



"A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING MICROVASCULAR COMPLICATIONS OF DIABETES MELLITUS AMONG DIABETIC PATIENTS WHO WERE ADMITTED IN NIMS HOSPITAL NEYYATTINKARA"

Saranya. S.R

Senior lecturer , NIMS College of Nursing, Trivandrum, Kerala

ABSTRACT

The present study was aimed to assess effectiveness of structured teaching programme on knowledge regarding microvascular complications of Diabetes Mellitus among diabetic patients who were admitted in NIMS Hospital Neyyattinkara. The objective of the study were to assess the level of knowledge regarding microvascular complications of Diabetes Mellitus among men and women before and after structured teaching programme, to find out the association between the post test score of level of knowledge regarding microvascular complications of Diabetes Mellitus among diabetic patients with their demographic variables. The nursing theory used was Health Promotion Model. The sample consisted of 30 members of both gender between 31-80 years of age chosen by convenient sampling technique. The study was conducted at NIMS Hospital, Neyyattinkara. The data was obtained by using demographic variables and questionnaire. The data was obtained by using demographic variables and questionnaire. The data was analysed by percentage, frequency and chi-square test. The mean value of the pre test was 16.07% and mean value of post test was 25.01%. The result of the pre test revealed that there was average level of knowledge regarding microvascular complications of Diabetes Mellitus and on post test there was good level of knowledge regarding microvascular complications of Diabetes Mellitus. Demographic variables like residence and type of family have association with the level of knowledge regarding microvascular complications of Diabetes Mellitus.

KEYWORDS : Assess, Effectiveness, Structured Teaching Programme, Knowledge, Microvascular Complications, Diabetes Mellitus, Diabetic Patients.

INTRODUCTION

Diabetes is a group of metabolic disease characterized by increased level of glucose in the blood (hyperglycemia) resulting from defects in insulin secretion, insulin action or both Diabetes mellitus is a serious health problem throughout the world and its prevalence is rapidly increasing. India is fast gaining the title of diabetic capital of the world. It is estimated that around 63 million people have diabetes. It is also a major contributing factor to heart disease and stroke.

Microvascular complications are diseases of the large and medium sized blood vessels that occur with greater frequency and with an earlier onset in people with diabetes. Macrovascular diseases include cerebrovascular, cardiovascular and peripheral vascular disease. Women with diabetes have a 4 to 6 times increased risk for cardiovascular disease and men with diabetes have a 2 to 3 increased risk for cerebrovascular disease compared with those without diabetes. Patient with diabetes can decrease several risk factors associated with obesity and smoking.

Microvascular complication result from thickening of the vessel membranes in capillaries and arterioles in response to condition of chronic hyperglycemia. They differ from the macrovascular complications in that they are specific to diabetes although microangiopathy can be found throughout the body, the areas most noticeably affected are the eyes (retinopathy), the kidneys (nephropathy) and the skin (dermopathy).

OBJECTIVES

- A To assess the pretest knowledge regarding microvascular complications of diabetes Mellitus among diabetic patients.
- A To assess the post-test knowledge regarding microvascular complications of diabetes Mellitus among diabetes patient.
- A To find out the Association between Post-test score knowledge regarding the Microvascular complications of Diabetes Mellitus among Diabetic Patients with selected Demographic variables.

METHODOLOGY

The research approach used for the present study was quantitative evaluative approach. The study was 1 group pretest and post test design. The study was under taken at

NIMS Hospital Neyyattinkara. The population for the present study was between 30-80 years. The selected sample for study was Diabetic Patient of NIMS Hospital Neyyattinkara. The sample size selected for the present study was 30. Convenient sampling technique was used for present study. Questionnaire was used to collect the data. Pilot study was conducted at NIMS Hospital Neyyattinkara.

RESULT

Majority of the sample belongs to 51-60 yrs of age, 43.33%, 61-80 years belongs to 23.33%, 31-40years, 41-50years belongs to 16.66%. area.

Majority of the samples 70% belongs to urban area and 30% belongs to rural

Majority of the sample, 80% belongs to Hindu, and 13.33% belongs to Christian, and 6.66% belongs to Muslim, 0% belongs to others.

Majority of the sample, 60% belongs to Nuclear, and 40% belongs to joint family.

Majority of the sample, 43.33% belongs to SSLC and 40% belongs to primary education, and 16.67% belongs to Plus Two education 0% belongs to above educational status.

Status and significant association found between post test scores of knowledge regarding the micro vascular complication of diabetes mellitus and their residences, type of family.

CONCLUSION

Assessment of level of knowledge regarding micro vascular complication of diabetes mellitus among diabetic patients exhibited and there is a significant level of knowledge about micro vascular complication at diabetes mellitus among diabetic patients.

Majority of samples that is 76.67% have very good knowledge 16.67% have average knowledge, 6.67 % have good knowledge regarding micro vascular complication of diabetes mellitus among diabetic patients after Structured Teaching Programme.

Nursing Implications

Nursing Education

The study adds to the nursing knowledge as it provides information about the knowledge and practice regarding micro vascular complication and practice regarding micro vascular complication of diabetes mellitus among diabetic patients is promoting health and to prevent illness. The nurse educator could use the findings of the study to organize and there by improving the knowledge of diabetic patients.

Nursing Practice

Nursing personals are challenged to provide standard and quality nursing care. This must be met only by keeping a trend with current trend in the ever changing advanced health technology. Nurses play a major role is the preventive rather than the curative aspect.

Nursing Administration

The administration could prepare a new protocol for assessing the knowledge and practices regarding importance of micro vascular complication among diabetic patients. The nurses administration could act standards of blood donation practices is improving their health standards of diabetic patients. She can implement proper knowledge of micro vascular complication among diabetic patients there by prevent illness progression.

Nursing Research

This study revealed that there was adequate knowledge about micro vascular complication of diabetic mellitus among diabetic points after Structured Teaching Programme. Future, investigator could use the findings and methodology as reference material. Other researchers conducting further studies in the same field could utilize the suggestions and recommendations studies can be under taken to develop programs that promote the knowledge regarding micro vascular complication of diabetes mellitus among diabetic patients. Studies that explore ways to enhance the practice and knowledge regarding micro vascular complication of diabetes mellitus among diabetic patients.

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