



Effect of a Planned Teaching Programme on Knowledge Regarding Viral Hepatitis Among Staff Nurses in a Selected Hospital at Ernakulam District, Kerala

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INTRODUCTION: Infectious diseases are a continuing threat to all persons, regardless of age, sex, lifestyle, ethnic background, and socio-economic status. They cause suffering and death and impose financial burden on society. Although some diseases have been conquered by modern advances such as antibiotics and vaccines, but for many of these diseases there is no cure or vaccine and possibility of managing or controlling them is limited. Many of these are viral diseases such as HIV, Hepatitis B & C, H1N1 Swine flu, Group-B Rota virus etc. In that viral hepatitis is one of the most serious blood borne infection in the world. Nursing has important role to play in the prevention of viral hepatitis by themselves and in the care of persons and families who have such disease. The nurses get limited time to upgrade their knowledge and skills and this results in possible gap in the integration of knowledge into practice.

Viral Hepatitis is the 10th leading serious infections in the world. 10 million cases occur worldwide. According to WHO about 10-50 persons per 100,000 are affected with the Hepatitis A virus annually. India is a hyper endemic for Hepatitis A virus infection. Worldwide, nearly 400 million people are infected with the Hepatitis B virus. Of these, approximately 50 % to 75% have viral replication. In India Hepatitis B virus (HBV) infection is endemic. Estimates indicate that annually over 1 to 2 lakh Indians die due to illness related to HBV infection. WHO estimates that 3 percent of the world population is infected with Hepatitis C Virus (HCV) and around 170 million individuals are chronic carriers. The incidence of Hepatitis E in India is estimated at two million cases per year. Nearly 119,000 cases of Viral Hepatitis were reported in India in 2012. The Integrated Disease Surveillance Programme of the National Centre for Disease Control received notification of 290,000 cases of acute viral hepatitis in 2013.

Throughout the world, millions of healthcare professionals (HCWs) work in health institutions and it is estimated that 600,000 to 800,000 cut and puncture injuries occur among them per year, of which approximately 50% are not registered. According to the World Health Organization (WHO) the annual proportion of healthcare workers exposed to blood-borne pathogens was 5.9% for HBV, corresponding to about 66,000 HBV infections in healthcare workers (HCWs) worldwide. The World Health Organization estimates that about 2.5% of HIV cases and 40% of HBV and HCV cases among HCWs worldwide are the result of these exposures. In India, the carrier rate of HBsAg in hospital staff has been found to be higher (10.87 percent) than in the general population. (5 percent). The seroprevalence of HCV in health care workers was considerably higher than that reported in the general population.

Nurses dealing with patients, especially who are exposed to blood, body fluids, and potentially contaminated instruments or wastes, are at high risk of contracting serious blood borne infections like Hepatitis B, Hepatitis C, hepatitis D, Hepatitis G. The most affected category of health care worker is the nurses who are involved in 42 to 74 percent of the reported needle stick injuries. Published reports have confirmed that even a splash of blood from patients who are HCV positive into the face or eyes exposes an occupational risk for health care workers. Nurses may acquire an infection during the provision of

nursing care because of occupational exposure to microorganisms. Relevant literature reports that compliance with standard precautions is low among nurses. The safety of nurses from workplace induced injuries and illnesses is important to nurses themselves as well as to the patients they serve. The hazards of nursing work can impair health both acutely and in the long term. The gaps in knowledge among nurses to reduce the risk of illness and injury can be updated through research.

Objectives of the study

Objectives are to:

- assess the knowledge of staff nurses regarding Viral Hepatitis before and after a Planned Teaching Programme.
- determine the effect of Planned Teaching Programme on knowledge regarding Viral Hepatitis among staff nurses.
- find the association between pre-test score of knowledge of staff nurses regarding Viral Hepatitis and the selected demographic variables

METHODOLOGY

Setting of the study : Samaritan hospital, Pazhanganad.

Research approach : A quantitative approach

Research design : pre- experimental one group pre-test – post-test research design

Sample : 40

Sampling technique : Non-probability consecutive sampling.

Data collection Instrument : Structured Knowledge questionnaire

DATE COLLECTION

The study was conducted after the approval of ethics committee and permission from the concerned authorities was obtained. Data was collected during the period between 21-02-2014 to 28-02-2014 with 40 sample selected by using nonprobability consecutive sampling technique. After introducing about self and Purpose of the study, written consent was obtained assuring maximum anonymity and Confidentiality. Pre- test was conducted to assess the knowledge of staff nurses regarding Viral Hepatitis by using structured knowledge questionnaire. The Planned

Teaching Programme was conducted on the same day about 50 minutes using power point. The post- test to assess the effect of Planned Teaching Programme was conducted using the same tool on 7th day. At the end, respondents were thanked for their cooperation. The investigator did not have any problems during the data collection process.

Data analysis:**Organization of study findings**

The data were analyzed, interpreted and organized under the following headings.

Section 1: Description of the sample characteristics

Section 2: Knowledge of staff nurses regarding Viral Hepatitis.

Section 3: Effect of planned teaching programme on knowledge regarding Viral Hepatitis among staff nurses.

Section 4: Association between knowledge of staff nurses regarding Viral Hepatitis and the selected demographic variables.

Section 1: Description of demographic variables of nurses

- Majority of the sample 37 (92.5%) samples belong to the age group of 21- 30 years
- All 40 (100%) samples were females
- Majority of the sample 28 (70%) belongs to BSc Nursing
- Majority of the sample 32(80%) have 0- 1 year of working experience
- Majority of the sample 16(40%) were working in medical ward

Section 2: Knowledge of staff nurses regarding Viral Hepatitis.

- The mean post-test knowledge score of staff nurses were 29.18
- The mean pre-test knowledge score of staff nurses were 18.03
- The results of the study showed that the mean post-test knowledge score (29.18) was
- higher than that of the mean pre-test knowledge score (18.03).

Section 3: Effect of Planned Teaching Programme on knowledge regarding Viral Hepatitis among staff nurses

- The Planned Teaching Programme was effective in improving the knowledge level of staff nurses regarding viral hepatitis since the calculated t value ($t= 14.27$) is greater than the tabled t value ($t=2.02$) at 0.05 level of significance



FIG.1 – EFFECT OF PTP ON KNOWLEDGE REGARDING VIRAL HEPATITIS

Bar diagram showing the distribution of sample according to the knowledge level before and after the administration of Planned Teaching Programme.

The graph shows that majority (70 %), of the sample were having average knowledge level in the pretest , whereas in the posttest majority(57.50%) had good knowledge level regarding Viral Hepatitis.

Section 4: Association between the knowledge of staff nurses and the selected demographic variables

- There was no significant association of the pre-test knowledge score of staff with the selected demographic variables.

CONCLUSION

Nurses being the important members of health care team need to have enough knowledge and skills regarding infectious disease in order to prevent the transmission of infections. There is lot of scope in improving their awareness and practices to minimize this risk and adverse consequence of needle stick injuries through in service training, strict adherence to universal safety precautions and universal immunization for them with appropriate vaccine like hepatitis B vaccine. Nurses can have an impact in the field of emerging infectious diseases through the development of policies, with regard to surveillance, prevention and control through applied research and through nursing practices.

RECOMMENDATIONS

- The study can be replicated on a larger sample drawn from different settings.
- This study can be conducted as a true experimental study.
- A similar study can be conducted by administering information booklet rather than Planned Teaching Programme.
- A similar study can be done on knowledge and attitude toward hepatitis infection among the staff nurses
- An explorative study can be conducted to assess the problem faced by the nurses while giving care to patients with Viral Hepatitis.

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