



A STUDY TO EVALUATE THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE AND ATTITUDE REGARDING LIFESTYLE MODIFICATION AMONG PATIENTS WITH CHRONIC KIDNEY DISEASE AT SELECTED HOSPITAL COIMBATORE.

Nursing

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ABSTRACT

The study findings revealed that the structured teaching programme regarding lifestyle modifications improved the knowledge and thereby modified the favorable attitude of chronic kidney disease patients. The obtained 't' value for comparison of knowledge score at $p < 0.05$ was 16.87 and the obtained 't' value for comparison of attitude scores at $p < 0.05$ level was 18.87. There was a positive correlation found between the knowledge and attitude scores in the pre- and post test. The study also revealed that there was an association between the pretest level of knowledge scores and the education, but, other variables like age, sex, religion, occupation. Income, marital status, type of family, dietary pattern, duration of disease, personal habits, associated illness were not associated with the pretest level of knowledge scores. Further, there was no association found between pretest levels of attitude scores with the selected demographic variables.

KEYWORDS

Chronic Kidney Disease

INTRODUCTION:

Health is the extent of continuing physical, emotional, mental, and social ability to cope with "ones" environment. Good health is harder to define than bad health because it must convey a more positive concept than the mere absence of disease, and there is a variable area between health and disease. Health is defined as a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity (WHO, 1946).

National kidney foundation (2015) stated that chronic kidney disease is also known as a chronic renal disease where the progressive loss in renal functions over a period of months or years. The symptoms of worsening kidney function are non-specific and might include feeling generally unwell and experiencing a reduced appetite. People with diabetes, high blood pressure are having more chance of developing chronic kidney disease and its complications.

The incidence of chronic kidney disease and its consequences are increasing throughout western and developing world. The world foundation for renal care estimated that by the year 2020, over 1 million people will be required to provide care for approximately 1.4 million people receiving dialysis, and approximate 1.2 million are with functioning transplants. Chronic kidney disease is a gradual and progressive loss of the ability of the kidneys to function normally.

Prabhar (2015) stated that chronic kidney disease is a worldwide health problem. Diseases of the kidney and urinary tract contribute to the global burden with approximately 850,000 deaths every year and 1.15,10,100 disability-adjusted life years. Chronic kidney disease is the 12th leading causes of death and 17th causes of disability. Patients with chronic kidney disease are at high risk for cardiovascular disease and cerebrovascular disease (WHO 2012)

STATEMENT OF THE PROBLEM

A Study to evaluate the effectiveness of structured teaching programme on knowledge and attitude regarding lifestyle modification among patients with chronic kidney disease at selected hospital Coimbatore.

OBJECTIVES

- To assess the level of knowledge and attitude regarding lifestyle modifications among patients with chronic kidney disease.
- To administer a video assisted structured teaching programme on lifestyle modifications among patients with chronic kidney disease.
- To assess the effectiveness of video assisted structured teaching programme on the level of knowledge and verbal responses structured interview schedule for attitude regarding lifestyle modifications among patients with chronic kidney disease.
- To find out the correlation between knowledge and attitude

regarding lifestyle modifications among patients with chronic kidney disease.

- To find out the association between knowledge and attitude regarding lifestyle modifications among patients with chronic kidney disease with selected demographic variables.

HYPOTHESIS

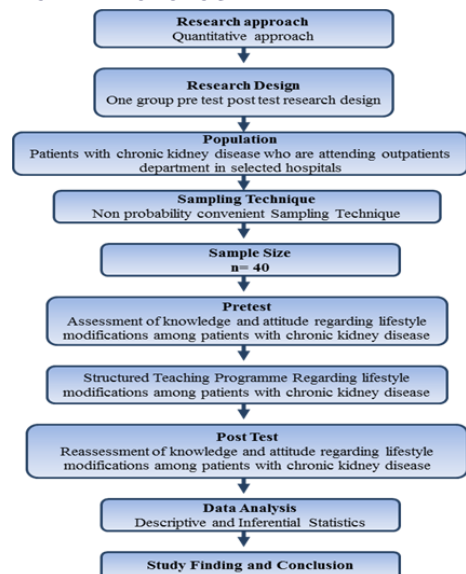
H1: There will be a significant difference between pretest and post-test level of knowledge and attitude Scores regarding lifestyle modifications among patients with chronic kidney disease.

H2: There will be a significant correlation between the pre-test level of knowledge and attitude scores regarding lifestyle modifications among patients with chronic kidney disease.

H3: There will be a significant correlation between the post-test level of knowledge and attitude scores regarding lifestyle modifications among patients with chronic kidney disease.

ASSUMPTIONS

- Chronic kidney disease patients may not have adequate knowledge and attitude regarding lifestyle modifications,
- Education will enhance the knowledge and attitude of chronic disease patients regarding lifestyle modifications

RESEARCH METHODOLOGY

RESULT AND CONCLUSION

Table 1: Mean, standard deviation and t' value of Pre-test and Post-test knowledge Scores

S.No	Knowledge	Mean	SD	't' value	Level of significance
1	Pre-test	15.77	3.9	16.87*	0.05*
2	Post-test	22.82	2.97		

Table 1 shows that the mean score of knowledge in pre-test was 15.77 and post-test was 22.82. The calculated 't' value 16.87 at df (39) was greater than the table value at 0.05 level of significance. It reveals that there was a significant difference between the pre-test and post-test knowledge scores. So the results are concluded that structured teaching programme has a significant effect on improving the level of knowledge among patients with chronic kidney disease.

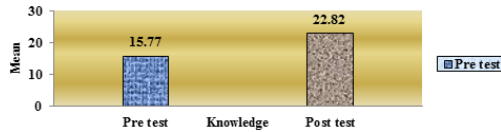


Table 2: Mean, standard deviation and t' value of Pre-test and Post-test attitude Scores

S.No	Attitude	Mean	SD	't' value	Level of significance
1	Pre-test	41.25	9.59	18.87*	0.05*
2	Post-test	53.8	7.33		

Table 2 shows that the mean score of attitude on the pre-test was 41.25 and the post-test score was 53.8. The calculated 't' value 18.87 at df (39) was greater than the table value at 0.05 level of significance. It reveals that there was a significant difference between the pre-test and post-test attitude scores. So the results are concluded that structured teaching programme has a significant effect on the improvement of attitude regarding lifestyle modification among patients with chronic kidney disease.

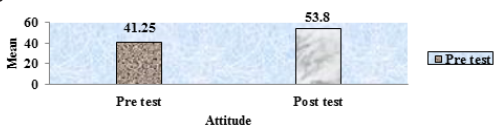


Table.3 : Mean, standard deviation and correlation of pretest scores of the knowledge and attitude

S.No	Pretest	Mean	S.D	r
1	Knowledge	15.77	3.9	+0.67
2	Attitude	41.2	9.59	

Table 3 : Shows that there was a positive correlation between the knowledge and attitude in the pre-test

Table. 4: Mean, standard deviation and correlation of post test scores of the knowledge and attitude regarding life style modification among patients with chronic kidney disease.

S.No	Post test	Mean	S.D	r
1	Knowledge	22.82	2.97	+0.73
2	Attitude	53.5	7.33	

Table 4 shows there was a positive correlation between knowledge and attitude in pretest and post-test. Compare with pre-test, the post-test 't' score is increased. It shows that patients developed adequate knowledge and favorable attitude after the structured teaching programme.

CONCLUSION

- This educative measure shows that there is a significant improvement in knowledge and attitude regarding lifestyle modification among chronic kidney disease patients. The post-test score of knowledge and attitude were highly significant when compared with pretest score. Hence the alternative hypothesis is accepted.
- Karl Pearson coefficient of correlation was used to correlate knowledge and attitude score of study subjects. There was a positive correlation between knowledge and attitude score in pre-test and post-test. Results Show that the improvement in knowledge which develops the favorable attitude towards the lifestyle modifications of chronic kidney disease patient.
- The χ^2 test was used to find out the association between selected demographic variables with knowledge and attitude regarding

lifestyle modifications of patients with chronic kidney disease. The result revealed that the educational status has the significant association with pre-test knowledge score. Other variables were not associated with pre-test knowledge score. The demographic variables were not associated with attitude pretest score.

LIMITATION

- The limited sample size places a limitation on the generalization of the study findings.
- The researcher could not use randomized sampling technique in this study.
- Knowledge and attitude of chronic kidney disease patient were assessed only through the verbal responses through structured interview schedule, which may be selective to various factors like inhibition of self-expression.
- This study assessed only the chronic kidney disease patient knowledge and attitude, actual practice was not observed.

RECOMMENDATIONS

- A similar study can be used as a comparative study between the effectiveness of medical management and complementary therapies.
- A similar study can be done to assess the stress level of chronic kidney disease.
- A similar kind of study can be conducted for a large group.

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