbirth by using a structured questionnaire. (2) To find the effectiveness of self-instruction module on pregnancy and childbirth. (3) To find the association between the pretest knowledge score and selected demographic variables. **Method:** The evaluative approach was used with one group pre-test, post-test experimental design. The study was conducted at Shreedevi College of Pharmacology, Kenjar, Mangalore. The researcher herself developed a self-instruction module and knowledge questionnaire on pregnancy and childbirth. Purposive sampling technique for selecting the samples of 60 adolescent boys. **Result:** Descriptive and inferential statistics were used to analyse the data. Pre-test assessment revealed that 27 (45%) of adolescent boys had satisfactory knowledge, nine (15%) had good knowledge, 24 (40%) had poor knowledge and none had excellent knowledge. Whereas during post-test it was seen that 28 (46.67%) had gained excellent knowledge, 16 (26%) gained good knowledge, 14 (24%) had satisfactory knowledge and only two (3.33%) had poor knowledge. The total mean percentage of pre-test knowledge score was 45.70 with mean \pm SD of 16.02 ± 3.47 , and the mean post-test knowledge score was 74.04% with mean \pm SD of 9.9 ± 6.3 showing an effectiveness of 28.34 with mean \pm SD of 9.9 ± 6.3 . Significance of difference between pre-test and post-test was tested by using paired 't' test and value was ($t=11.18$, $p<0.05$). The findings of the present study show that there was no association between pre-test knowledge score and selected demographic variables at 0.05 level of significance. **Interpretation and Conclusion:** The findings of the study reveal that there was highly significant increase in the knowledge of adolescent boys regarding pregnancy and childbirth. Hence, it is concluded that self-instruction module is highly significant in improving the knowledge of the adolescent boys.

Keywords: Pregnancy, childbirth, self-instruction module, effectiveness

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Assessment of Knowledge About Premenstrual Syndrome Among College Students in a Selected Private College at Erumapetty, Thrissur District

Lt. Col. Regina*

Assistant Professor, Department of Obstetrics, and Gynaecological Nursing, Nehru College of Nursing, Vaniyankulam, Kerala, India

ABSTRACT

Premenstrual syndrome (PMS) is a very common condition in women and it affects 90% of them. The study was conducted on 5 March 2020 to assess the knowledge about PMS among college students in a selected private college at Erumapetty, Thrissur district. Methodology: Descriptive study. Knowledge was assessed by administering structured knowledge questionnaire about PMS. Setting: Providence College, Erumapetty, Thrissur District. Sampling technique: Simple random technique. Sample size: 50. Major findings: The knowledge score of college students regarding premenstrual score was low. The mean score was 9.8 out of 20. The mean knowledge score percentage was only 49%. Even though 27 (54%) had satisfactory knowledge, 16 (32%) of students had poor knowledge and 12% had good knowledge. Only one (2%) had excellent knowledge about PMS. The study revealed that there is a need to educate the college girls regarding PMS. The findings of the present study show that there was no association between the pre-test knowledge scores and selected demographic variables. Conclusion: The students should be educated about PMS. This is not only limited to these college students but also to the general public, as it is important to increase awareness about PMS and the distress effect that can be inflicted by it. PMS is prevailing among the adolescents and young women. They should have the knowledge about PMS and its remedial measures.

Keywords: college students, knowledge, premenstrual syndrome

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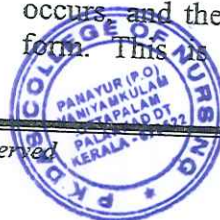
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INTRODUCTION

Premenstrual syndrome (PMS) is a cyclic phenomenon of somatic and affective symptoms appearing in the days preceding menses and interfering with one's work or lifestyle followed by a symptom-free interval [1]. It is a very common condition in woman and affects 90% of them. Towards the menstruation, symptoms worsen, and it subsides once the menstruation begins and after a few days of menstruation [2]. Premenstrual

disorders likely start in the teen years. In the adolescents, 20% experiences moderate to severe symptoms associated with functional impairment. Current treatment includes lifestyle recommendations and pharmacologic agents that suppress the rise and fall of ovarian steroids or augment serotonin [3].

This is the period where sexual maturation occurs and the body takes the final adult form. This is the formative year when





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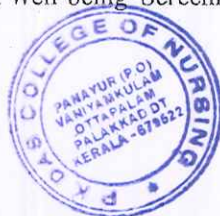
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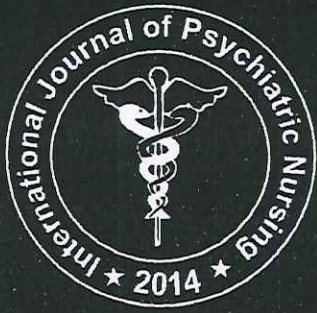
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Prevalence and Preventive Aspects of Abuse and Maltreatment of Elderly-A Descriptive Study Conducted at a Rural Area of Thrissur District Kerala

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Asst. Prof., Nehru College of Nursing, Po: Panayur, Ottapalam, Palakkad Dt. Kerala

ABSTRACT

Today the care of elderly is a difficult problem to be tackled, because 7% of the Indian population is elderly, in which two-thirds are in villages and almost half of them are in poor conditions. The purpose of this study was to bring out the prevalence and preventive aspect of abuse and maltreatment of our elderly population.. The implication and preventive aspects will be discussed. Most often incidents of abuse are not reported because elderly sufferers give prime importance to the family status and love towards the children. The results provide evidence that reporting elder abuse has multifactorial elements.. This paper examines different types of elder abuse in light of available data and suggests some remedies to minimise and prevent the problem.

Keywords: Elder abuse, maltreatment, prevalence, preventive aspect.

INTRODUCTION

Information on the extent of abuse in elderly populations is scant. The few population-based studies that have been conducted suggest that between 4% and 6% of elderly people have experienced some form of abuse in the home. The elderly are also at risk of abuse in institutions such as hospitals, nursing homes and other long term care facilities. In a survey in the United States, for example, 36 % of nursing-home staff reported having witnessed at least one incident of physical abuse of an elderly patient in the previous year, 10% admitted having committed at least one act of physical abuse themselves, and 40% said that they had psychologically abused patients.¹

It is predicted that by the year 2025, the global population of those aged 60 years and older will more than double, from 542 million in 1995 to about 1.2 billion.²

Elder abuse is a violation of human rights and a significant cause of illness, injury, loss of productivity, isolation and despair. India is growing old! The stark reality of the ageing scenario in India is that there are 77 million older persons in India today, and the number is growing to grow to 177 million in another 25 years. With life expectancy having increased from 40 years in 1951 to 64 years today, a person today has 20 years more to live than he would have 50 years back.³

Population aging in Kerala is always ahead of the national scenario as 11 per cent of the total 77 million elderly (above 60) population of India in 2001 was from Kerala. People above 60 constitute 13 percent of the states population of about 3.34 crore according to the 2011 census.⁴ The researcher believe that focusing on measures to tackle abuse, would empower older people and help to prevent victimization as abuse.

OBJECTIVES

1. To determine the prevalence of abuse and maltreatment of elderly by using interview technique with the help of semi structured questionnaire.
2. To discuss the preventive aspects of abuse and maltreatment of elderly.

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REVIEW OF LITERATURE

CE Pickering Ziminski et-al conducted a study to assess the barriers to self-reporting of elder physical abuse in community-dwelling older adults. The findings of the study shows that participants have a constant perception of physical abuse and its reporting is multifactorial. The study also implies for educational interventions.⁵

M. Charpentier and M. Soulieres conducted a descriptive study among 20 residents in Quebec, Canada on elder abuse and neglect in institutional settings. Data was collected by semi structured interview method. According to the researcher elder abuse is limited to physical mistreatment.⁶

C. Naughton et al conducted a national survey in Ireland to examine the relationship between awareness of elder abuse and disclosure of abuse. Findings showed that prevalence of elder abuse including stranger abuse was 5.9%. There was no association between experience of financial abuse and neglect and awareness of the term older abuse.⁷

METHODOLOGY

A descriptive study approach was used. Non experimental simple descriptive research design was used. The setting was rural community area of Pazhanji, Thrissur District. Total Sample size was 100. Male: 50 Female:50

Inclusion Criteria: Elderly people above 65yrs who is able to answer the questions and willing to participate in the study.

Sampling Techniq̄ue: Purposive sampling. Samples from consecutive houses of a particular area. Females 50 and Males 50 identified.

Tool and Technique: Preformed, pre-tested, semistructured interview schedule.

Total Questions: 36 (Demographic data 11 items, other items 27)

Section 1: Demographic Data: It deals with the demographic characteristics of the samples which includes age, sex, educational qualification, employment, religion, marital status, number of children, stay about

self and spouse, general health and awareness about old age home.

Section II: Semi structured questionnaire with the objective to detect the different types of elder abuse and maltreatment.

Data collection: Interview technique using semi structured questionnaire and adding description if required. Informed written consent taken prior to data collection.

RESULTS AND INTERPRETATION

Table 1: Frequency and percentage distribution of samples according to their demographic variables.
(N = 100)

Sl. No	Demographic variable	Frequency	Percentage
1.	Age in years		
	65-70	54	54
	71-75	34	34
	>75	12	12
2.	Educational qualification		
	Primary	92	92
	Upto 12 th	06	06
	Degree	01	01
	Diploma	01	01
3.	Sex		
	Female	50	50
	Male	50	50
4.	Employment		
	Agriculture	30	30
	Private/Govt	07	07
	Labourer	18	18
	Nil	45	45
5.	Religion		
	Hindu	50	50
	Muslim	33	33
	Christian	17	17
6.	Marital status		
	Married	78	78
	Unmarried	05	05
	Widow	14	14
	Divorcee	03	03



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Conted...

7.	No. of children		
	Nil	03	03
	3 & below	52	52
	4 & above	45	45
8.	Respondent staying		
	Alone	23	23
	With son	56	56
	With daughter	13	13
9.	Spouse stays with		
	Spouse	74	74
	Children (but not with spouse)	21	21
	Someone else	05	05
10.	General health		
	Healthy	55	55
	On regular medication	31	31
	Need frequent hospitalization	14	14
11.	Awareness about old age home		
	Yes	30	30
	No	70	70

Table II: Data showing the frequency percentage of samples revealed/not revealed incident of any type of abuse

N = 100

Sl. No.	Responses of Samples	Frequency	Percentage %
1.	Revealed abuse experience	48	48
2.	Not revealed any abuse experience	52	52

Table III: Data showing the frequency percentage of samples according to different types of abuses and maltreatment of elders

Sl. No.	Abuses/ Maltreatment	Frequency	Percentage %
1.	Psychological	16	33.3
2.	Verbal	10	20.8
3.	Financial	7	14.6

Conted...

4.	Neglect	6	12.5
5.	Physical	5	10.4
6.	Social	3	6.3
7.	Sexual	0	0

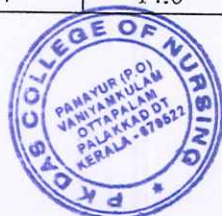
Table IV: Data showing the frequency percentage of category of abusers of the victims (N48)

Sl. No.	Category of abuser	Frequency	Percentage
1.	Daughter in law	13	27.1
2.	Sons	10	20.8
3.	Daughter	9	18.7
4.	Son in law	7	14.6
5.	Spouse	5	10.4
6.	Others	3	6.2
7.	Grandchildren	1	2

RESULTS AND INTERPRETATION

Demographic data: Total data collected from females and males 50 each. Majority of the sample (52%) were in the age group between 65-70yrs. Among that 30 were females and 22 were males. Maximum sample (92%) had only primary education. Among the sample, 21% had five children and above, 28% had 4 children, 31% had 3 children, 13% had 2 children, 4% had only one child and 3% had no children. The findings revealed that maximum (78%) of them are presently staying with their children, that is 68% is staying with their son and 10% with their daughters. Rest 18% are staying alone and 4% stays with others.

Data regarding prevalence of elder abuse: Total data collected from 100 elders among which 48 persons, revealed that they had experience of different types of abuses and maltreatments, 52% did not reveal any abuse incidents. Among the respondents 30 (62.5%) were females. In this study it was found that majority of the samples 16 (33.3%) were victims of psychological abuse. Among the elders 10 (20.8%) had verbal abuse in the form of shouting very often for silly reasons and quarrelling. Seven (14.6%) had financial exploitation in the form of using his/her money by the home people, forcibly signing the blank cheques, threatening and getting the property shared and neglect them later. Five respondents (10.4%) experienced physical abuse



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like looking after grandchildren only by self, doing household works without rest, getting physical assaults in the form of pushing down, dragging to bathroom, beating and locking inside the room. Six (12.5%) experienced care neglect in the form of not assisting in daily activities, not getting medical aid if required, not providing basic requirements properly. Three of them (6.3%) had social abuse in the form of separating from friends and relatives, keeping away from social activities and not allowing to accompany with family members even to church or temple. Nobody (0) reported of any situation of sexual abuse.

The data revealed that most of the abuses are domestic abuses. Among the abusers 27.1% are daughter in laws, 20.8% are sons, 18.7% are daughters, 14.6% are son in laws, 10.4% are spouses, 6.2% are others and 2% are grandchildren.

Among the respondents of abuse only 10.4% are aware of their abuse. When asked to whom they would like to complain or share the incident, the maximum sample 60% replied religious leaders.

DISCUSSION

According to point of view, most of the abuses are domestic abuses. But our elders are not ready to make any complaints against them. Total data collected from 100 elders among whom 48 persons revealed that they had experience of different types of abuses and maltreatments, 52% did not reveal any abuse incidents.

The statistics on elder abuse show that it is low, somewhere between 4% and 6% of the elderly population.² However, O'Connor et al (2009) suggest that the statistics are so low because elders are afraid of reporting abuse and that many do not have the opportunity to report abuse even if they wanted to.⁸

The researcher described the prevalence of different types of elder abuses. Psychological abuse 33.3%, Verbal abuse 20.8%, Financial abuse 14.6%, Care neglect 12.5%, Physical abuse 10.4%, Social abuse 6.3%, Sexual abuse Nil. At a time the samples suffers from different types of abuses. For example the financial abuse and psychological abuse, psychological and social abuse.

Review conducted by Sooryanarayanan Rajini and et al (1990-2011) suggested the need for screening and or reforming existing systems to protect the health and

welfare of elder people. Physical abuse was among the least encountered, with psychological abuse and financial exploitation being the most common types of maltreatment reported.⁹

The data evidenced that elders are facing more than one abuse at a time. For example the care neglect abusers are facing psychological and social abuse, physically abused elders have psychological abuse also. This aspect of the research was supported by Elkind's T and O'Neill. C (2009) in the literature suggested that abuse perpetrated against an individual elder is often not limited to only one form.¹⁰

In this study it was found that majority of the samples 16 (33.3%) were victims of psychological abuse. Psychological abuse was perceived as central in determining the severity or impact of abuse on an older person. The least type (0) is sexual abuse.

This result is supported by Roberts (1993) who highlighted economic abuse is one of the most frequently reported forms of abuse, followed by neglect, psychological or emotional, and finally physical abuse. Sexual abuse of elders is not reported as frequently as any other type of abuse.¹¹

The data of this study revealed that most of the abuses are domestic abuses. Among the abusers 27.1% are daughter in laws, 20.8% are sons, 18.7% are daughters, 14.6% are son in laws, 10.4% are spouses, 6.2% are others and 2% are grandchildren. These findings supported by the study conducted (2012) in 24 cities of Kerala including Thiruvananthapuram, which shows that daughters-in-law constituted 44 per cent of the abusers, followed by daughters (32 per cent) and sons (24 per cent).

Interventions and Preventive aspects: In this study it is found that even though there are abuses and maltreatment exists among elders, they don't want to complain against the culprits. May be due to fear of further consequences or because of family bond. But this will aggravate the condition of abuses. Hence in the community there should be some place where these victims can rely and lodge a complaint in person. Other option is that at different locations of an area, there should be complaint box placed where they can drop the complaint at any time. The young generation should be taught the value of elder respect and need for caring them. For this in each house the young parents should be the role model.



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The youth should have some awareness programmes regarding aging as anyone's future.

The primary reason behind the elder abuse is unawareness and non-preparedness. Endorsing the view, Rath at Agewell Foundation said, that most of the present day old people have not seen their own parents living up to that age; therefore they do not have any preparedness to deal with the problem of the old age. Highlighting the importance of sensitization, Cherian at HelpAge India, expressed the need to teach our children and youngsters to love and respect our elders which is something non-negotiable. Moral education is the need of the hour. While supporting the above view, Rath at Agewell Foundation expressed the need of school curriculum to include moral education classes where the students will be taught how to respect elders. Also emphasized that it is the duty of parents to teach their respective sons that everybody is equal in the society.^{4,12}

While making Govt. Policies, steps should taken to build sustainable communities where older people can access resources and supports that enable social inclusion, choice and access to information. In Indian setup this can be ensured from Primary Health Centre level or Panchayat Raj level, which will provide older people with the means to assert themselves. Otherwise some type of complaint box or drop boxes can be placed near a police station where the legal authorities also can be included to assist the elders to lodge a complaint. This would include promoting social inclusion among older people as a way of helping to prevent elder abuse occurring.

Health care facilities should develop uniform protocols that could aid in recognition and management of elder neglect and abuse. In order to educate the masses healthcare workers must themselves become more aware about abuse and neglect. Programmes must be designed in hospitals, convalescent homes and clinics. Medical schools must incorporate the plight of elders in curriculum. Goals for prevention include enhancing quality of life, preventing family breakdown and keeping the elderly persons in their homes as long as possible. Intervention appears to be one of the best ways of prevention.

Hudson and Margaret F in their study emphasized the need for prevention of elder abuse and neglect in our society, and we restore respect for and honour to our older adults. In addition it will require that we educate

everyone about ageing, instill the value of people over material objects, and establish the resources needed to provide quality care for our aged members.¹³

- Recommendations
- Similar study can be conducted at a large scale in an urban setting.
- Study can be conducted in an institutional setting.

Comparative study can be done with rural and urban setting.

CONCLUSION

Old age is one of the inescapable truths of life. Old age is indeed second childhood as more than anything they become helpless as small children. This attribute is often exploited both psychologically and physically by others-that too by family members itself. Elder abuse and neglect continues to be one of society's great embarrassment. Institutions where elderly are treated and cared for must train their personnel to appropriately care for and protect the elderly. Awareness to the young generation about their own future-that is old age, as a prime step will be useful as a preventive measure to elder abuse.

Ethical Clearance: Taken from the Medical Superintendent, Porkulam Primary Health Centre, Kunnunkulam, Thrissur Dist.

Source of Funding: Self

Conflict of Interest: Nil

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Effectiveness of Structured Teaching Programme on Carcinoma Cervix among Women in a Selected Ward of Erumapetty Grama Panchayat, Thrissur District

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ABSTRACT

Background: Carcinoma of the cervix is the second most common cancer in women worldwide, while it is the commonest cancer among Indian women. Awareness regarding cervical cancer and its prevention is quite low amongst Indian women. **Objectives of the Study:** (1) To assess the knowledge level regarding cervical carcinoma among women in a selected ward of Erumapetty Grama Panchayat. (2) To evaluate the effectiveness of structured teaching programme on knowledge regarding cervical cancer among women in a selected ward of Erumapetty Grama Panchayat. (3) To find the association between the pre-test knowledge score and selected demographic variables. **Method:** The evaluative approach was used with one-group pre-test-post-test experimental design. The study was conducted at Ward II of Erumapetty Grama Panchayat. The researcher herself developed a structured teaching programme and knowledge questionnaire on carcinoma cervix. Purposive sampling technique was used for selecting the samples of 60 rural women. **Result:** The descriptive and inferential statistics were used for the analysis of data. The analysis was carried out on the basis of objectives and hypothesis of the study. The mean post-test knowledge score obtained ($O_2 = 19.72$) was higher than the mean pre-test knowledge score ($O_1 = 11.83$). Paired t-test was used to find out the significant difference between the mean pre-test and post-test knowledge score. The calculated t-value (10.18) was found to be significant at ($t_{59} = 0.05$) level. There was no significant association between the median pre-test knowledge score with any demographic variable. This showed that structured teaching programme was effective in increasing the knowledge of women regarding cervical cancer. **Interpretation and Conclusion:** The findings of the study reveal that there was highly significant increase in the knowledge of rural women regarding carcinoma cervix. Structured teaching programme was effective in increasing the knowledge of women.

Keywords: carcinoma, cervix, effectiveness, structured teaching programme

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INTRODUCTION

Cervical cancer is the most common cancer among Indian women of reproductive age. The reported barriers to screening include unawareness of risk

factors, symptoms and prevention; stigma and misconceptions about gynaecological diseases; and lack of national cervical cancer screening guidelines and policies [1].

Carcinoma of the cervix is the second most common cancer in women worldwide, while it is the commonest cancer among Indian women. Cancer of the cervix, is the second most common cancer in females, after cancer of breast worldwide and the commonest in developing countries including India. According to the report by WHO, nearly 500,000 women across the world are diagnosed with cervical cancer. Every year, out of whom about 300,000 die per year and the worst part is India has more cervical cancer cases than any other countries in the world. WHO estimated every year more than 130,000 Indian women are diagnosed with this disease and more than 74,000 die from this cancer. This makes cervical cancer the leading cause of cancer-related death in India and represents approximately one-fourth of world's total cervical cancer cases and mortality [2]. Data related to determinants of participation of women in cervical cancer screening is limited, especially in India [3].

Cervical screening is the main weapon for early detection of cervical cancer at a pre-invasive or premalignant stage. According to NHS Cervical Screening Programme, cervical screening is not a test for cancer. It is a method of preventing cancer by detecting and treating early abnormalities, if left untreated could lead to cancer in cervix. The term screening is frequently used synonymously with "early detection" or secondary prevention. Cancer screening must be done intermittently or periodically by a healthcare professional.

REVIEW OF LITERATURE

Literature Related to Knowledge about Carcinoma Cervix

A study was conducted to examine knowledge regarding cervical cancer among 400 female workforces in UK by using knowledge questionnaire on cervical

screening treatment for abnormalities and HPV. Four hundred women returned completed knowledge questionnaires of cervical cancer were good, but risk factors for cervical cancer were not well known. The study showed that the awareness about cancer cervix is less, and it is essential to improve women's knowledge of cervical cancer and risk factors [4].

An exploratory study was conducted in Australia among 140 females from Sydney University regarding social and psychological impact of HPV in cervical screening among females aged 18–45 years (mean 19 years, SD 3.3 years) using purposive sampling. The results were revealed as 25.7% of students reported "having ever heard of HPV", compared to the 89.3% who reported "having ever heard of genital warts". When asked whether HPV infection is the main cause of cervical cancer, 11.6% said yes, 5.8% said no, and 82.6% said they didn't know. The study was concluded with saying that there is low awareness of HPV per se and low awareness of the link between HPV and cervical cancer [5].

An exploratory research design was adopted to assess the knowledge and practice regarding cervical cancer among 100 married women between the ages 20 and 60 years at Indore (Madhya Pradesh) using purposive sampling. The investigator used a structured questionnaire of nine items to assess the knowledge regarding early diagnosis and prevention of cervical cancer. Reliability was calculated using split-half method and the r -value was 0.8. The findings revealed that all of the subjects, 100 (100%), had no knowledge regarding early diagnosis and prevention of cervical cancer, 86 (86%) of the subjects were at low risk for cervical cancer, 14 (14%) of them are at moderate risk for developing cervical cancer. Hence

the conclusion was made by saying that there is a need to create public awareness regarding the benefits provided by the government through various health schemes, and all government hospitals must make these schemes available to the population. Nurses should also be trained through in-service education to spread the health awareness to the individuals and families [6].

A study was conducted at Maroua, Cameroon, to assess the knowledge, attitudes and assumption of cervical cancer among women. Total 171 women were surveyed in a period of 1 month. Out of 171 women, 48 (28%) had poor knowledge, they were called as the "aware group"; 123 of 171 (72%) were uninformed about cervical cancer and they were classified as "unaware group" (UG). After gaining awareness about cervical cancer by 28% of women, only 4 of 48 (8.3%) underwent screening test. Only 72 of 171 (41.5%) said that they will get the screening test in future. The study emphasized the requirement of aggressive campaign among Cameroonian women for the awareness of cervical cancer [7].

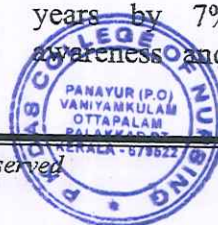
Literature Related to Knowledge towards Prevention of Cervical Cancer

A study was conducted among Turkish women about knowledge regarding cancer cervix, using a 25-item questionnaire at the closure of the study. 143 women responded and returned the survey. Of the participants, 62.2% (89) had a university degree, 36.4% (52) a high school education, and 1.4% (2) had lower school degrees; 98.5% of the women would consent to have their daughter vaccinated for HPV and 94.7 would consent to have their son vaccinated, if vaccine provided prevention against cancer and related diseases. However, in both cases, women gave importance to the "cost"—unless vaccine could be free [8].

A study was conducted at Ibadan to find out the awareness level of female health workers about cervical cancer and its preventive measures. A 20-item questionnaire containing items on characteristics and knowledge of respondents on aetiology and prevention of cervical cancer was administered to a total of 205 female doctors, nurses and hospital maids in three hospitals. Knowledge about the condition was high among doctors, surprisingly inadequate among nurses and predictably poor among hospital maids. Majority of the respondents, 93.2%, never undergone Pap smear test. The study found the need to intensify campaign towards prevention of cervical cancer even among health workers [9].

A cross-sectional study was conducted at Ernakulam, Kerala, to find the knowledge of women regarding cervical cancer and practices among them. Total of 809 women were interviewed from four Panchayats. The mean age of the study population was 34.5+9.23 years. The result revealed that 74.2% knew that cervical cancer can be detected by a screening test. Majority of the samples (89.2%) did not know any risk factor for cervical cancer. Only 6.9% had undergone screening. This study result revealed the need for making the community aware about cancer cervix and its screening process [10].

A study was conducted to assess the number of women taking part in the secondary prevention of cervical cancer. The results of four cervical prevention surveys on representative samples of Polish women aged over 35 years were compared: 58% of women have awareness of cytological test, 12% of women have yearly visits of cytological test, and cytological test done during the last three years by 7%. The lowest level of awareness and the lowest frequency of



using prevention service were declared among women aged over 60, which represented the lowest education level. It is important to continue educational work and intervention measure concerning cervical cancer prevention.

Literature Related to Structured Teaching Programme Regarding Prevention of Cervical Cancer among Women

A systematic literature review was conducted to overview the knowledge about HPV infection among the public, students, patients and health professionals in Hospital of the University of Mainz, Germany. The study results showed that 39 studies were published between 1992 and 2006 covering a total of 19,986 participants. The proportion of participants who had heard of HPV varied from 13% to 93%. Between 5% and 83% knew about the association of HPV and (genital) warts. Health professionals and women had better knowledge about HPV than other participants. The study concluded that overall, the knowledge of the general public about HPV infection is poor. Efforts should be increased to give sufficient and unbiased information on HPV infection to the general public.

A cohort study was conducted to assess the knowledge and attitudes among 1588 US women towards HPV and Pap testing, the HPV vaccine and knowledge of CC prevention. The study results showed that, among 1588 women, HIV seropositive women better understood facts about CC prevention and HPV than seronegative women, but both had substantial knowledge deficits. The study concluded that high-risk women need effective education about CC prevention, HPV and vaccination.

A study conducted to determine the effectiveness of self-instructional modules

on knowledge of women regarding cervical cancer, its detection and control in Pune city. Evaluative approach was used with quasi-experimental pre-test-post-test design. The women in the first group were given a pamphlet and the women in the second group were given a self-instructional module. The findings of the study revealed that women in both groups gained significantly in the post-test. For group one, the *t*-value obtained was 10.27, and for group two, the *t*-value obtained was 8.60. The researcher concluded that the use of both self-instructional modules was effective in gaining knowledge regarding cancer of cervix.

A cross-sectional survey was conducted at Puducherry among women attending Gynaecology OPD. Data collected were regarding their demographic details, knowledge of cervical cancer and its prevention. The result revealed that only 44.4% knows about cervical cancer. Majority (97.2%) of them were not aware of vaccination which can prevent cancer cervix. The study emphasized the need for public education regarding cervical cancer and its prevention.

METHODOLOGY

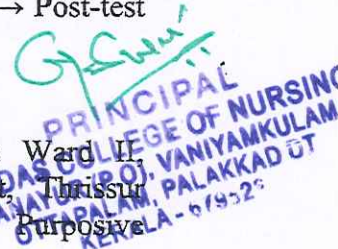
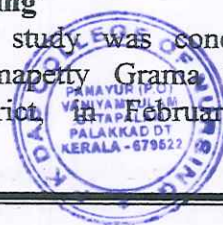
In view of the nature of the problem under study and to accomplish the objectives of the study, one-group pre-test-post-test design with pre-experimental approach was found to be appropriate to evaluate the effectiveness of structured teaching programme (STP) on carcinoma cervix among rural women.

The formula used:

Pre-test (X) → Treatment SIM → Post-test (Y) Effectiveness = (Y-X)

Setting

The study was conducted in Ward II, Erumapetty Grama Panchayat, Thirissur District, in February 2019. Purposive



sampling technique was used. The sample size was 60 rural women, in the age group of 30–60 years.

RESULTS

Part I: Description of Demographic Characteristics of the Sample

This deals with the distribution of participants according to their demographic characteristics.

were in the age group of more than 40 years and 20 % were in the age group of 21–30 years.

Percentage-wise distribution of women according to their educational status shows that 63% was in the category of up to 10th standard, 27% was in the category of up to degree, and 10% was in the category of more than degree, which were depicted in Figure 2.

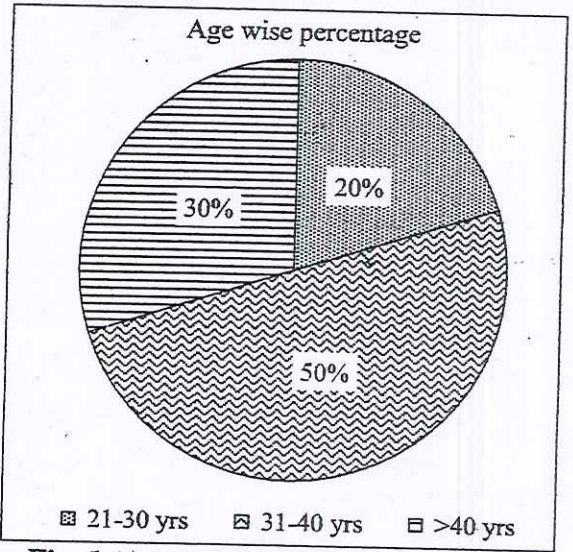


Fig. 1. Age-wise distribution of women.

Table 1. Frequency and percentage distribution of samples according to their demographic variables.

S.N.	Sample characteristics	Frequency	Percentage
1	<i>Age in years</i>		
	(a) 21–30	12	20
	(b) 31–40	30	50
	(c) >40	18	30
2.	<i>Education</i>		
	(a) Up to 10th std	38	63
	(b) Up to degree	16	27
	(c) >Degree	6	10
3.	<i>Marital status</i>		
	(a) Married	46	77
	(b) Widow	12	20
	(c) Single	2	3
4.	<i>Job</i>		
	(a) Unemployed	36	60
	(b) Full time	6	10
	(c) Part time	18	30
5.	<i>Source of health information</i>		
	(a) Mass media	32	54
	(b) Friends	8	13
	(c) Health professionals	20	33

Table 1 and Figure 1 describe the distribution of women according to their age, which shows that the highest percentage (50%) of women were in the age group of 31–40 years, whereas 30%

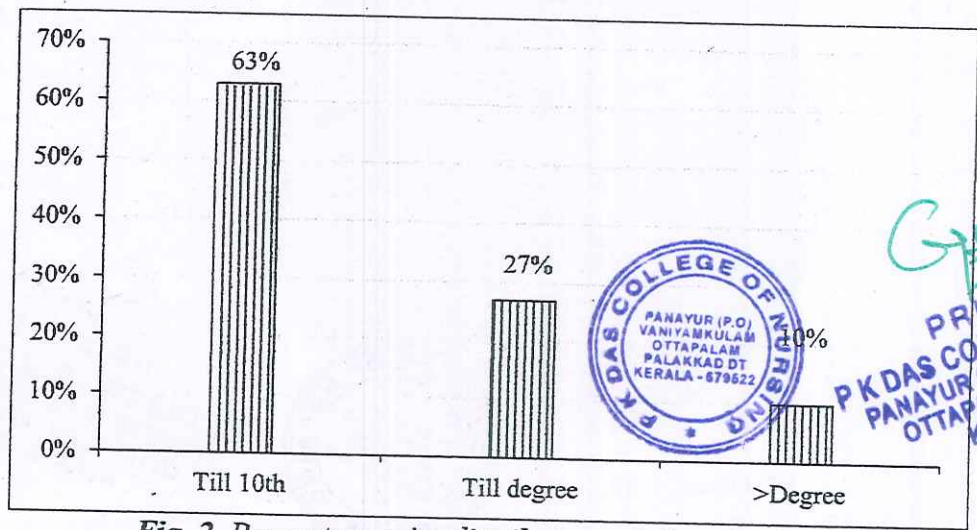


Fig. 2. Percentage-wise distribution of education level.



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Percentage-wise distribution of women according to marital status shows that the highest percentage (77%) was married, 20% was widow and 3% was single, as given in Figure 3.

Figure 4 showed that the percentage-wise distribution of women according to job status shows that the highest percentage (60%) was unemployed, 30% women were

in the category of part time and 10% were in full-time category.

Percentage-wise distribution of women according to source of health information reveals that the highest percentage (54%) of samples received health information from mass media, 33% gained knowledge from health professionals and (13%) gained knowledge from friends as given in Figure 5.

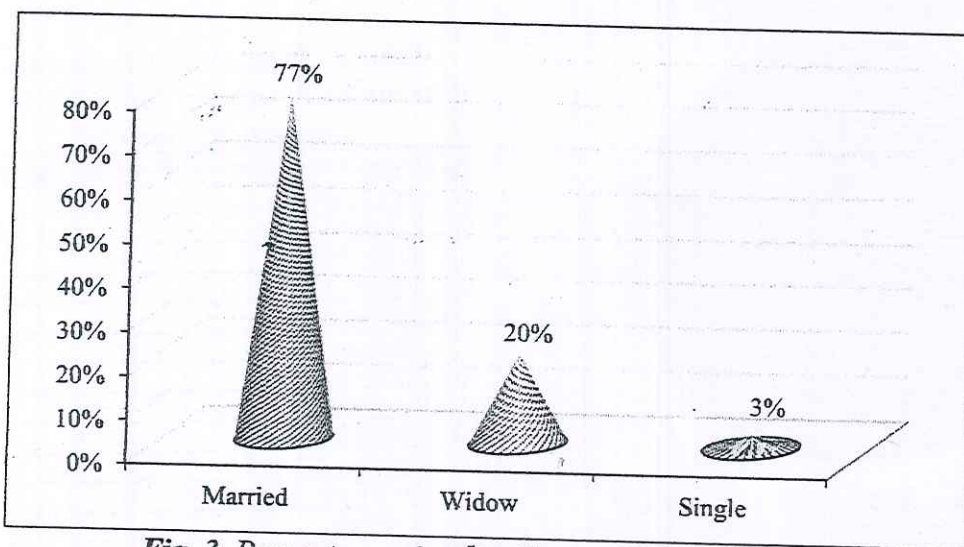


Fig. 3. Percentage-wise distribution of marital status.

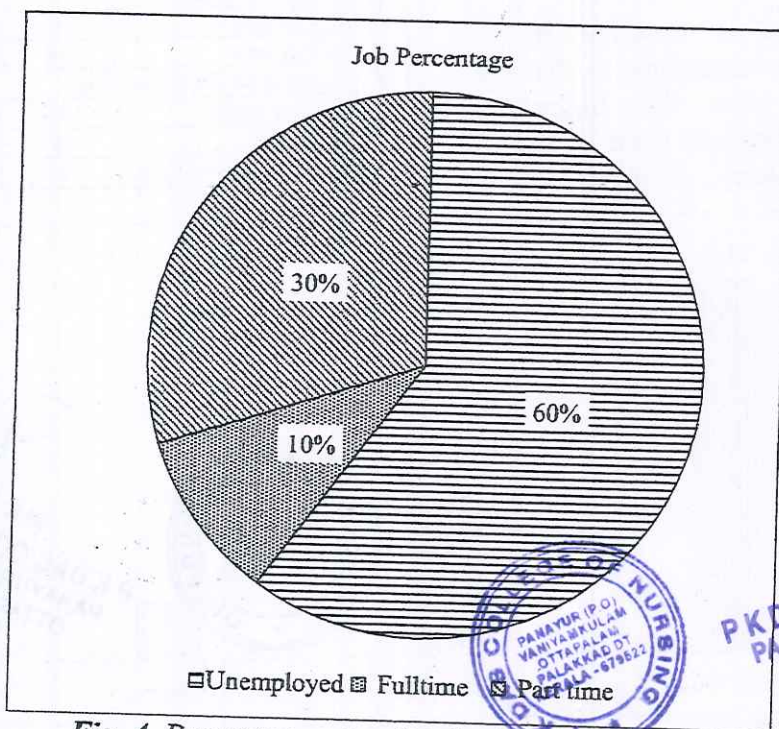


Fig. 4. Percentage-wise distribution of job status.

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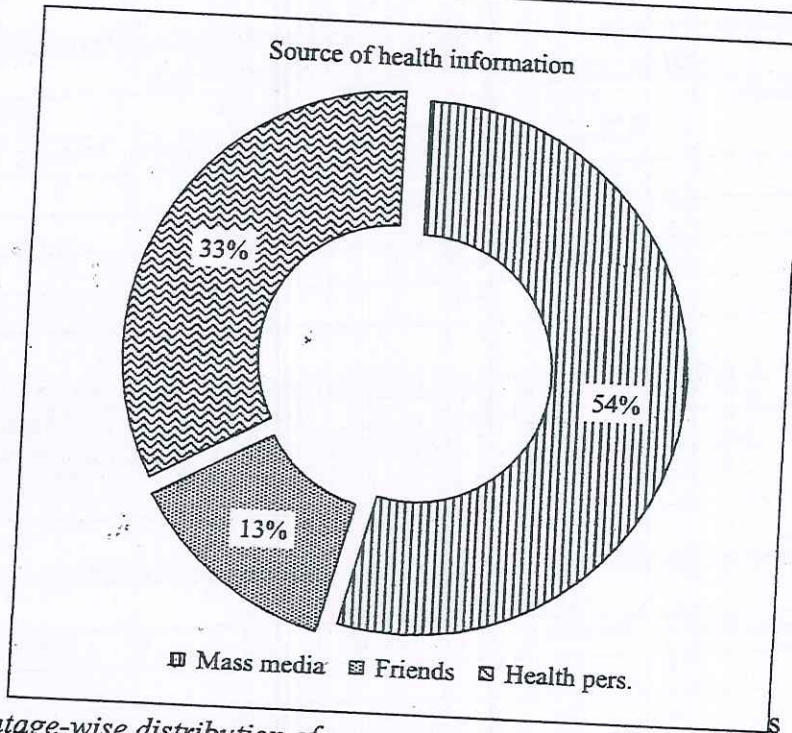


Fig. 5. Percentage-wise distribution of women according to source of health information.

Part III: Evaluation of Effectiveness of STP on Carcinoma Cervix

Section A: Comparison of Pre-test Knowledge and Post-test Knowledge Score

Table 2 depicts that the assessment of pre-test level of knowledge among women shows that the highest percentage (64%) of the women had satisfactory knowledge regarding carcinoma cervix, 33% of women had poor knowledge and 3% had good knowledge. None had excellent knowledge about carcinoma cervix. In post-test level of knowledge, assessment shows that highest percentage (45%) of the women had good knowledge, none had poor knowledge, 20% had satisfactory knowledge and 21% had excellent knowledge.

The mean pre-test knowledge score was 11.83 and knowledge score percentage was 47.33. In the post-test, the mean knowledge score was 19.72 and the knowledge score percentage was 78.87. After administration of STP, the effectiveness shows knowledge gain score

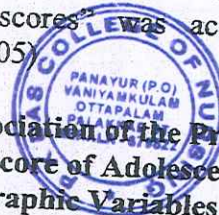
is 7.89 ± 2.8 and the percentage is 31.54%. This indicates that the STP is effective in improving the knowledge of women regarding carcinoma cervix as given in Table 3.

Part IV: Testing of Hypothesis

Paired *t*-test was used to analyse the difference in the knowledge scores of the women regarding carcinoma cervix. A significant increase in the post-test score was observed in the women on the overall knowledge of carcinoma cervix. Hence the research hypothesis "the mean post-test knowledge score of the women will be significantly higher than the mean pre-test knowledge scores" was accepted ($t = 10.18, p < 0.05$).

Part V: Association of the Pre-test knowledge Score of Adolescent Boys with Demographic Variables

In order to determine the significant association of pre-test knowledge score with selected variables, chi-square test was used. All chi-square values were lesser than that of the tabulated values.



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Table 2. Distribution of pre-test knowledge level and post-test level knowledge of rural women regarding carcinoma cervix (N = 60).

Level of knowledge	Total marks 25		Pre-test		Post-test	
	% Range	Marks range	Frequency	Percentage	Frequency	Percentage
Poor	<40	<10	20	33	0	0
Satisfactory	41-60	11-15	38	64	12	20
Good	61-80	16-20	2	3	27	45
Excellent	>80	>20	0	0	21	35

Table 3. Effectiveness of pre-test and post-test knowledge score.

Areas	Max. possible score	Pre-test (X)		Post-test (Y)		Effectiveness (Y-X)	
		Mean± SD	Mean%	Mean± SD	Mean%	Mean± SD	Mean%
Knowledge about carcinoma of cervix	25	11.83 ± 2.55	47.33	19.72 ± 1.72	78.87	7.89 ± 2.8	31.54

Table 4. Chi-square values showing association between pre-test knowledge scores and sample characteristics.

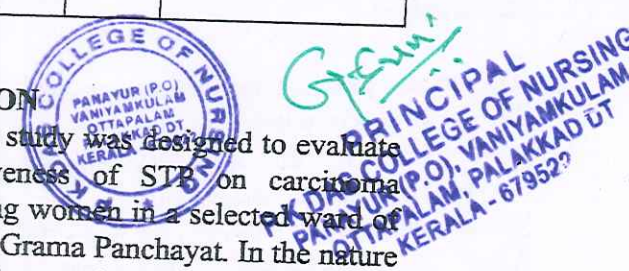
S.N.	Sample characteristics	Frequency	Percentage	X ²	Df	Level of significance
1.	Age in years			3.28	2	Not significant
	(a) 21-30	4	8			
	(b) 31-40	19	11			
	(c) >40	8	10			
2.	Education			1.82	2	Not significant
	(a) Up to 10 th std	25	13			
	(b) Up to Degree	4	12			
	(c) >Degree	2	14			
3.	Marital status			2.64	2	Not significant
	(a) Married	25	21			
	(b) Widow	5	7			
	(c) Single	1	1			
4.	Job			3.53	2	Not significant
	(a) Unemployed	22	14			
	(b) Full time	4	2			
	(c) Part time	5	13			
5.	Source of health information			4.37	2	Not significant
	(a) Mass media	20	12			
	(b) Friends	2	6			
	(c) Health professionals	9	11			

*NS: Not-significant. $\chi^2_1 = 3.84$, $\chi^2_2 = 5.99$, $\chi^2_3 = 7.82$; $P < 0.05$.

Hence the finding indicated that there is no significant association between the pre-test knowledge score and selected demographic variables like age, educational qualification, marital status, job and source of health information as depicted in Table 4.

DISCUSSION

The present study was designed to evaluate the effectiveness of STP on carcinoma cervix among women in a selected ward of Erumapetty Grama Panchayat. In the nature of the problem understudy to achieve the objectives of the study, a one-group pre-



test-post-test research design was adopted since the study tried to find the effectiveness of STP on carcinoma cervix among women in a selected ward of Erumapetty Grama Panchayat. Purposive sampling technique was adopted for the study to select the samples. The data were collected from 60 women.

The findings of the study are discussed under the following sections:

Part I: Description of demographic characteristics of women.

Part II: Analysis of pre-test knowledge of women regarding carcinoma cervix.

Part III: Evaluation of effectiveness of STP on carcinoma cervix.

Part IV: Testing of hypothesis.

Part V: Association of the pre-test knowledge score of women with demographic variables.

Part I: Percentage-wise Distribution of Women According to their Demographic Variables

Distribution of women according to their age shows that highest percentage (50%) of women were in the age group of 31-40 years whereas (30%) were in the age group of more than 40 years and 20 % were in the age group of 21-30 years.

Percentage-wise distribution of women according to their educational status shows that 63% was in the category of up to 10th standard, 27% was in the category of up to degree, and 10% was in the category of more than degree.

Percentage-wise distribution of women according to marital status shows that the highest percentage (77%) was married, 20% was widow and 3% was single.

Percentage-wise distribution of women according to job status shows that the highest percentage (60%) was unemployed, 30% women were in the category of part time and 10% was in full-time category.

Percentage-wise distribution of women according to source of health information reveals that the highest percentage (54%) of samples received health information from mass media, 33% gained knowledge from health professionals and 13% gained knowledge from friends.

Part II: Analysis of Pre-test Knowledge of Women Regarding Carcinoma Cervix

Section A: Level of Knowledge of Women Regarding Carcinoma Cervix

Assessment of level of knowledge of women shows that the highest percentage (64%) of the women had satisfactory knowledge regarding carcinoma cervix, 33% of women had poor knowledge and 3% had good knowledge. None had excellent knowledge about carcinoma cervix.

Part III: Evaluation of the Effectiveness of STP on Carcinoma Cervix

Section A: Comparison of Effectiveness of Pre-test and Post-test Knowledge of Women Regarding Carcinoma Cervix

Assessment of pre-test level of knowledge among women shows that the highest percentage (64%) of the women had satisfactory knowledge regarding carcinoma cervix, 33% of women had poor knowledge and 3% had good knowledge. None had excellent knowledge about carcinoma cervix. In post-test level of knowledge assessment, the values show that the highest percentage (45%) had good knowledge, none had poor knowledge, 20% had satisfactory knowledge and 21% had excellent knowledge.

The mean pre-test knowledge score was 11.83 and knowledge score percentage was 47.33. In the post-test, the mean knowledge score was 19.72 and the knowledge score percentage was 78.87. After administration of STP, the effectiveness shows knowledge gain score is 7.89±2.8 and the percentage is 31.54%.

This indicates that the STP is effective in improving the knowledge of women regarding carcinoma cervix.

Part IV: Testing of Hypothesis

Paired *t*-test was used to analyse the difference in the knowledge scores of the women regarding carcinoma cervix. A significant increase in the post-test score was observed in the women on the overall knowledge of carcinoma cervix. Hence the research hypothesis "the mean post-test knowledge score of the women will be significantly higher than the mean pre-test knowledge scores" was accepted ($t = 10.18, p < 0.05$). It is revealed that STP was very effective in improving the knowledge level of the women regarding carcinoma cervix.

The findings of this study are consistent with the study conducted among 60 reproductive age women between 15 and 45 years in selected urban community at Mangalore. The study showed that the pre-test knowledge mean percentage was 30.50% with mean 9.51 ± 4.091 , and the post-test mean percentage score was 88.33% with mean 26.50 ± 1.73 . This shows the effectiveness of SIM on prevention of HIV among reproductive age women.

Part V: Association of Knowledge with Selected Demographic Variables

In order to determine the significant association of pre-test knowledge score with selected variables, chi-square test was used. All chi-square values were lesser than that of the tabulated values. Hence the finding indicated that there is no significant association between the pre-test knowledge score and selected demographic variables like age, educational qualification, marital status, job and source of health information.

Therefore, it is concluded that baseline factors are independent of their pre-test level of knowledge on carcinoma cervix.

CONCLUSION

This chapter deals with the conclusions drawn based on the present study.

Major Findings

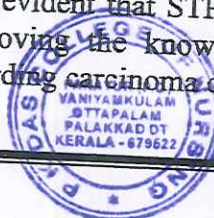
The study reveals that, in pre-test knowledge assessment, majority (38%) of women had satisfactory knowledge, 20% had poor knowledge, 2% had good knowledge and none had excellent knowledge. Whereas in post-test, it was seen that 35% gained excellent knowledge, 45% had good knowledge, 20% had satisfactory knowledge and none had poor knowledge.

The overall post-test mean percentage was 78.87% with mean \pm SD was 19.72 ± 1.72 , which is higher than the pre-test mean percentage 47.33% with mean \pm SD 11.83 ± 2.55 . This concluded that there was a significant difference between mean pre-test and mean post-test scores. The difference between the pre-test and post-test knowledge scores was very highly significant ($t = 10.18, p < 0.05$) indicating the effectiveness of the STP in improving knowledge of the women regarding carcinoma cervix.

The findings of the present study show that there was no association between the pre-test knowledge scores and selected demographic variables.

The following conclusions are made based on the above findings.

- In pre-test, it has been found that majority of the women had satisfactory knowledge.
- After the intervention as distribution of STP, it has been found that there was gain in adequate knowledge, by reducing the poor knowledge category and increasing the excellent category.
- It is evident that STP was effective in improving the knowledge of women regarding carcinoma cervix.



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- There was no association between pre-test knowledge score and demographic variables.

IMPLICATIONS

The findings of the present study have implications in various areas of nursing education, nursing practice and nursing research.

Nursing Practice

Promotion of health and prevention of diseases is the present-day trend in healthcare industry, which is also greatly emphasized by WHO. Nurses have a major role in improving the health of the people by conducting awareness education programmes. Nurses are in a better position to provide knowledge to the community. Hence nurses should take keen interest in preparing different teaching strategies to the schools, colleges and community.

Nursing Education

Nurses should have thorough knowledge regarding various aspects of health in order to provide comprehensive care to the society. One of the important aspects of health is reproductive health. Nurses need to have in-depth knowledge regarding reproductive health and issues so that they can motivate the women of community about consequences of unawareness about reproductive health, how to prevent carcinoma cervix by proper screening, and how to recognize the signs and symptoms of the disease. This can be done by integrating reproductive health education into all levels of curriculum in nursing education. The findings of the study would help the nurses to develop an insight into the importance of health education regarding carcinoma cervix among women

Nursing Research

Nursing practice should be based on scientific body of knowledge. More

innovative teaching methods like reproductive health issues package can be implemented and its effectiveness can be evaluated. Further research should be conducted to create awareness.

LIMITATIONS

1. The sample size was small, so the generalization of the finding is limited.
2. The study was conducted only in community-based setting, so the generalization of the finding is limited.

ACKNOWLEDGEMENT

First of all, I thank Lord Almighty for his abundant blessing showered on us which helped us to complete the study successfully. We are immensely thankful to Adv. P. Krishna Das, Chairman and Managing trustee, who allowed us to conduct this study from our college. I owe my heartfelt thanks to Prof. Tamil Selvi P., Principal, Nehru College of Nursing, Vaniyamkulam, for her expert guidance and constant encouragement. We are immensely indebted to our family members for their love and wholehearted support. We extend our sincere gratitude towards Ward Member and CDS of Ward II, Erumapetty Grama Panchayat, for giving us permission to conduct the study. Last but not the least, my gratefulness is extended to all those who have directly and indirectly helped in the completion of the study.

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A Study to assess the effectiveness of structured Teaching programme regarding the knowledge on Home Management of selected Minor Illness among mothers of under 10 children in A selected Community in Palakkad District Kerala

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Abstract

Home remedies are natural cures or medicines made athome from natural ingredients such as herbs, vegetablesand fruits and have given more attention due to its natureand cure. Many common illness are present in the under 10children. it can be treated at home without needing toconsult the doctor so a Pre-experimental one group pretest posttest study was conducted to assess the effectiveness of structured teaching programme regarding the knowledge on home management of selected minor illness among mothers ofunder 10 children and on statistical analysis and the results concuded that the mean posttest knowledge score obtained is 29.6 washigher than the mean pretest knowledge score is 19.6. Paired t test was done to find out the difference between the mean pretest knowledge score, the calculated t valueis (13.414) was found to be significant (p<0.0001) thisshowsthat STP was effective in increasing theknowledge regarding the home management of minorillness

Keywords

Effectiveness, structured teaching Programmer, Knowledge, Mothers of under 10 children, Palakkad.



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RESEARCH ARTICLE

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ABSTRACT:

KEYWORDS: Effectiveness, structured teaching Programmer, Knowledge, Mothers of under 10 children, Palakkad.

INTRODUCTION:

Background of the study:

Home remedies are natural cures or medicines made at home from natural ingredients such as herbs, vegetables and fruits and have given more attention due to its nature and cure such as simple, no side effects, no chemicals, inexpensive and pleasure of being able to cure. In home based remedies, the idea is used to the chemicals naturally present in the herbs, spices and other fruits to tackle the offending foreign element in the body that is causing pain or infection instead of flexing the body with hundreds of milligram of strong chemicals in the form of antibiotic. Though antibiotics are essentials for chronic conditions, which is not always necessary and are best avoided especially for minor illness.

Children constitute more than% of our population. Child health is the corner stone of the nation progress and the country which neglects the child, its future progress will be affected. The age group of 1-3 years of ages is a very important period of life as growth and development is rapid.

Many common illness are present in the under 10 children. it can be treated at home without needing to consult the doctor. Many minor illness such as common cold, fever vomiting, diarrhea, headache, earache, sore throat etc. can be treated at home using simple remedial measures without consulting the physicians.

STATEMENT OF THE STUDY:

A study to assess the effectiveness of structured teaching programme regarding the knowledge on home management of selected minor illness among mothers of under 10 children in a selected community in Palakkad District Kerala

OBJECTIVES:

- To assess the pretest knowledge of mothers regarding the home management of selected minor illness.
- To assess the post test knowledge of mothers regarding the home management of selected minor



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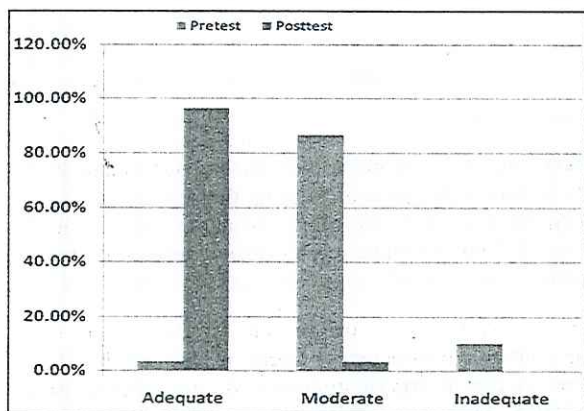
- To determine the association between the level of knowledge of mothers regarding the home management of minor illness among selected minor illness.
- To compare the pretest and posttest knowledge regarding home management of minor illness among mothers.

Method:

A pre experimental one group pretest post test design was used for the study. The mothers of under 10 children at Ambalappara after pretest a structured teaching programme was administered to the 50 subjects and on the third day post test was conducted with the same structured knowledge questionnaire. The collected was analyzed by using descriptive and inferential statistics.

RESULT:

The mean posttest knowledge score obtained is 29.6 was higher than the mean pretest knowledge score is 19.6. Paired t test was done to find out the difference between the mean pretest knowledge score, the calculated t value is (13.414) was found to be significant (p<0.0001) this shows that STP was effective in increasing the knowledge regarding the home management of minor illness.



Histogram showing the difference of pretest and post test knowledge percentage

INTERPRETATION AND CONCLUSION:

Finding of the study shows that the knowledge score of mothers of under 10 children at Ambalappara were less before the STP. The STP facilitated them to gain more knowledge about home management of minor illness, which was evident from the post test knowledge score. Hence this study implies that the STP is an effective strategy for providing information and to improve knowledge of mothers of under 10 children at Ambalappara Palakkad District. Kerala.

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A Study to Assess the Effectiveness of Structured Teaching Programme regarding the Knowledge on Home Management of Selected Minor Illness among mothers of under 10 children in A Selected Community in Palakkad District Kerala

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Many common illness are present in the under 10 children. it can be treated at home without needing to consult the doctor. Many minor illness such as common cold, fever vomiting, diarrhea, headache, earache, sore throat etc. can be treated at home using simple remedial measures without consulting the physicians.

STATEMENT OF THE STUDY:

A study to assess the effectiveness of structured teaching programme regarding the knowledge on home management of selected minor illness among mothers of under 10 children in a selected community in Palakkad District Kerala

OBJECTIVES:

- To assess the pretest knowledge of mothers regarding the home management of selected minor illness.
- To assess the post test knowledge of mothers regarding the home management of selected minor



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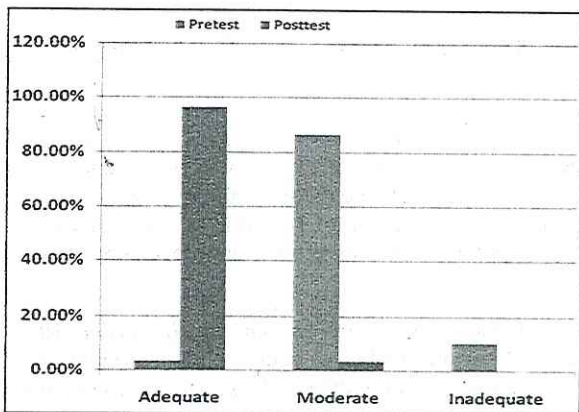
- To determine the association between the level of knowledge of mothers regarding the home management of minor illness among selected minor illness.
- To compare the pretest and posttest knowledge regarding home management of minor illness among mothers.

Method:

A pre experimental one group pretest post test design was used for the study. The mothers of under 10 children at Ambalappara after pretest a structured teaching programme was administered to the 50 subjects and on the third day post test was conducted with the same structured knowledge questionnaire. The collected was analyzed by using descriptive and inferential statistics.

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Histogram showing the difference of pretest and post test knowledge percentage

INTERPRETATION AND CONCLUSION:

Finding of the study shows that the knowledge score of mothers of under 10 children at Ambalappara were less before the STP. The STP facilitated them to gain more knowledge about home management of minor illness, which was evident from the post test knowledge score. Hence this study implies that the STP is an effective strategy for providing information and to improve knowledge of mothers of under 10 children at Ambalappara Palakkad District. Kerala.

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