Original Research Paper | Nursing

"A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURE TEACHING PROGRAMME ON KNOWLEDGE AND PRACTICE REGARDING HELFER SKIN TAP TECHNIQUE AMONG UNDERGRADUTE NURSING STUDENT FROM SELECTED NURSING COLLEGES OF CHANDRAPUR".

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ABSTRACT Pain is a horrible sensory and emotional experience associated with actual or potential tissue damage. Procedural pain is an important source of discomfort for patients in nursing care setting. Helfer skin tap technique offers a painless injection experience. **Objectives:** to Assess the Effectiveness Of Structure teaching program on knowledge and practice regarding helfer skin tap technique among undergraduate nursing students with selected demographic variables. **Methodolog:** The researcher conducted study in selected nursing college and used descriptive evaluative research approach with one group pre test and post test research design in selected nursing college. For the data collection structured knowledge questionnaire were used. Among 40 samples who gave consent for the study. The researcher found the study feasible and reliable. **Result:** As calculated t value was found to be 15.85 for overall knowledge regarding topic. As calculated t value is greater than table t value at 0.05 level so null hypothesis (H01) is rejected and alternative hypothesis (H1) is accepted. Hence there is significant mean difference between pre-test and post-test knowledge score. Post-test mean is higher than pre-test mean. This suggest that STP is effective to improve knowledge regarding helfer skin tap technique. **Conclusion:** The study was concluded that the structure teaching program method is an effective method for improving knowledge regarding helfer skin tap technique.

INTRODUCTION
Every human being in the world has experienced some type or degree of pain for which the individuals get health care. Pain is a horrible sensory and emotional experience associated with actual or potential tissue damage. Helfer skin tap technique offers a painless injection experience. Helfer skin tap technique developed by MS Joanne Keiffer Helfer BSN.RN in 1998. This technique provides mechanical stimulation and it distracts patient during injection and thus patient feels less pain. Helfer skin tap to reduce pain associated with IM injection is not complicated and can be done without any special equipment.

Need Of Study
The use of Helfer skin tap technique to reduce pain during IM injections have been proved effective in different studies. reported that Helfer skin tap tapping is a simple and in-expensive procedure to reduce pain during IM injection. No adverse effect of using Helfer skin tap technique will be noted in the previous studies. Providing pain relief is considered a most basic human right, so it is the responsibility of the nurse to use most effective approach to pain control. Nurses are ethically and legally responsible for managing pain and reliving suffering. Effective pain management is not only reduces physical discomfort, but also improves quality of life.

Objectives Of Study
a. To assess the pre test knowledge score regarding Helfer skin tap technique among under graduate student from selected nursing college in Chandrapur.
b. To assess post test knowledge score regarding Helfer skin tap technique among under graduate student from selected nursing college in Chandrapur.
c. To compare pre and post knowledge score regarding Helfer skin tap technique among Under graduate student from selected nursing college in Chandrapur.
d. To find out association between post test knowledge score and selected demographic variables regarding Helfer skin tap technique among under graduate students from selected nursing college in Chandrapur.

MATERIAL AND METHOD
40 undergraduate nursing students were selected by using Non-Probability purposive Sampling technique. Descriptive evaluative research approach had adopted in study. One group pre test post test research design were used to conduct this study. The study was conducted in selected nursing college of Chandrapur. All legal formalities had completed by obtaining permission for from authorities. Data was collected by using multiple choice structured knowledge questionnaire to assess the level of knowledge regarding topic. The researcher found the study feasible and reliable.

RESULT
Organization Of Findings
The analysis and interpretation of the observations are given in the following section:
Section A: Distribution of undergraduate students with regards to demographic variables.
Section B: Assessment of level of pre-test and post-test knowledge and practice regarding Helfer Skin Tap Technique among undergraduate students from selected nursing collage of chandrapur.
Section C: Assessment of effectiveness of Structured

Teaching Programme on knowledge and practice regarding Helfer Skin Tap Technique among undergraduate students from selected nursing college of Chandrapur.

Section D: Association of post-test knowledge and practice regarding Helfer Skin Tap Technique among undergraduate students from selected nursing college of Chandrapur with their selected demographic variables.

Section A
Table 1: Percentage Wise Distribution Of Undergraduate Students According To Their Demographic Characteristics.

n=40

Demographic Variables	No. of UG students	Percentage(%)
Age (yrs)		
17-18 yrs	0	0
19-20 yrs	18	45.0
21-22 yrs	21	52.5
22-23 yrs	1	2.5
Gender		
Male	5	12.5
Female	35	87.5
Previous Knowledge Regarding Topic		
Yes	0	0
No	40	100

Section B
Table 2: Assessment With Level Of Pre Test Knowledge

n=40

Level of pre test knowledge	Score Range	Level of Pre test Knowledge Score	
		No of UG students	Percentage
Poor	0-5(0-25%)	7	17.5
Average	6-10(26-50%)	22	55
Good	11-15(51-75%)	10	25
Very Good	16-20(76-100%)	1	2.5
Minimum score		1	
Maximum score		17	
Mean knowledge score		8.57 ± 3.48	
Mean % Knowledge Score		42.87 ± 17.42	

The above table shows that 17.5% of undergraduate students had poor level of knowledge score, 55% had average, 25% had good and 2.5% of them had very good level of knowledge score.

Minimum knowledge score in pretest was 1 and maximum knowledge score in pretest was 17.

Mean knowledge score in pretest was 8.57±3.48 and mean percentage of knowledge score in pre test was 42.87±17.42.

Table 3: Assessment With Level Of Post Test Knowledge

n=40

Level of post test knowledge	Score Range	Level of Post test Knowledge Score	
		No of UG students	Percentage
Poor	0-5(0-25%)	0	0
Average	6-10(26-50%)	0	0
Good	11-15(51-75%)	12	30
Very Good	16-20(76-100%)	28	70
Minimum score		13	
Maximum score		20	
Mean knowledge score		17.85 ± 2.47	
Mean % Knowledge Score		89.25 ± 12.38	

The above table shows that 30% of undergraduate students had good level of knowledge score and 70% of them had very good level of knowledge score.

Minimum knowledge score in posttest was 13 and maximum

knowledge score in posttest was 20.

Mean knowledge score in posttest was 17.85±2.47 and mean percentage of knowledge score in post-test was 89.25 ± 12.3

Section C
Table 4 : Significance Of Difference Between Knowledge Score In Pre And Post Test Of Undergraduate Students n=40

Test	Mean	SD	Mean Difference	t-value	p-value
Pre Test	8.57	3.48	9.27±3.70	15.85	0.0001
Post Test	17.85	2.47			S,p<0.05

This table shows the comparison of pretest and post test knowledge and practice scores of undergraduate students regarding Helfer Skin Tap Technique. Mean, standard deviation and mean difference values are compared and student's paired 't' test is applied at 5% level of significance. The tabulated value for n=40-1 i.e. 39 degrees of freedom was 2.02. The calculated 't' value i.e. 15.85 are much higher than the tabulated value at 5% level of significance for overall knowledge and practice score of undergraduate students which is statistically acceptable level of significance. Hence it is statistically interpreted that the Structured Teaching Programme on knowledge and practice regarding Helfer Skin Tap Technique among undergraduate students was effective. Thus the H1 is accepted.

Section D:
Table 5: Association Of Post Test Knowledge Score Regarding Helfer Skin Tap Technique Among Undergraduate Students In Relation To Their Age In Years.

n=40

Age (yrs)	No. of UG students	Mean posttest knowledge score	F-value	p-value
17-18 yrs	0	0±0	23.33	0.0001
19-20 yrs	18	15.83±2.09		S,p<0.05
21-22 yrs	21	19.47±1.24		
22-23 yrs	1	20±0		

This table shows the association of knowledge score with age in years of undergraduate students from selected nursing college of Chandrapur. The tabulated 'F' values was 3.15(df=2,37) which is much less than the calculated 'F' i.e. 23.33 at 5% level of significance. Also the calculated 'p'=0.0001 which was much less than the acceptable level of significance i.e. 'p'=0.05. Hence it is interpreted that age in years of undergraduate students is statistically associated with their post test knowledge score.

Recommendations
A Similar study can be undertaken for large sample to generalize the findings.

A comparative study can be carried out on the knowledge of mother of toddler regarding growth and development in urban community.

A similar study can be conducted on the effectiveness of self-instructional module regarding knowledge on growth and development.

CONCLUSION:
The study was conducted to assess effectiveness of structure teaching programme on knowledge and practice regarding helfer skin tap technique among undergraduate nursing students from selected nursing college of chandrapur. The study helps to identify the nursing students have somewhat knowledge regarding helfer skin tap technique but after structure teaching programme method on the same topic their knowledge improved in some extend.

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