



A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON DIARRHOEA AMONG MOTHERS OF UNDER FIVES ADMITTED IN PAEDIATRIC WARD AT SREE BALAJI MEDICAL COLLEGE AND GENERAL HOSPITAL, CHENNAI

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ABSTRACT

Diarrheal diseases are notorious for the large morbidity and mortality inflict on children. A study was conducted to assess the effectiveness of structured teaching programme on Diarrhea among mothers of under-fives. The objectives of the study are to assess the knowledge of mothers on Diarrhea and to study the effectiveness of knowledge of mothers after structured teaching programme on Diarrhea and to determine the association of the posttest level of knowledge with selected demographic variables. The study was conducted among 60 mothers of under-fives at sreebalaji hospital. The sampling technique is non-probability convenient sampling technique. Result: the findings reveal that the majority (75%) of mothers have inadequate knowledge regarding Diarrhea & its management. There was significant association between knowledge score and selected demographic variable such as mother's age and education.

KEYWORDS : Knowledge, mothers, underfives.

INTRODUCTION:

Diarrhea is the passage of three or more loose watery stools per 24 hours resulting in excessive loss of fluids and electrolytes in stools. Diarrheal disease and their mortality rates have always drawn the attention to adopt more measured for their control. Diarrhoeal disease rank among the "top three" cases of death in pediatric population of the developing world. Globally 500 million children suffer from billions of episodes of acute diarrhea every year for the children under the age group of five years Child survival in India (2000) stated that inspite of reductions in child mortality rate over the past two decades, the rate remains high at 87 per 1000 live births. The main causes are diarrhoea, pneumonia, and for deaths among the neonatal asphyxia, preterm delivery, sepsis and tetanus. The major underlying cause of death is under nutrition. Seeking medical advice and proper usage of given medication plays an important role in central of diarrhea and prevention of dehydration. An important part of investigator's job is to help to prevent diarrhea by convincing and helping mothers to adopt and maintain certain preventive pediatrics such as breast feeding, improved weaning, clean drinking water, usage of plenty of water for hygiene, use of latrine, proper disposal of stools of young children etc. Mothers in the family play a vital role in caring for the child. Educating them on home management of diarrhea initially is an important role by health care personnel.

MATERIALS AND METHODS:

In this study, the researcher adapted evaluative research approach using a pre-experimental one group pre and post test design. The setting of the study was Sree Balaji Medical College and General Hospital at Chennai. The samples of the study was mothers of underfives who satisfied the inclusion criteria. Sample size is 60 were selected using non probability convenient sampling technique.

STATEMENT OF PROBLEM:

"A study to assess the effectiveness of structured teaching programme on Diarrhoea among mothers of under fives admitted in paediatric ward at Sree Balaji Medical College and General Hospital, Chennai."

LITERATURE REVIEW

Laura & Lamberti et al (2012)

Systemic review of diarrhea duration & severity in children & adults in low & middle income countries. We estimate that among children under five, 64.8% of diarrhea episodes are mild, 34.7% are moderate & 0.5% are severe. On average, mild episodes last 4-3 days & severe episodes. Last 8-4 days & cause dehydration in 84.6% of cases. we estimate that among

older children & adults, 95% of episodes are mild, 4.95% are moderate & 0.05% are severe. Among individuals ≥ 16

sunnanda G. Ramaih D et al (2017) Conducted study on maternal knowledge attitude & practices toward management 7 prevention of diarrhea in children <5 years of age is essential as it maintain good quality of life by reducing the morbidity & mortality. The majority of women (56.7%) belongs to the age group of 20-29 years. Among all participants 85.4% were illiterate. Most women were low socioeconomic status (69.7%). This is a significant offer of structured educational program on maternal knowledge, attitude & practice towards diarrhea management & prevention years, severe episodes typically last 2-6 days & cause dehydration in 92.8% of cases.

METHODOLOGY

Research Approach : Evaluative research approach

Research Design : Pre experimental one group pre test post test design Variables under study

Dependent variables : In the present study, it refers to the knowledge of mother regarding diarrhoea as measured by self administered structured knowledge questionnaire

Independent variable : In this study the independent variables refers to self-instructional module on diarrhoea.

Demographic Variables : Type of family, mother's education & occupation, source of water, method of solid waste disposal, method of feeding, source of information.

Setting of the study : Sree Balaji Medical College and General Hospital, Chennai:

Population:

Target population: In the present study, the population consisted of mothers of under-fives.

Accessible population in the study it refers to Children's with diarrhoea admitted at shree balaji Medical College and General Hospital at Chennai.

Sample and sampling technique

The sample size included 60 mothers of under-fives who meets the inclusion criteria. Non-probability convenient sampling technique used to select the mothers of under fives based on the inclusion criteria.

Sampling Criteria

Inclusion Criteria

1. Mothers with children under 5 years of age.

2. Mothers who are willing to participate in the study.
3. Mothers of underfives who know Tamil or English language.

Exclusion Criteria :

1. Mothers with children above 5 years of age.
2. Mothers who are not willing to participate in the study.

Tool and Techniques:

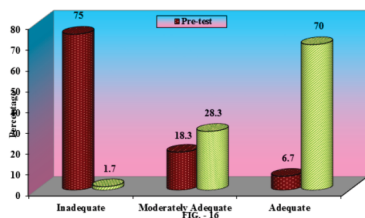
Demographic variables and structured knowledge questionnaire to assess the knowledge regarding Diarrhea and its management

Technique : self-instructional module

RESULTS

1. Among 60 samples of mother 45 (75%) had inadequate knowledge, 11 (18.3%) moderately adequate and 4 (6.7%) had adequate knowledge in pretest. In overall the pretest knowledge mean score was 10.10 with the standard deviation of 3.69.
2. In post test 1 (1.7%) had inadequate knowledge, 17 (28.3%) moderately adequate and 42 (70%) had adequate knowledge. In overall the posttest knowledge mean score was 18.36 with the standard deviation of 2.73.
3. It was found that there is a significant difference in the level of knowledge among mothers on diarrhoea after the structure teaching programme.
4. It was found that there was no association between post test knowledge with demographic values.

FIG 1. SHOWING COMPARISON OF PRE-TEST AND POST-TEST LEVEL OF KNOWLEDGE



DISCUSSION

The discussion about the study findings are presented in this chapter to arrive at a conclusion based on the objective, the related literature and hypothesis.

DEMOGRAPHIC FINDINGS

There were 6 (10%) of mothers in the youngest group (below 20 years), 26 (43.3%) were 21-25 years, 25 (35%) were 26-30 years and 7 (11.7%) were in the age group 31-35 years respectively. Many of the mother 39 (65%) were nuclear family and 21 (35%) were living in joint families.

2. The second objective was to study the effectiveness of the knowledge of mother after structured teaching programme on diarrhoea.

In the posttest the data analysis showed that 1 (1.7%) possessed inadequate knowledge, 17 (28.3%) moderately adequate knowledge, and 42 (70.0%) adequate knowledge possessed on diarrhoea. Thus majority of the mothers had adequate knowledge on diarrhoea. In overall the posttest knowledge mean score was 18.36 with the standard deviation of 2.73.

3. The third objective was to associate post test level of knowledge with selected demographic variables.

There was no significant association between the demographic variables and posttest level of knowledge among mothers regarding diarrhoea like Age of the mother, type of family, number of children, mothers education, mothers occupation, fathers occupation, income.

NURSING IMPLICATIONS

NURSING PRACTICE :

- Nurses can adopt the schedule to rehydrate the child with some dehydration to minimize hospital admission and imminent death.
- Nurses can be skilled enough to demonstrate to mothers the preparation and administration of ORS to the children with some dehydration when the child is admitted to the hospital.
- Nurses can educate the mothers regarding do's and don'ts feeding during diarrhoea by using pamphlets.
- Nurses can use mass media in teaching the mothers community set up pertaining to diarrhoea prevention and management.

NURSING EDUCATION

- Pamphlets can be used as a teaching aid to reinforce learning in mothers on diarrhoeal management.
- Student's creative instinct can be channelized in order to teach the mother / care giver about the ORT and assessment of dehydration.

NURSING ADMINISTRATION

- Nurse as an administration can plan and organize educational programme for the mothers to motivate them to update the knowledge on diarrhoea.
- Nurse administration can organize as in service education for the nurses to a best of their knowledge regarding assessment of dehydration and oral rehydration therapy.

NURSING RESEARCH

- Determining the level of knowledge is essential for imparting knowledge to mothers, since they are the first hand care giver to their children.
- Dissemination of research knowledge, adds to the standard of nursing practice through research in order to provide quality of care and maintain cost effectiveness.

RECOMMENDATIONS:

1. A similar study can conduct for a larger group on a long term basis.
2. A similar kind of study can be conducted among new born.
3. A comparative study can also be done between urban and rural areas of mother with under five children.
4. A study may be carried out to evaluate the various treatment modalities on diarrhoea.
5. A similar study can be done on prevalence of diarrhoea and the effectiveness of ORT to treating diarrhoeal episodes.
6. A similar study can be done on the knowledge, attitude and practice of the mother / care givers on diarrhoea.

CONCLUSION :

Children who have diarrhoea are at increased risk of high mortality rate. Diarrhoeal diseases are notorious for the huge morbidity and mortality, it inflicts on the child population. Diarrhoeal diseases rank among the "top three" cases of death in pediatric population of the developing world. Attempts at parent education have been made, however including detailed written and oral instructions regarding the prevention and management of diarrhoea.

The present study assessed the effectiveness of structured teaching programme on diarrhoea among mothers. The investigator analyzed the data and has come to the conclusion that the teaching programme has an effect on improving the knowledge.

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