



Original Research Article

## **A Study to Assess the Effectiveness of Planned Teaching Programme on Knowledge and Management of Epilepsy among Epileptics Attending Outpatient Department in Krishna Hospital Karad**

Prabhuswami Hiremath<sup>1</sup>, Vaishali R Mohite<sup>2</sup>, Prakash Naregal<sup>3</sup>, Shivaji H Pawar<sup>4</sup>, Mahesh Chendake<sup>5</sup>

<sup>1</sup>Lecturer (Mental Health Nursing), <sup>2</sup>Professor & Principal, <sup>3</sup>Lecturer (Child Health Nursing),  
<sup>4</sup>Clinical Instructor (Mental Health Nursing), <sup>5</sup>Asst. Professor (Medical Surgical Nursing),  
Krishna Institute of Nursing Sciences, Karad, District: Satara, Maharashtra, India.

Corresponding Author: Prabhuswami Hiremath

Received: 20/08/2014

Revised: 10/09/2014

Accepted: 18/09/2014

### **ABSTRACT**

Epilepsy has been defined as “a neurological condition characterized by recurrent, unprovoked, and paroxysmal episodes of brain dysfunction manifesting as a large number of clinical phenomena like altered levels of consciousness, involuntary movements, abnormal sensory phenomena, autonomic changes and transient disturbance of behavior. Disorders are more common because of lack of services for convulsions, lack of knowledge regarding epilepsy and its management among Patients themselves, parents and school teachers, lack of treatment facility, accessibility regarding care of convulsive patients and diagnostic evaluation of the convulsive disorders.

**Statement of research problem:** A Study to assess the effectiveness of planned teaching programme on knowledge and management of epilepsy among epileptics attending Outpatient Department in Krishna hospital Karad.

#### **Objectives:**

- ❖ To assess the pre-test knowledge regarding epilepsy and its management among epileptic clients
- ❖ To assess the effectiveness of planned teaching programme on knowledge and management of epilepsy among epileptics.
- ❖ To find the association between demographic characteristics and knowledge regarding epilepsy and its management among epileptic.

**Research Methodology:** The present study non-experimental descriptive design and conducted in outpatient department at Krishna hospital Karad. Total 60 Samples were selected by Non-probability convenient sampling method. A Structured questionnaire was applied to collect data. Statistical analysis is the organization analysis of data using statistical for this was collected summarized categorized tabulator for their statistical treatment.

**Major findings of the study:** Maximum samples belong to 18-25 (70) age group, 74% farmer by occupation, 68 % belongs to Hindu religion, 54% samples completed secondary education. In the pre test 80% were having inadequate knowledge, 17% moderate and only 3% had adequate knowledge on epilepsy and 75% were having inadequate knowledge, 10% moderate and only 5% had adequate knowledge on management of epilepsy. In the post test 11% were having inadequate knowledge, 25% moderate and only 63% had adequate knowledge on epilepsy and 7% were having inadequate knowledge,

13% moderate and only 80% had adequate knowledge on management of epilepsy. Overall post test knowledge on epilepsy showed 43 (72%) had gained adequate knowledge and 12(20%) gained moderately adequate knowledge on epilepsy after giving PTP. The chi-square computed between pre-test knowledge and selected variables showed that there was no significant relationship between the level of pre-test knowledge scores and selected variables i.e., age educational qualification, and socioeconomic status. These findings suggest that increase in knowledge was the effect of PTP and not based on any of the sample characteristics.

**Key words:** planned teaching programme, epilepsy, epileptics.

## INTRODUCTION

Epilepsy has been defined as “a neurological condition characterized by recurrent, unprovoked, and paroxysmal episodes of brain dysfunction manifesting as a large number of clinical phenomena like altered levels of consciousness, involuntary movements, abnormal sensory phenomena, autonomic changes and transient disturbance of behavior. It is also referred as the seizure disorder. <sup>(1)</sup> WHO stated that developed countries suggest an annual incidence of convulsion, approximately 50 per 1,00,000 of the general population. Developing countries suggest that this figure is nearly double that at 100 per 1,00,000 population. Through these findings, the developing countries like India are prone for a convulsive disorder. <sup>(2)</sup> In the world 400-1000 per 1,00,000 children are affected by convulsive disorders. Generally 5% of the Indian population experienced an episode of convulsion in one’s life time. In India it is estimated that among 5 convulsive children, two children are due to hereditary(gene) or pregnancy infection and two are associated with fever and one child has shown convulsive symptoms due to effects of some disorders like head injury, malaria, meningitis, diarrhea etc. <sup>(3)</sup> Disorders are more common because of lack of services for convulsions, lack of knowledge regarding epilepsy and its management among Patients themselves, parents and school teachers, lack of treatment facility, accessibility regarding care of convulsive

patients and diagnostic evaluation of the convulsive disorders.

### **Statement of research problem:**

A Study to assess the effectiveness of planned teaching programme on knowledge and management of epilepsy among epileptics attending Outpatient Department in Krishna hospital Karad.

### **Objectives:**

- ❖ To assess the pre-test knowledge regarding epilepsy and its management among epileptic clients
- ❖ To assess the effectiveness of planned teaching programme on knowledge and management of epilepsy among epileptics.
- ❖ To find the association between demographic characteristics and knowledge regarding epilepsy and its management among epileptic.

## MATERIALS AND METHODS

In the view of nature of problem selected for study and the objective to be accomplished, descriptive approach was considered appropriate for the study. The present study non-experimental descriptive design and Conducted in outpatient department at Krishna hospital Karad. Total 60 Samples were selected by Non-probability convenient sampling method. A Structured questionnaire was applied to collect data. It consists of two parts: **Part I:** The demographic data consist of age, sex, religion, education, occupation, income, marital status, duration of illness, and family history of epilepsy. **Part II:** consist of

Section A: Questions related to causes, signs and symptoms, diagnosis and complications.  
Section B: Questions related to Management.

**Data analysis plan:**

Statistical analysis is the organization analysis of data using statistical for this was collected summarized categorized tabulator for their statistical treatment. Statistical method applied for a present research study include Frequency of percentage Classify Knowledge Score

**ANALYSIS AND INTERPRETATION**

Distribution of Sample According To Demographic Variables

**Table No. 1 : Distribution Of Sample According To Age**

Sr. No.	Age	Frequency	Percentage (%)
1.	18-25 yrs	42	70
2.	25-35 yrs	8	14
3.	35-45 yrs	10	16
4.	Above 45 yrs	00	00

**Table No: 2. Distribution Of Sample According To Occupation**

Sr. No.	Occupation	Frequency	Percentage (%)
1.	Farmers	44	74
2.	Service	10	16
3.	Daily wages	6	10
4.	Others	0	00

**Table No. 3. Distribution Of Sample According To Religion**

Sr. No.	Religion	Frequency	Percentage (%)
1.	Hindu	41	68
3.	Muslim	13	22
4.	Any Others	6	10

**Table No. 4. Distribution Of Sample According To Education**

Sr. No.	Education	Frequency	Percentage (%)
1.	Illiterate	0	00
2.	Primary	10	16
3.	Secondary	32	54
4.	Higher	18	30

**Table No. 5: Distribution Of Level Of Knowledge In Pretest On Epilepsy**

S.No	Pretest	Inadequate knowledge		Moderately adequate knowledge		Adequate knowledge	
		No	%	No	%	No	%
1.	Knowledge on epilepsy	48	80	10	17	2	3
2.	Management on epilepsy	45	75	10	17	5	8

**Table No. 6: Distribution Of Level Of Knowledge In Posttest On Epilepsy**

S.No	Post test	Inadequate knowledge		Moderately adequate knowledge		Adequate knowledge	
		No	%	No	%	No	%
1.	Knowledge on Epilepsy	7	11	15	25	38	63
2.	Management on epilepsy	4	7	8	13	48	80

**Table No. 7: Overall Knowledge On Pre And Posttest Knowledge On Epilepsy**

S.No	Knowledge	Inadequate knowledge		Moderately adequate knowledge		Adequate knowledge	
		No	%	No	%	No	%
1.	Pretest	46	77	10	17	4	6
2.	Posttest	5	8	12	20	43	72

**Major findings of the study:**

**Section I: Sample characteristics**

- ❖ Maximum samples belongs to 18- 25 (70) age group, 74% farmer by occupation, 68 % belongs to Hindu religion, 54% samples completed secondary education.

**Section II: Effectiveness of planned teaching programme in terms of gain in knowledge score**

- ❖ In the pre test 80% were having inadequate knowledge, 17% moderate and only 3% had adequate knowledge on epilepsy and 75% were having inadequate knowledge, 10% moderate and only 5% had adequate knowledge on management of epilepsy.
- ❖ In the post test 11% were having inadequate knowledge, 25% moderate and only 63% had adequate knowledge on epilepsy and

7% were having inadequate knowledge, 13% moderate and only 80% had adequate knowledge on management of epilepsy.

Overall post test knowledge on epilepsy showed 43 (72%) had gained adequate knowledge and 12(20%) gained moderately adequate knowledge on epilepsy after giving PTP. The above results clearly indicate that PTP was effective in increasing the knowledge score of significant individuals on basic awareness of epilepsy.

### **Section III: Association between pre-test knowledge scores and selected variables**

The chi-square computed between pre-test knowledge and selected variables showed that there was no significant relationship between the level of pre-test knowledge scores and selected variables i.e., age ( $X^2 = 1.504$ ), educational qualification ( $X^2 = 0.052$ ), and socioeconomic status (Fisher's test  $p = 0.27$ ) at 0.05 level of significance. The findings of this study revealed a significant increase in the post-test knowledge scores after the administration of PTP. Therefore it is confirmed that PTP is an effective strategy. These findings were consistent with the findings from other studies.

#### **Summary:**

The findings of this study and other studies show that educating the significant individuals will help them to improve their knowledge of epilepsy to improve their knowledge of caring for family members with epilepsy. Thus prevention of complication of epilepsy can be possible in some extent.

#### **Recommendations**

On the basis of the findings of the study following recommendations have been made for further study.

1. The study can be replicated on a large sample thereby findings can be generalised for a larger population.
2. The study can be conducted in any family to assess the knowledge level of an individual with the topic.
3. The study can be conducted in experimental and control groups
4. Similar study could be undertaken with different strategies.
5. A comparative study may be conducted to find out the effectiveness of planned teaching programme regarding same topic.

### **DISCUSSION**

A study was conducted to find out the effect of patient and family education in a sample with schizophrenia. There was significant improvement in knowledge about schizophrenia in the experimental group ( $X^2 = 8.00$ ,  $p = 0.0047 < 0.05$ ). This study showed that family education on schizophrenia by a nurse was effective in improving the knowledge. <sup>(4)</sup> A study was conducted to evaluate the effectiveness of planned teaching programme on the knowledge of menstrual hygiene for pre-adolescence girls showed that the mean post-test knowledge score of experimental group was 23.84 which was significantly higher than the mean pre-test knowledge score 5.5. According to this study, PTP was found to be an effective teaching strategy. Effectiveness of psycho education was assessed by experimental approach in a sample of 101 patients with schizophrenia and other families. Results showed that family education on schizophrenia by nurses was effective in improving the knowledge and promoting improvement in patients' symptom. <sup>(5)</sup> The above mentioned studies clearly show that educational programmes of various kind (psycho education, planned teaching programme, health education) are effective measures in improving the knowledge of significant individuals as well

as 59 the patients. Health professionals should consider it their prime duty to educate the significant individual and the patients. Nurses play an important role in this educational programme as they have more contact with patients and family members compared to other health professionals. Educational programmes in the hospital as well as in the community should become part of patient care. These findings suggest that increase in knowledge was the effect of PTP and not based on any of the sample characteristics.

### CONCLUSION

- Pre-test knowledge score of significant individual on basic awareness of epilepsy was poor.
- Planned teaching programme prepared and provided by the investigator was found to be effective in improving the knowledge of significant individual
- Knowledge regarding epileptic disorders is poor among the public.

### Recommendations

- Frequent meeting sessions can be conducted
- Counseling can be given
- Hand outs, posters and pamphlets can be distributed in Neurology outpatient departments

### REFERENCES

1. Browne TR, Feldman RG. Diagnosis and Management. Boston. 1983;19: 13-26.
2. World Health Organisation. Epilepsy-defogging the demon. India together 2008;36.
3. Epilepsy and its first aid management.2006; <http://www.unespsa.org/china/ab/2771> .HTM.
4. American Psychiatric Association. Diagnostic and statistical manual on psychiatric disorders, fourth edition (DSM-IV). Washington, DC: American Psychiatric Press; 1994.
5. Kabir M, Iliyasu Z, Abubakar IS, Aliyu MH. Perception and beliefs about mental illness among adults in Karfi village, northern Nigeria. BMC Int Health Hum Rights 2004;4:3

How to cite this article: Hiremath P, Mohite VR, Naregal P et. al. A study to assess the effectiveness of planned teaching programme on knowledge and management of epilepsy among epileptics attending outpatient department in Krishna hospital Karad. Int J Health Sci Res. 2014;4(10):172-176.

\*\*\*\*\*