International Journal of Current Advanced Research
ISSN: O: 2319-6475, ISSN: P: 2319 – 6505, Impact Factor: SJIF: 5.438
Available Online at www.journalijcar.org
Volume 6; Issue 2; February 2017; Page No. 2195-2196

Research Article

A STUDY TO EVALUATE THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING SICKLE CELL ANAEMIA AMONG THE MOTHERS OF UNDER FIVE CHILDREN AT SREE BALAJI MEDICAL COLLEGE AND HOSPITAL CHENNAI

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A R T I C L E I N F O

Article History:

Received 25th November, 2016
Received in revised form 28thDecember, 2016
Accepted 24th January, 2017
Published online 28th February, 2017

Key words:

Sickle Cell Disease, Sickle Cell Anaemia, Sickle Cell Crisis, Under Five Children

A B S T R A C T

Sickle-cell disease is a group of blood disorders typically inherited from parents. The most common type is known as sickle-cell anaemia . It results in an abnormality in the oxygen-carrying protein haemoglobin found in red blood cells , this leads to a rigid, sickle-like shape. Problems in sickle cell anaemia typically begin around 5 to 6 months of age. A number of health problems may develop, such as sickle-cell crisis, anaemia, bacterial infections. Long term pain may develop as people get older. The purpose of the study was to assess the pre test and post test knowledge regarding sickle cell anaemia among mothers of under five children and to evaluate the effectiveness of structured teaching programme regarding sickle cell anaemia among mothers of under five children . The study methodology was Evaluative research approach and pre experimental one group pre- test post -test design was used. Non randomized purposive sampling technique was used to select the sample of the study. The total study sample consisted of 30 mothers of under five children. The result of the study concluded that the comparison of mean, standard deviation of pre-test and post-test knowledge and paired 't' test value regarding sickle cell anaemia. The pre test knowledge score is 3.73 and post test score is 9.87 and the obtained t value is 12.77 statistically significant at 0.001***. The study concluded that structured teaching programme improves the level of knowledge regarding sickle cell anaemia among mothers of under five children.

INTRODUCTION

Sickle cell anaemia is a genetic blood disease due to the presence of an abnormal form of haemoglobin, namely haemoglobin S. Haemoglobin is themolecule in red blood cells that transports oxygen from the lungs to the farthest areas of the body. Among all the childhood diseases, haematological and hereditary diseases are most life threatening disease conditions which affects in their early life. It affects upon birth, severely affecting their ability to survive on their own due to chronic anaemia resulting from an inherited haemoglobin disorder.

Sickle cell anaemia affects millions of people throughout the world. It is particularly common among people whose ancestors came from sub-Saharan Africa; South America, Cuba, Central America; Saudi Arabia; India; and Mediterranean countries, such as Turkey, Greece, and Italy. Sickle cell anaemia is caused by an error in a gene that makes the beta globin chain of haemoglobin. The resultant abnormal haemoglobin deforms the red blood cells when they are under low oxygen conditions. The sickle cells block little vessels depriving the organs of blood and oxygen. This leads to the periodic episodes of pain and damages the vital organs. Whereas normal red blood cells last about 120 days in the bloodstream, sickle red cells die after only about 10 to 20 days. Because they cannot be replaced fast enough, the blood is chronically short of red blood cells causing anaemia -- sickle cell anaemia.

Objectives

To assess the pre test knowledge regarding sickle cell anaemia among mothers of under five children. To assess the post test knowledge regarding sickle cell anaemia among mothers of under five children. To evaluate the effectiveness of structured teaching programme regarding sickle cell anaemia among mothers of under five children.

METHODOLOGY

Evaluative research approach and pre experimental one group pre testpost testdesign was used. Non randomized purposive sampling technique was used to select the sample of the study. The total study sample consisted of 30 mothers of under five children.

RESULTS

Comparison of pre test and post test level of knowledge regarding sickle cell anemia. In the pre test majority of mothers of under five children 28 (93.3%) had inadequate

level of knowledge, 2(6.67%) were had moderate level of knowledge and none of the mothers had adequate knowledge. In post test, majority of samples gained moderate level of knowledge 26(86.6%) and 4(13.3%) of mothers gained moderate knowledge.

Over all knowledge	PRE-TEST		POST-TEST	
	NO	%	NO	%
Inadequate	28	93.3	0	0
Moderate adequate	2	6.67	26	86.6
Adequate	0	0	4	13.3
Total	30	100	30	100

The comparison of mean, standard deviation of pre test and post test knowledge and paired t test value regarding sickle cell anaemia. The pre test knowledge score is 3.73 and post test score is 9.87 and obtained t value is 12.77 statistically significant at 0.001***. This indicates that the mean difference of 6.13 it is hypothesized that as there is significant in effectiveness in structured teaching programme among mothers of under fiver children. The mean and SD of pre test and post test level of knowledge regarding sickle cell anaemia among mothers of under five children.

Over all knowledge	Mean	Mean difference	SD	't' value	DF	'P' value
Pre test	3.73	6.13	2.04	12.77	29	0.001***
Post test	9.87		1.59			

CONCLUSION

The following conclusion are drawn from the findings of the study. The mothers of under five children had in adequate knowledge about sickle cell anaemia on pre test. The structured teaching programme is found to be effective in terms of gain in knowledge and the post test score was improved. So the structured teaching programme is effective in improving the knowledge of mothers of under five children.

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