Original Research Paper

Nursing

A STUDY TO ASSESS THE EFFECTIVENESS OF INFORMATION BOOKLE ON KNOWLEDGE REGARDING ACTIVE AND PASSIVE EXERCISE AMONG CAREGIVER OF CVA PATIENTS ADMITTED IN NEUROLOGY WARD IN SELECTED HOSPITAL IN KANPUR, U.P.

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ABSTRACT CVA is the rapidly developing loss of brain function due to disturbance in blood supply to the brain. Exercise are essential for every individual including children and old people, in health promotion by increasing the circulation of blood to all parts of the body. Exercise can relieve muscle spasticity problems, ROM. Stretching exercises can also prevent joint contractures, muscle shortening decrease spasticity, reduce joint stiffness and improve a post stroke patient overall function. In this research study, the research approach adopted for the study was quantitative research approach and the research design was quasi experimental setting of the study was selected in Neuron Hospital, Rawatpur, Kanpur and the population was caregiver of active and passive exercise of CVA patient in Neuron Hospital, Kanpur. The sample size 60 caregivers. Consent were taken from the sample before data collection. This study shows that among 60 caregivers, level of knowledge regarding active and passive exercise, in Pre-test 66% caregivers had adequate level of knowledge, 34% had moderate knowledge and 0% had inadequate knowledge. In Post-test, 41.7% had adequate knowledge level, 58.3% had moderate knowledge and 0% had inadequate knowledge. The result of the study showed that there was no significant association between demographic variables like Age, Gender, Education, Occupation, Monthly income, Previous knowledge, Source of information with the Post-test knowledge score.

INTRODUCTION
Cerebrovascular (CVA) also refers to as a stroke or brain attack is a broad term that includes a variety of disorder that influence blood flow to the brain and results in neurologic deficits. Cerebrovascular disease is the second leading cause of death and the third most leading cause of death worldwide in developing countries after coronary heart disease, cancer and stroke is one of the main cause of chronic disability worldwide. The word "stroke" is derived from the Greek word "Apoplexia" which means a sudden loss of consciousness resulting when the rupture or occlusion of a blood vessels leads to O_2 lack in brain.

NEED OF THE STUDY
CVA is a important cause of disability among adult and one of the second leading causes of death worldwide. A higher proportion of younger individuals suffer from CVA among developing countries as compare with develop countries and India is a developing country so study of CVA more important India than other country.

Therefore be conducted a study to study the profile of CVA cases among young adults admitted in one of the territory referral center of Kanpur, UP. Incidence rate is 119-145/100,000 based on the recent population based studies.

STATEMENT OF THE STUDY
A study to assess the effectiveness of information booklet on knowledge regarding active and passive exercise among caregiver of CVA patients admitted in neurology ward in selected hospital in Kanpur, UP.

OBJECTIVES OF THE STUDY
1. To assess the level of knowledge regarding active and passive exercise among caregiver of CVA patient.
2. To evaluate the effectiveness of "Information Booklet on knowledge regarding active and passive exercise among caregiver of CVA patients in selected hospital at Kanpur.
3. To find out the association between effectiveness of information booklet on knowledge regarding active and passive exercise among caregiver of CVA patients with their selected socio demographic variables of caregiver of CVA patient.

METHODOLOGY
This chapter deals with the research design, research approach, setting of study, population, sample, sampling technique, sample criteria, preparation and description of tool, validity reliability method of data collection and data collection procedure and plan for data analysis.

RESEARCH APPROACH
Quantitative evaluative research approach was adopted to assess the knowledge and effectiveness regarding active and passive exercise among caregivers of CVA patient.

RESEARCH DESIGN-
Quasi experimental one group pre-test and post-test research design was evaluate the effectiveness of knowledge regarding on active and passive exercise among caregivers of CVA patients.

SETTINGS OF THE STUDY
"Setting is the specific place where information is gathered."
The study was conducted in the Neuron Hospital of Kanpur, UP. Approximately 20km from the Rama College Of Nursing to assess the effectiveness and knowledge regarding active and passive exercise among caregivers of CVA patient.

VARIABLES
DEPENDENT VARIABLES- The present study, dependent variables is level of knowledge regarding active and passive

exercise among caregiver of CVA patient.

Independent Variables- Information booklet on level of knowledge regarding active and passive exercise among caregivers of CVA patient.

Demographic Variables- In this study, demographic variables are age, gender, type of education.

POPULATION-
''The entire set of individuals or objects having some common characteristics selected for a research study, sometime referred to as the universe of the research study.''

All caregivers of CVA patient in neurology wards.

Target Population-
The target population for the study is caregivers of CVA patient in Kanpur.

Accessible Population-
Caregivers of CVA patient in neurology ward in Neuron Hospital.

Sample-
''A subset of population aliment selected to participate in a study.''

The caregiver who fulfilling the inclusion criteria.

Sample Size-
A sample size of the present study is 60 caregivers of CVA patients, neurology ward at Neuron Hospital of Kanpur.

Sampling Technique-
In this study Non probability convenience sampling technique is used.

Source Of Data
The source of data is caregiver of CVA patient at selected Hospital.

Inclusion Criteria-
1-All caregivers of CVA patient who are willing to participate the study.
2- All caregivers of CVA patient who knows Hindi and English language.
3- Age between 18-60 years.

Exclusion Criteria-
1- Caregivers who are not available the time of data collection.
2- All caregivers who are not available at time of data collection

METHODS OF DATA COLLECTION
The study was conducted on 60 caregiver of CVA patient. 60 caregiver of CVA patient was selected by using non probability convenience sampling technique. In this study Pre-test was conducted by using self-structured knowledge questionnaire. Will provide information booklet on active and passive exercise among caregiver of CVA patient on the same day of Pre-test. The Post-test was conducted after 7 days.

TOOL OF RESEARCH-
In this present study following tool use which consisted of two section:-

Section A-
Demographic performa to assess the demographic data of caregivers of CVA patients such as age, gender, type of education, occupation, income, previous knowledge YES/NO If Yes, source of information.

SECTION B-
Self-Structured knowledge questionnaire was used to assess the effectiveness on knowledge regarding active and passive exercise among caregivers of CVA patients.

Table No-1: Representing Scoring System Of Knowledge Of Caregivers.

S. NO.	KNOWLEDGE SCORE RANGE	CATEGORY
1.	0-13	Inadequate
2.	14-26	Moderate
3.	27-39	Adequate

Demographic data age collected by using a self-structured baseline performa prepared by investigator.

PLAN FOR DATA ANALYSIS:
The data collection was analysed the terms of objective by using the descriptive and inferential statistics the plan for data analyses as follows (60).
1. Demographic was planned to analyse in terms of frequency and percentage.
2. The knowledge scores of caregivers before and after self-structured questionnaire was planned to analyses in terms of frequency, percentage, mean, standard deviation and mean percentage and in the form of Pie, Bar and Column diagram and graphs.

DATA ANALYSIS & INTERPRETATION
Result or analysis is a process of organizing and synthesizing data in such a way that research questions can be answer and hypothesis tested.

The result of data analysis is organized and presented under the following broad heading:
**Section I:** Frequency and percentage distribution of the socio demographic variables.
Section II: Mean, standard deviation and mean percentage will be use to assess the level of knowledge regarding active and passive exercise of CVA patient.

SECTION-I
Section I: Frequency and percentage distribution of socio demographic variables of caregivers of CVA patients.

Table No. 2. Frequency and percentage distribution of age among caregivers of CVA patients. N=60

| S.No.	Age	Frequency (n)	Percentage (%)
1.	18-25 years	23	38.3
2.	26-35 years	26	43.3
3.	36-45 years	09	15
4.	46-55 years	02	3.4
Total		60	100
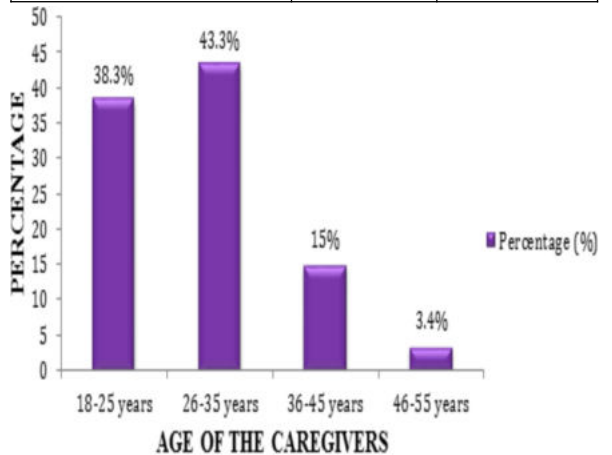
Fig no1:- Percentage Distribution Of Caregivers Based On Age In Years.

Table No. 2 Portrays that majority of the caregivers of CVA patients 23 (38.3%) were in the age group 18-25 years, 26 (43.3%) were in the age group of 26-35 years, 9(15%) were in the age group of 36-45 years, 2(3.4%) were in age group of 46-55 years.

Table No.3- Frequency And Percentage Distribution Of Caregivers Of CVA Patients According To Their Gender. N=60

| S.No.	Gender	Frequency (n)	Percentage (%)
1.	Male	30	50
2.	Female	30	50
Total		60	100
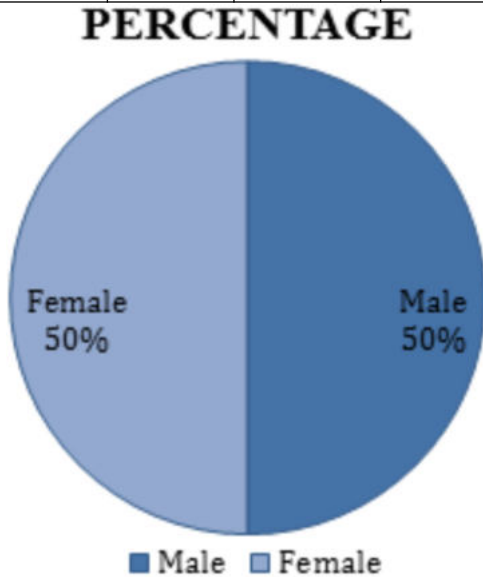
Fig No.2- Percentage Distribution Of Caregiver According To Their Gender.

Table No. 3 Portrays that percentage wise distribution of the caregivers of CVA patients according the gender data are represent that 30(50%) male, 30 (50%) female.

Table No.4- Frequency And Percentage Distribution Of Caregivers Of CVA Patients Based On Educational Status. N=60

S.No.	Educational Status	Frequency (n)	Percentage (%)
1.	Primary education	3	5
2.	Secondary education	9	15
3.	Graduate	38	63.4
4.	Post Graduate	10	16.6
Total		60	100
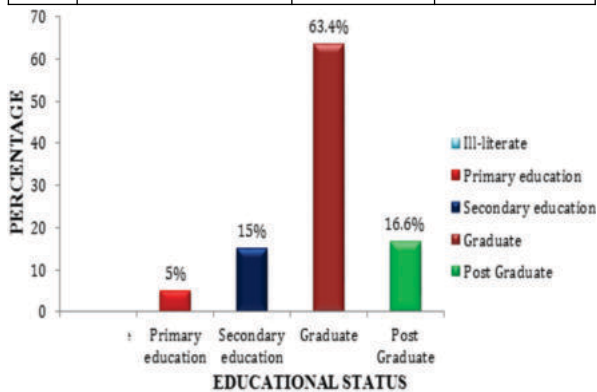
Fig no3:- Percentage Distribution Of Caregivers Based On Educational Status.

Table No. 4 Portrays that in relation to the education qualification 0(0%) were ill-literate, 3 (5%) had primary education and 9(15%) had secondary education, 38(63.4%) were graduate, 10(16.6%) were post graduate.

SECTION-II
Section II-Mean, standard deviation and mean percentage use to assess the level of knowledge regarding active and passive exercise among caregivers.

Table.no5.-significance Of Difference Between Pre-test And Post-test Knowledge Score Regarding Mean And Standard Division. N=60

		N	Mean	S.D.	P at 0.005 level
Knowledge Score	Pre – test	60	11.63	3.70	P=0.05
	Post – test	60	25.41	5.52	

Table No.5 Portrays that pre-test level of knowledge having mean 11.63 and standard division 3.70. And post-test level of knowledge having mean 25.41 and standard division 5.52.

Table No. 6 Significant Of Different Between Pre-test And Post-test Knowledge Regarding Level Distribution.

Level of knowledge	Score range	Pre- Test		Post-Test	
		Frequency	Percentage	Frequency	Percentage
Inadequate	0-13	40	66.6%	0	0%
Moderate	14-26	20	33.3%	35	58.3%
Adequate	27-39	0	0%	25	41.67%

Table no. 6 portrays that pre-test having adequate level of knowledge 40 (66.6%), moderate 20 (33.3%). And Post-test having moderate level of knowledge 35(58.3%), adequate 25(41.67%).

IMPLICATION
Nursing Education
-The nursing curriculum should focus an update . Nursing education helps the caregiver to develop more knowledge regarding active and passive exercise of CVA patient, in selected hospital at Kanpur.

Nursing Practice
The result of this study provide several implication of caregiver practice. A information booklet education program is innovative and effective knowledge giving method.

Nursing Administration
-The information booklet education workshop on active and passive exercise among caregivers of CVA patient in selected hospital at Kanpur.

Nursing Research
- The essence of research is to built up skills and the knowledge ability among caregivers of CVA patients, in selected hospitals at Kanpur.
-Extensive researches can be carried out to assess the ''A study to assess the effectiveness of information booklet on knowledge regarding active and passive exercise among caregiver in selected hospital".
-The findings of the study can be disseminated through the printed journals as well as electronic journals.

Nursing Recommendations For Future Research:
• A similar study can be replicated as a large sample to generalized findings.
• The intervention can be made as regular

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