



A STUDY TO ASSESS THE KNOWLEDGE OF NURSES REGARDING INVESTMENT IN NON-COMMUNICABLE DISEASE PREVENTION AND MANAGEMENT TO ADVANCE THE SUSTAINABLE DEVELOPMENT GOALS IN SELECTED TERTIARY HOSPITAL OF WESTERN MAHARASHTRA

Lt Col Yamuna CB

Tutor, College of Nursing, AFMC, Pune

ABSTRACT

Background: The Sustainable Development Goals (SDGs), otherwise known as the Global Goals, are a universal call to action to end poverty, protect the planet and ensure that all people enjoy peace and prosperity. These 17 Goals build on the successes of the Millennium Development Goals, while including new areas such as climate change, economic inequality, innovation, sustainable consumption, peace and justice, among other priorities. The goals are interconnected – often the key to success on one will involve tackling issues more commonly associated with another.

Objectives

1. To assess the knowledge of nurses on investment in non-communicable disease prevention and management to advance the Sustainable Development Goals
2. To find the association between knowledge of non-communicable disease prevention and management to advance the Sustainable Development Goals and selected socio demographic data

Methods: A cross sectional survey was conducted over a period of six weeks among 200 nurses in a selected hospital. Random sampling was done and nurses were interviewed through a semi structured questionnaire.

Results: Out of 200 respondents 30(15%) had excellent knowledge 63(31.5%) had good knowledge, 40(20%) had average knowledge 67(33.5%) had poor knowledge.

Conclusion: The study revealed a gap between the knowledge of nurses regarding prevention and management of non-communicable disease to advance the Sustainable development goals. It identified the need of the hour for the nurses to earn more knowledge about the non-communicable disease prevention and the role of it in achieving the SDGs. Nurses as an important part of health system needs to strengthen their knowledge in this regard. It was also very motivating to know that 15% had excellent knowledge about the topics which will contribute towards achieving the SDGs.

KEYWORDS : Sustainable Development Goals , Millennium Development Goals, Non communicable diseases

Introduction

,"Be the change you wish to see in the world"

'Mahatma Gandhi'

It is a great sentiment, and often we are constantly working towards the change without realizing it. Nurses, through the profession they have chosen, make sacrifices day in and day out to help others. We are often held up as angels, role models, kind-hearted, giving, caring people. So how much more can we really do? This year, ICN has chosen the theme Nurses: A Voice to Lead, Achieving the Sustainable Development Goals. Does this mean ICN wants nurses to do more? Are nurses really expected to go out and solve all the world's problems when we are overworked, underpaid, under-resourced and exhausted! The answer quite simply is: you are already doing it! And that is what we want to demonstrate this year as we celebrate nursing's achievements. You may not even realize that what you do is helping to achieve the United Nations' Sustainable Development Goals.

The Sustainable Development Goals (SDGs) were adopted by the United Nations in 2015 to replace the Millennium Development Goals (MDGs). They contain 17 goals covering a broad range of sustainable development issues for the world, such as ending poverty, hunger, improving health and education, combating climate change, etc. The 191 UN Member States have agreed to achieve these new goals by 2030. Health has a central place in SDG 3. Ensure healthy lives and promote wellbeing for all ages, and clearly nursing has a major role to play in relation to SDG 3. But the work of nurses also has a major impact on the delivery of other SDGs such as education and poverty – these are often referred to as the social determinants of health (SDH). The SDH are the conditions in which people are born, grow, work, live and impact on the conditions of health and daily lives. While nurses seek to help people achieve their optimal health, our work frequently includes addressing the SDH and nurses understand the links between wider conditions and individual and population health. This resource and the case studies we use demonstrate those relationships and make it clear why nurses are so important not just to individual health optimization but also to achieving the SDGs.

NCDs – primarily heart and lung diseases, cancers and diabetes – are

the world's largest killers, with an estimated 38 million deaths annually. Of these deaths, 16 million are premature (under 70 years of age). If we reduce the global impact of risk factors, we can go a long way to reducing the number of deaths worldwide and achieve the SDGs as early as possible. Prevention of NCDs is a growing issue: the burden of NCDs falls mainly on developing countries, where 82% of premature deaths from these diseases occur. Tackling the risk factors will therefore not only save lives; it will also provide a huge boost for the economic development of countries. To prevent NCDs health workers need to have necessary knowledge about its prevention and its role to advance SDGs. While being a part of health care system nurses contributes a lot to prevent Non communicable diseases which is a ladder to achieve the SDGs of the country.

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Methodology

- Study design–descriptive study
- Research setting- hospital of western part of Maharashtra
- Target population-nurses working in military hospital of western part of Maharashtra
- Accessible population – nurses present at the time of sample collection

Sample

- Sampling –Random Sampling
- Sample size -200
- Duration of study-4 weeks

Tools for data collection

Modified questions on prevention of NCDs and advancement of SDGs by WHO & UNDP

- Socio-demographic data
- Knowledge on non-communicable disease prevention and management to advance the Sustainable Development Goals

Data analysis and interpretation

Table 1

Parameters		No of cases	Percentage (n=200)
Age (Yrs)	25 – 35	67	33.5
	35 – 45	48	24
	45 – 55	35	17.5
	55 & above	50	25
Educational qualification	Postgraduate	30	15
	Graduate	100	50
	Diploma	50	25
	Extra Clinical specialty	20	10
Specialty	Graduate with specialty	60	30
	Postgraduate with specialty	22	11
	Diploma with specialty	30	15
	No specialty	88	44
Type of family	Nuclear	144	72
	Joint	40	20
	Extended	16	08
Years of experience	1-5 yrs	56	28
	5-10yrs	57	28.5
	10-15yrs	49	24.5
	15yrs and above	38	19

Table 2: The knowledge score of nurses regarding investment in non-communicable disease prevention and management to advance the Sustainable Development Goals

Knowledge score	No of cases	Percentage
0 – 3 (Poor)	67	33.5
4 – 7 (Average)	40	20
8 – 10 (Good)	63	31.5
10-15(Excellent)	30	15
Total	200	200

Interpretation

Table 2 explains the knowledge level of nurses regarding the investment in non-communicable disease prevention and management to advance the Sustainable Development Goals and it finds that majority of the population has poor knowledge about it

Table 3: Summary of Association with the socio demographic data

Dependent Variable	Independent variable	P value	F Value	Statistical Inference	Remarks
Nurses knowledge	Educational qualification	<0.0001	111.14	Highly significant	Null hypothesis rejected
Nurses knowledge	Specialty	<0.0001	30.04	Highly Significant	Null hypothesis rejected
Nurses knowledge	Type of family	>0.05	0.55	Not significant	Null hypothesis accepted
Nurses knowledge	Years of experience	<0.0001	97.33	Highly significant	Null hypothesis rejected
Nurses knowledge	Age (Yrs)	>0.05	2.82	Not significant	Null hypothesis accepted

Table 3 explains that there is highly significant association between nurse’s knowledge and qualification, specialty and years of experience, however there was no significant association between knowledge and type of family and age.

Discussion

A cross sectional study was conducted by Rachel Nugend, Melanie y Bertram, Prof Stephen Jan etals on reduction of NCDs and SDGs in

May 2018 and the study showed that Reduction of the non-communicable disease (NCD) burden is a global development imperative. Sustainable Development Goal (SDG) 3 includes target 3-4 to reduce premature NCD mortality by a third by 2030. Progress on SDG target 3-4 will have a central role in determining the success of at least nine SDGs. A strengthened effort across multiple sectors with effective economic tools, such as price policies and insurance, is necessary. NCDs are heavily clustered in people with low socioeconomic status and are an important cause of medical impoverishment. They thereby exacerbate economic inequities within societies. As such, NCDs are a barrier to achieving SDG 1, SDG 2, SDG 4, SDG 5, and SDG 10. managing NCDs will contribute to SDG 8. SDG 11 and SDG 12 offer clear opportunities to reduce the NCD burden and to create sustainable and healthy cities.it found the relevance of strengthening governmental policies and support to attain SDGs.

The present study showed the importance of having good knowledge regarding the reduction of NCDs burden and its relation with SDGs.

Conclusion

WHY SHOULD NURSES CARE ABOUT THE SDGS? We may still be asking how your contribution to the SDGs can make a difference. But there are several critical reasons why you – and all nurses – should care about the SDGs. 1. NURSES CARE FOR OTHERS Nurses go in to the profession to improve the health of individuals and populations. This is fundamental to the core of nursing. As the ICN definition of nursing states “Nursing encompasses the promotion of health, prevention of illness, and care of physically ill, mentally ill, and disabled people of all ages, in all health care and other community settings. Within this broad spectrum of health care, the phenomena of particular concern to nurses are individual, family and group responses to actual or potential health problems.” As nurses, we are therefore rightly concerned about where children are born, where people grow, where they live, work and age. 2. IT IS THE RIGHT THING TO DO the underlying dynamic in all of this is one of social justice. We should learn about and contribute to the SDGs because it is the right thing to do. We can prevent child and maternal deaths; we can end extreme poverty; we can improve quality of life; we can ensure children attend school; we can end violence and oppression; we can have justice. The SDGs present us with an opportunity to apply the knowledge we have as nurses to create a healthier and a better world.

The study revealed the gap in knowledge of nurses who are a vital part of health care delivery system to attain sustainable development goals by reducing non communicable diseases. The study also brought out that 15% of the nurses has excellent knowledge and 31% possess good knowledge about the topic which is an evidence that it can contribute well towards attaining SDGs for a developing country like India.

“Nurses respond to the health needs of people in all settings and throughout the lifespan. Their roles are critical in achieving global mandates such as universal health coverage and the Sustainable Development Goals.”