



A STUDY TO ASSESS THE EFFECT OF PLANNED TEACHING PROGRAMME REGARDING KNOWLEDGE ABOUT HOME-BASED CARE AMONG THE CARE GIVERS OF SCHIZOPHRENIC PATIENT OF THE PSYCHIATRIC WARD IN SELECTED GOVERNMENT HOSPITAL, MUMBAI.

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ABSTRACT

Introduction: Home-based care can be defined as any form of assistance provided to a sick person referred to as the patient directly in the home by family, friends and members of the local community, cooperating with the advice and support from the trained health workers. (1) It can include a variety of activities such as nursing care, rehabilitation services eg. Physical therapy, assistance with activities of daily living assistance with housekeeping, chores and meal preparation or assistance with activities such as taking medication. (2)

Aim and Objectives: This study was mainly designed to assess the knowledge about home-based care among the care givers of schizophrenic patient admitted in the psychiatric ward of a specialized government hospital of the metropolitan city of Mumbai.

Materials and Methods: A single group pre intervention and post intervention design was chosen for the study. This type of design helped the investigator to assess knowledge of the care givers of the patients before and after planned teaching programme related to selected aspects of home based care among the participants. King's goal attainment theory was the guiding framework for the study. Permission to carry out the study was obtained from the respective review boards. A written informed consent was obtained from each of the participants prior to the study. Data was collected by conducting face to face interview in person following a structured questionnaire. Data was analysed using the Statistical Package for Social Sciences (SPSS) version.

Findings: The findings arrived at the conclusion of this study showed that the care givers of the patients showed varying degrees of knowledge on the different and important aspects of care to be taken of the schizophrenic patient at home. There is a need to provide a more details information of the probable sign and symptoms of impending schizophrenia. The study has shown significant difference between pre intervention and post intervention knowledge of relatives in relation to selected aspects of home based care which showed that the structured teaching programme has been highly effective in bringing about the changes in the overall knowledge level of the participants.

KEYWORDS : Home based care, Schizophrenia, Planned teaching

INTRODUCTION

Mental disorders are mostly ill understood and underestimated problems, particularly in our country, where they are often considered as physical disease. People with chronic mental illness are significantly functionally impaired by the illness for an indefinite period of time. Chronically mentally ill clients are often diagnosed with schizophrenia, bipolar disorders, depression or schizoaffective disorders. There is no cure for chronic mental disorder. (3) Analysis of ten Indian studies on psychiatric morbidity to estimate the prevalence rates for all mental disorders was observed to be 65.4 per 1000 population. The urban morbidity rate was 2 per 1000 which was higher than the rural rate. Many epidemiological studies conducted in India on mental and behavioral disorders reported of varying prevalence rate, ranging from 9.5 to 370 per 1000 population. (4) Most prevalent mental disorders worldwide are schizophrenia, schizoaffective, bipolar disorders and major depression. According to the National Institute of Mental Health approximately 2.5 million Americans are affected by schizophrenia. Five million adults in the United States suffer from chronic mental disorders. It has been estimated that out of these between 40% and 60% either reside with or receive primary care from family members. (5)

In India, an estimated 30% of the population suffers from some form of psychiatric disorder. Twenty million Indian families have at least one member suffering from schizophrenia. More than 12% of Indian children aged 1-16 years suffer from mental disorders and the incidence of mental retardation is also high. Severe mental disorders that include schizophrenia, bipolar disorders, organic psychosis and major depression affect nearly 2% of our population. (6) In many developing countries, families have been partners in the care of persons with mental disorders for over five decades. This was so even when the rest of the world looked at families as a cause of mental disorders. Home based care services seem to offer a viable alternative mode of follow-up care for the chronically mentally ill population. Moreover, it may be possible to prevent repeated hospitalizations for these

patients and offer them a better chance of long-term community adjustment (7). The family as a unit of the society forms an integral part of the care giving system for persons with mental illness especially in our country. The demands of being involved in the care of a seriously mentally ill patient have serious impact on the caregiver's health. It is necessary to treat the patients and also to evaluate the mental status of the caregivers, since in community family members are the caregivers. (8)

Need to assess the knowledge of caregivers regarding home based care, provide awareness, its management and preventive measures, promote the care of the schizophrenic patient at home setting, to improve the thought process of caregiver regarding home based care of schizophrenic patient.

MATERIALS AND METHODS

Research approach- In this study, quantitative research approach was used. This approach helped the researcher evaluate the effect of a planned teaching programme on knowledge of the care givers about home based care to patients of schizophrenia.

Research design- A single group pre intervention and post intervention design was chosen for the study. This type of design helped the investigator to assess knowledge of students before and after planned teaching of home based care to patients of schizophrenia. The research design used in the study is basically a quantitative type for encouraging participant to undergo the study and inculcate the important aspects of care to be taken at the home setting.

Variables

Dependent Variables

According to researcher knowledge about home based care to patients of schizophrenia is the dependent variables.

Independent variables

The independent variable is planned teaching program related to home based care to patients of schizophrenia

Setting of the study: This study was conducted in urban areas of Mumbai District of Maharashtra state in India.

Sample: In this study, participants consisted of adult care givers of the patient admitted to hospitals for the regular treatment of schizophrenia who fulfill the criteria of inclusion in the study.

Sample size: Sample size on the basis of calculation is 30. This procedure was adopted to ensure getting adequate number of care giver participants.

Sampling technique

In this study non-probability, convenient sampling technique was used. Adult participants irrespective of the gender are selected from the wards as the care takers that met criteria for selection, were chosen according to their availability.

Criteria for selection of participants

INCLUSION CRITERIA

1. Care givers relative above the age of 25 years
2. Care givers who know Marathi and can read and speak Marathi or Hindi.

EXCLUSION CRITERIA

1. Care givers who are not willing for participation in the study.
2. Care givers who have participated in pilot study.

Ethical aspects

Ethical approval was obtained from the Ethical committee of the nursing college before commencement of the data collection. Informed consent of the care giver was obtained prior to conducting the study. Confidentiality of collected data and privacy of the subject was maintained throughout the study.

Study period

The study started in the month of December 2019 and field work was completed in February 2020 .The analysis was completed in the month of May 2020 .

Study tool

Semi structured questionnaire along with interview technique was used for data collection regarding role of care givers at home setting and planned teaching programme was administered among selected participants of the patients admitted with schizophrenia.

Feasibility of the study

The area of the psychiatric ward of government hospital which was selected was feasible in terms of

- Geographic proximity and ethical clearance
- Economy in terms of time
- Administration approval
- Cooperation and availability of the subjects

Validity

To establish content validity of the tool prepared for data collection in this study, expert from the field of psychiatric department and also from the field of nursing were consulted. The prepared instruments along with the objectives and a blue print was submitted to the subject expert. After receiving the suggestions and opinions from the experts, relevant changes were incorporated with due modifications.

Reliability

In this study, the reliability of questionnaire was assessed by the test retest method.

The formula used for reliability was Karl Pearson product – movement method that is as follows: -

It is denoted by r_{xy} and calculated by using the formula

$$r_{xy} = \frac{\frac{1}{n} \sum (x - \bar{x})(y - \bar{y})}{\sqrt{\frac{1}{n} \sum (x - \bar{x})^2} \sqrt{\frac{1}{n} \sum (y - \bar{y})^2}} = \frac{Cov(xy)}{SD(x)SD(y)}$$

Where , X= Pre-test Y= Re-test
Standard Deviation of pre data = SD (X) = 1.62
Standard Deviation of post data = SD (Y) = 1.76

Hence Karl Pearson's Corr. Coeff. = $\frac{Cov(xy)}{SD(x)SD(y)}$

The value of Corr .Coeff is found to be 0.65. Therefore the tool was found to be highly reliable to be incorporated for the final study.

Pilot study

A pilot study was conducted prior to the main study on three participants which were not included in the main study. A sample consisting of three adult care takers of the admitted patients of schizophrenia from psychiatric wards of selected government hospitals of Mumbai.

Data compilation and analysis

Analysis of Demographic data, knowledge regarding selected aspects of PCOS was done with the help of frequency, percentage, and f–test. Appropriate tests like Non-Parametric Tests, Anova test and paired't' test for difference were used. The conventional level of significance was set at 0.01.

RESULTS

There was apparent difference in the mean and standard deviation of knowledge scores among various aspects of aspects of home based care. Effective mass education and discussion among the care givers are necessary for successful implementation of educational program in India especially within the various sectors is the need of the hour. This study revealed the limited knowledge of care takers about the susceptibility of developing complications towards the patients at home setting and the necessity of immediate deviation from the impulses which might deteriorate the patient's condition among the group.

SECTION I

Comparison of mean score of pre intervention and post intervention knowledge of care givers regarding home based care

n=30

Sr. No	Knowledge Score	Mean Score	Standard Deviation	SEMD	"t" Value	LOS
1	Pre-intervention	11.77	2.00	0.36	14.59	0.001
2	Post-intervention	20.70	2.62	0.47		

The mean knowledge score of pre intervention among women was only 11.77 which showed a significant rise in post intervention of 20.70 after implementing the planned teaching programme among the participants. The pre intervention knowledge score SD was 2.00 which in comparison to post intervention is 2.62. From the mean score it is seen that there is significant differences between the pre-test and post-test scores depicted by paired t-test which depicts that null hypothesis is rejected and alternate hypothesis is accepted. Which also depicts that there is considerable difference between the scores of pre intervention and post intervention suggesting that the research study has proved to be highly effective.

SECTION II

This section mainly concentrates to know the association between knowledge scores of the participants with selected demographic variables of respondents.

Association of knowledge scores with selected demographic variables A –Age of the participants

Age group	Mean	N	Std. deviation
	42.85	1	
A	53.07	3	14.85
B	86.73	12	46.37
C	105.27	12	84.23
D	68.83	2	56.93
Total	88.12	30	63.08
F-test result	f-test=0.595 p-value= 0.670 NS		

From the above table it is depicted that the increase in knowledge scores is not dependent on age of the respondent.

B –Education of the participants

Education	Mean	N	Std. Deviation
	130.00	1	
A	127.08	2	85.44
B	77.03	7	37.76
BC	90.00	1	
C	89.90	11	92.45
D	80.17	8	33.55
Total	88.12	30	63.08
F-test result	F-test = 0.272 p-value = 0.924 NS		

From the above table it is depicted that the increase in knowledge scores is not dependent on education of the respondents. Hence there is no association between scores of respondents with the selected demographic variables.

Approximately 53.8 percent care givers had knowledge about home based care of schizophrenic patient in pretest, which was increased to 88.4 percent after planned teaching. 50 percent of participants answered about the quality of caregiver required for schizophrenic patient in pretest, which increased to 84.6 planned teaching in posttest. About 50 percent knew about the legal issues applied for schizophrenic patient in pretest which rose to 96.1 percent in posttest. Respondents score was 53.8percent about the ethical issues regarding schizophrenic patient in pretest but it was 92.3 percent in posttest. Only 50 percent participants were knowledgeable about the advantages of care of schizophrenic patient in pretest, knowledge showed increased scores in posttest to 92.3 percent. The knowledge to provide care by caregivers in to the patients of schizophrenia in pretest was 23.07 percent which increased to 92.3 percent in post intervention after implementing the planned teaching programme.

CONCLUSION

The findings arrived at the conclusion of this study was that the care givers of the patient admitted with schizophrenia have varying degree of knowledge on the different aspects of home based care.

The aim of this study was to explore knowledge of care givers role among the participants of patients suffering with schizophrenia from the selected department of psychiatric ward of government hospital of Mumbai, Maharashtra. Additionally, we attempted to identify association between the knowledge scores of the participants with selected socio-demographic parameters of the participants. The findings arrived at the conclusion of this study was that the care givers are ignorant about the importance of home based care and had varying degrees of knowledge on the different aspects of home based care .There is a need to provide a more detail information regarding prevention, complication ,

rehabilitation and legal issues related to home based care of schizophrenic patients to caregiver.

It continues to be the upcoming disease resulting in the ill-health of the coming generations which in the long run majorly might leads to permanent damage to the society at large in the developing countries. While this burden may rise in the coming years, there is need to educate the young generation and the care givers to get themselves screened at the earliest. The findings arrived of the study showed are that the relatives of the patient with psychiatric illness had low and varying degrees of knowledge on the various aspects of home based care.

From the findings of the study it can be concluded that implementation of planned teaching programme with periodic counseling sessions are very effective tool in imparting the knowledge and encouraging the participants groups for practices with a view of prompt diagnosis, treatment and follow up of these psychiatric illness. The change in the post intervention scores of the participants indicates a significant effect of planned teaching in increasing the knowledge of the group. The investigator also identified the views of respondents regarding susceptibility of developing complications and the importance of screening practices in order to prevent their patients, timely assistance and seek proper guidance for their own patient as well as for others too.

Source of support: Nil

Conflict of interest: Nil

Final objectives of the study:

- To assess the knowledge of care-giver of schizophrenic patient before implementation of planned teaching programme.
- To educate the caregiver about home based care of schizophrenic patients from selected government hospital.
- To compare the knowledge of caregiver before and after providing a planned teaching programme on the importance of home based care among the care giver of admitted schizophrenic patients.
- To identify the association between the knowledge scores of the caregivers related to home based care of schizophrenic patient with their selected demographic variables.

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