



**A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING OPTIONAL VACCINES AMONG MOTHERS OF UNDER FIVE YEARS CHILDREN IN PEOPLE'S HOSPITAL , BHOPAL, (M.P.)**

**Nursing**

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**ABSTRACT**

“Disease free young children are the pillars of our nation.”

Optional vaccines are those which are given according to one's own choice. Access to immunization services and up to date immunization coverage are essential for protecting every age group from debilitating and potentially life threatening effects of infectious diseases.

**KEYWORDS**

Assess knowledge, mothers, optional vaccines, children, immunization and precaution.

**INTRODUCTION**

“Disease free young children are the pillars of our nation.”

Children are the greatest gift of God to humanity. In India children from nearly 40% of total population. The promotion of healthy child development has become major focus of world attention over the last 3 decades.

World Health Organization (WHO) states that health is a state of complete physical, mental and social wellbeing not merely an absence of any disease or illness. Health is more than just the absence of disease. It is affected by a wide range of spectrum of physical, mental, social and political factors. The promotion of health is social as well as individual responsibility. The key to attain the goal of health for all primary health care emphasizes on the preventive principles one of the most cost effective health intervention is vaccine for all infectious disease. Immunization is a high priority area in care of infants and children. High immunization rates have almost eliminated many infectious diseases which used to decimate sizable of the population for countries.

Vaccines contain weakened or dead versions of the antigens that cause diseases. This means that the antigens cannot produce the signs and symptoms of the disease, but they do stimulate the immune system create antibodies. The antibodies help protect you if you are exposed to the disease in the future. Vaccines not only help keep your child healthy, they help all children by stamping out serious childhood diseases. Vaccines are generally quite safe. The protection provided by vaccines far outweighs the very small risk of serious problems. Vaccines have made many serious childhood diseases rare today some vaccines may cause mild temporary side effects such as fever, or soreness or a lump under the skin where the shot was given.

Optional vaccines are those which are given according to one's own choice. Access to immunization services and up to date immunization

coverage are essential for protecting every age group from debilitating and potentially life threatening effects of infectious diseases.

Some of the optional vaccines are for diseases such as MMR, Polio, Chickenpox, Pnuemococcal infection, Meningitis, Influenza, Hepatitis A and B, Typhoid fever, Diarrhoea, Cervical cancer etc. Rotavirus are the leading cause of severe diarrhea among infants and young children. Haemophilus influenza type B is a bacteria responsible for severe pneumonia, meningitis and other invasive diseases. HPV causes cervical cancer which is the second most common cancer in women's worldwide. Chicken pox and varicella is an acute, highly infectious disease caused by Varicella – zoster (V - Z) virus. Meningococcal meningitis or cerebro- spinal fever is an acute communicable disease caused by N-meningitis. Pneumonia caused by streptococcus pneumoniae is a major cause of illness and death in children. Influenza A virus is a subtype of influenza A virus and was the most common cause of human influenza (flu) in 2009. A Pentavalent vaccine is combined vaccine with five individual vaccine conjugated into one, intended to actively protect people from multiple diseases. Pertusis (WHOOPING COUGH) is a respiratory disease caused by Bordetella pertusis and is a dangerous in babies, especially ones younger than 6 months old.

**NEED OF THE STUDY**

The study was conducted to know the various type of optional vaccines which includes MMR, Polio, Chicken pox, Pneumococcal infection, Meningitis, Influenza, Hepatitis A, Hepatitis B, Typhoid fever, Diarrhoea, Cervical cancer etc.

The study was conducted to know the various type of optional vaccination and to compare and co-relate the present study with available literature.

Immunization is defined as the process by which individuals immune system becomes fortified against an immunogenic optional vaccine are

those which are given according to one's own choice. Access to immunization services and up to date immunization coverage are essential for protecting every age group from debilitating and potentially life threatening effects of infectious diseases. The risk of mortality and morbidity is statistically high during childhood period. Prevention is ultimately the most effective defense system in controlling infectious diseases. So the knowledge regarding immunization in prevention of infectious disease among mothers of under five years children is important. Keeping the point of view this study was conducted to assess the knowledge regarding optional vaccines among mothers with under five years children.

**OBJECTIVES OF THE STUDY:**

1. To assess the pretest knowledge regarding the optional among mothers of under five years children in People's Hospital Bhanpur, Bhopal.
2. To assess the post-test knowledge regarding the optional vaccine among mothers of under five years children in Peoples Hospital Bhanpur, Bhopal.
3. To evaluate the effectiveness of structured teaching programme on knowledge regarding optional vaccine among mothers of under five years children in People's Hospital Bhanpur, Bhopal.
4. To compare pre-test & post-test knowledge regarding optional vaccine among mothers of under five years children in People's Hospital Bhanpur, Bhopal.
5. To find out the association between post-test knowledge on optional vaccine among mothers of under five years children in People's Hospital Bhanpur, Bhopal.

**HYPOTHESIS:**

H1: There will be significant difference between pre-test and post-test knowledge score among mothers of under five years children regarding optional vaccine.

H2: There will be significant association between the post test knowledge score among mothers of under five years children with selected socio demographic variables.

**ASSUMPTION:**

- Mothers of under five may have less knowledge regarding optional vaccine in peoples hospital Bhanpur, Bhopal.
- Planned teaching programme may enhance the knowledge of mothers of under five years children.

**DELIMITATIONS:**

- The study will be conducted only mother's of under five years children.
- Who are willing to participate
- Sample are restricted to Peoples hospital

**METHODOLOGY**

The research design selected for this study was non experimental descriptive design, which was to assess the knowledge regarding assessing the knowledge of mothers of under five years children on optional vaccine.

The research design used in this study is the pre experimental- one group pre test, post test design to assess the effectiveness of structured teaching programme on knowledge regarding optional vaccines. In this study pre test and post test carried out for assessing the knowledge of mothers of under five years children on optional vaccine.

**RESULT**

**FINDINGS RELATED TO ASSESS THE PRE TEST AND POST TEST KNOWLEDGE SCORE OF MOTHERS REGARDING OPTIONAL VACCINES**

**Analysis of pre test knowledge score** of mother regarding optional vaccines was done and tabulated in table no. 11. The findings depicts that Table-11 depicts that majority of the 42(84%) mothers are having average knowledge, 8(16%) mothers are having poor knowledge.

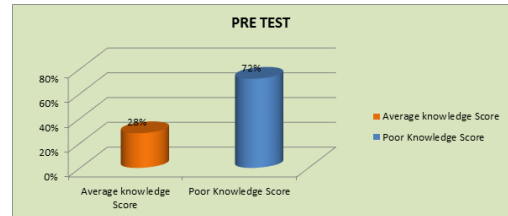
**Analysis of post test knowledge score** of mother regarding optional vaccines was done and tabulated in table no. 12. The findings depicts that Table-12 depicts that majority of the 45(90%) mothers are having good knowledge, 5(10%) are having average knowledge.

**FINDINGS EFFECTIVENESS OF INFORMATION PAMPHLET TO MOTHERS REGARDING OPTIONAL VACCINES**

In pre test majority of the 42(84%) mothers had average knowledge and after providing information pamphlet post test knowledge score majority 45(90%) had good knowledge. After comparison proved that the information booklet was effective for increasing the on knowledge regarding optional vaccines among mothers of under five years children.

**DISTRIBUTION OF SAMPLE ACCORDING TO PRE TEST KNOWLEDGE SCORE ON OPTIONAL VACCINE**

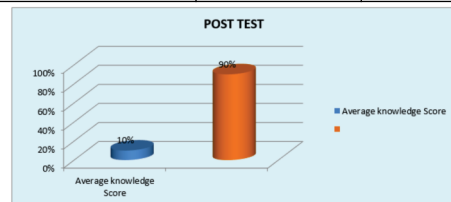
| PRETEST                 | FREQUENCY | PERCENT |
|-------------------------|-----------|---------|
| Average knowledge Score | 14        | 28.0    |
| Poor Knowledge Score    | 36        | 72.0    |
| TOTAL                   | 50        | 100.0   |



**Table No. 11 (Fig. No.11) shows that in pre test the majority of mothers have poor knowledge regarding optional vaccine is (72%), and mother have average knowledge regarding optional vaccine is (28%).**

**DISTRIBUTION OF SAMPLE ACCORDING TO POST TEST KNOWLEDGE SCORE ON OPTIONAL VACCINE**

| POST TEST A             | FREQUENCY | PERCENT |
|-------------------------|-----------|---------|
| Average knowledge Score | 5         | 10.0    |
| Good knowledge Score    | 45        | 90.0    |
| TOTAL                   | 50        | 100.0   |



**Table No. 12 (Fig. No. 12) shows that in post test majority of mothers have good knowledge regarding optional vaccine is (90%), mothers having average knowledge regarding optional vaccine is (10%).**

**CONCLUSION**

On the basis of the findings of the study the following conclusion were drawn.

1. The knowledge of mothers regarding optional of under five years children that (90%) of the mothers had good knowledge.
2. Chi - square test value of selected demographic variables of age.

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