



Research Article

A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING PALLIATIVE CARE AMONG STAFF NURSES WORKING IN SELECTED HOSPITAL, CHENNAI

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ABSTRACT

Palliative care is a health care specialty that is both a philosophy of care and an organized, highly structured system for delivering care to persons with life-threatening or debilitating illness from diagnosis till death and then into bereavement care for the family. Nurses play a significant role in the care of the dying, critically ill as well as the terminally ill clients. An experimental study, therefore, was undertaken to assess the knowledge of palliative care among staff nurses in a selected hospital, Chennai. The study sample consisted of 30 staff nurses who were working in various units and were selected using purposive sampling technique. In order to assess their knowledge a self-structured questionnaire and scoring system were developed to categorize the participants as whether they have adequate knowledge, moderately adequate knowledge or inadequate knowledge on palliative care. Pretest level of knowledge regarding palliative care was assessed and posttest knowledge also assessed followed by a structured teaching programme. Results revealed that in the pre-test majority of the staff nurses revealed inadequate knowledge (83%), remaining showed moderately adequate knowledge (17%). In the post test, 40% staff nurses revealed adequate knowledge, 40% staff nurses revealed moderately adequate knowledge, 20% staff nurses showed inadequate knowledge. There is a significant increase in the knowledge after structured teaching programme.

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INTRODUCTION

“We cannot change the outcome, but we can affect the journey.”

Multiple healthcare settings such as hospital, home, hospice, and long-term Palliative care focuses primarily on anticipating, preventing, diagnosing and treating symptoms experienced by patients with a serious or life threatening illness & helping patients & their families make medically important decisions. Sorifa B et al (2015) conducted a descriptive study to assess the knowledge & practice of staff nurses on palliative care in selected hospital of Guwahati city, Assam. Self-administered structured questionnaire was used to collect data from 100 staff nurses. It was found that maximum 79% had inadequate knowledge, 21% had moderately adequate knowledge & no one had adequate knowledge on palliative care. The present study was conducted in order to assess the knowledge of palliative care among staff nurses in selected hospital, Chennai, with the main perspective of determining their knowledge regarding palliative care and to improve their knowledge further by giving structured teaching programme.

MATERIAL AND METHOD

An experimental study has been employed in this study to assess the knowledge of palliative care among staff nurses. The study was conducted in a selected hospital, Chennai. A total of 30 staff nurses working in various units participated in the study. A self-designed, self-structured questionnaire was developed to assess their knowledge. There were 20 multiple choice questions on various aspects of palliative care. The data was collected by delivering the questionnaires to the participants before and after structured teaching programme. Self-made scoring system was used to categorize the participants as whether they have adequate knowledge, moderately adequate knowledge or inadequate knowledge on palliative care.

The scoring was done and interpreted as follows

Table 1 Percentage distribution of pretest and posttest level of knowledge

Table with 4 columns: Sl.No, Scoring, Percentage(%) of Pre-Test Level of Knowledge, Percentage(%) of Post-Test Level of Knowledge. Rows show Adequate (>20) at 0% pre and 40% post, Moderate (15-20) at 17% pre and 40% post, and Inadequate (<15) at 83% pre and 20% post.

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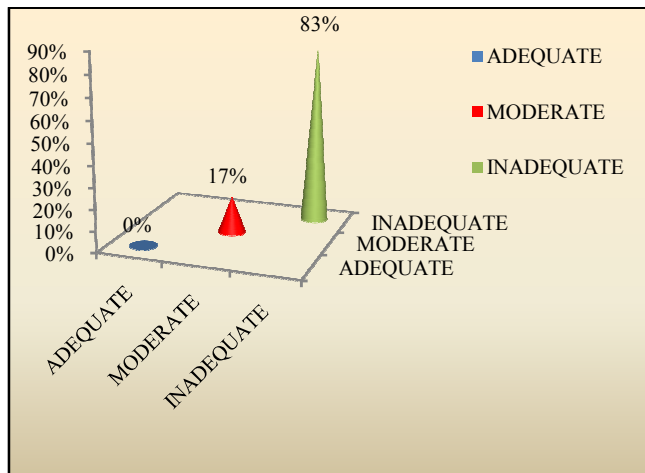


Figure 1 Percentage distribution of Pretest level of knowledge

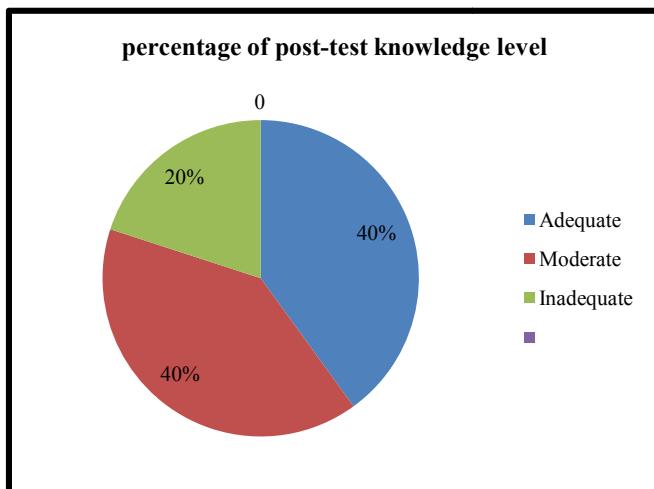


Figure 2 Percentage distribution of Posttest level of knowledge

## RESULTS

The findings of the study are discussed in terms of objectives and demographic characteristics of the samples.

### Objectives of the Study

- ✓ To assess the level of knowledge regarding the palliative care among the Staff nurses before structured teaching programme.
- ✓ To assess the level of knowledge regarding the palliative care among the Staff nurses after structured teaching programme.
- ✓ To determine the effectiveness of structured teaching programme on knowledge of palliative care among Staff nurses.
- ✓ To determine the association between demographic variables and level of knowledge regarding the palliative care among the Staff nurses.

### Demographic Characteristics of the Samples

- ✓ Regarding the age 67% (20) staff nurses were between the age group of 20-25 years attended the study, 10% (3) were 25-30 years attended the study and 10% (3) 30-35 years and 13% (4) were 40 years and above samples attended the study.
- ✓ In gender all the samples, 100% (30) were female.

- ✓ With regards to education 70% (21) were GNM, 30% (9) were B.Sc. nursing, and nobody was M.Sc nursing among the staffs who attended the study.
- ✓ With respect to working experience, 33% (10) were from medical ward, 17% (5) were from surgical ward, 27% (8) were from pediatric ward and 23% (7) were from ICU among the subjects attended the study.
- ✓ For previous knowledge regarding palliative care, 83 % (25) answered 'yes', 17% (5) answered 'no' among the subjects attended the study.
- ✓ In area of working experience, 33% (10) were from medical ward, 17% (5) were from surgical ward, 27% (8) were from pediatric ward and 23% (7) were from ICU among the subjects attended the study.
- ✓ In work experience in palliative care, 23% (7) answered 'yes' and 77% (23) answered 'no'.

## DISCUSSION AND CONCLUSION

The study was undertaken in order to study the knowledge regarding palliative care among the staff nurses working in selected hospital, Chennai. Extensive literature review and studies related to palliative care provided evidence based guidance for the study. This has helped to design the methodology, develop tool for data collection. In the pre-test majority of the staff nurses revealed inadequate knowledge (83%), remaining showed moderately adequate knowledge (17%). In the post test, 40% staff nurses revealed adequate knowledge, 40% staff nurses revealed moderately adequate knowledge, 20% staff nurses showed inadequate knowledge. There is a significant increase in the knowledge after structured teaching programme. There is no significant relationship between demographic variables and level of knowledge regarding palliative care.

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