



## Implication of Modernizing The Knowledge –A Study Using Structured Teaching Programme on Hiv/Aids for Nurses

### KEYWORDS

Structured Teaching Programme, Nurses, Knowledge

### M.Jeyarathnam

Emeritus Professor, University Grants Commission, New Delhi

### A.Karpagam

Chief Nursing Officer, Sri Ramakrishna Hospital, Sidhapudur, Coimbatore

### \* Kamalaveni

Assistant Professor, Department of Women's Studies, Bharathiar University, Coimbatore-641046. Tamil Nadu

**ABSTRACT** Nurses provide life-saving and life-enriching care throughout the world. They are primary care providers for HIV/AIDS patients. They need to have a sound and solid foundation of knowledge and a positive attitude towards HIV/AIDS patients. The nurses are the source of information for the patients and the relatives. Generally, people have negative attitude towards HIV/AIDS patients because of misinformation and the stigma attached to the disease. So awareness regarding AIDS among nurses is crucial for two reasons, one for AIDS prevention and control and for providing education and counseling to patients infected with HIV. The nurses have gained positive attitude towards HIV/AIDS after undergoing the teaching programme. The level of knowledge on practice has improved significantly after undergoing the teaching programme as revealed by the 't' test scores (99.54).

### Introduction

Nurses provide life-saving and life-enriching care throughout the world. They are primary care providers for HIV/AIDS patients. They need to have a sound and solid foundation of knowledge and a positive attitude towards HIV/AIDS patients. The nurses are the source of information for the patients and the relatives. Once the knowledge improves, skill will also improve. Improvement in knowledge and skill will help in developing self-confidence in caring for HIV infected patients. The adequate knowledge and positive attitude to HIV infection is an important factor in taking care of patients with HIV/AIDS. It will certainly influence HIV/AIDS patients to access quality care they require. Nurses with a positive attitude towards patients with HIV/AIDS will be a great asset for India. In the world, HIV epidemic remains steady, with high proportion of new HIV infected individuals and AIDS deaths. Globally, between 30 and 36 million individuals were infected with HIV (UNAIDS 2008)<sup>1</sup>.

A total of 4.7 million individuals were living with HIV/AIDS in Asia in 2008, the number of new cases were about 350,000 individuals. In this year, 330,000 AIDS-related deaths occurred in Asia (WHO, 2009)<sup>2</sup>. In India the main modes of HIV transmission are unprotected sex (sex worker) and injection drug (UNSAIDS, 2008). HIV/AIDS is a dramatic life-threatening illness with no available curative treatment. It has created fear and concern among people around the world. Generally, people have negative attitude towards HIV/AIDS patients because of misinformation and the stigma attached to the disease. Studies have shown that nurses lack knowledge of HIV/AIDS, have negative attitude towards those with the disease, fear of contracting AIDS and hesitate to provide care to people living with HIV/AIDS. It has also been reported that nurses with negative attitudes toward people living with HIV/AIDS were less willing to care for patients with HIV/AIDS. (Bektas and kulakac, 2007).

Most of the previous studies have shown nurses' negative attitude to HIV/AIDS patients. One of the factors that causes negative attitude is fear of being affected by occupational exposure to HIV/AIDS individuals, social stigma is

the factor that affect nurses' attitude to HIV/AIDS patients. Thus, negative attitude causes poor management of patients living with HIV/AIDS who need support, treatment and care (Baylor & McDaniel 1996)<sup>3</sup>. Nurses are in the forefront of patient care system and therefore the professional conduct and behavior is important as the future generation of nurses will be taking care of more epidemics in the next decade.

HIV/AIDS is a dreadful disease which takes away the lives of many innocent people. It is not confined to a particular age group. It affects people of any age and women are more affected than men and youth are more prone to it. Another significant trend is that, most of the people becoming infected are in the sexually active and economically productive age group of 15-44 years. This means that most people living with HIV are in the prime of their working lives<sup>16</sup> and many are supporting their families. (Adolescent reproductive health situation analysis in Kiribati and Solomon, Suva, Fiji, UNFPA Office for the Pacific, 2005)<sup>4</sup>. The current epidemiology of HIV suggests that these are diseases of young people. Nurses are at the forefront of caring of all the clients and HIV/AIDS presents complex challenges for health professionals (International Nurse's Forum 2006)<sup>5</sup>. So awareness regarding AIDS among nurses is crucial for two reasons, one for AIDS prevention and control and for providing education and counseling to patients infected with HIV. Studies have shown that, the staff nurses with knowledge and skill have positive attitude in caring for patients with HIV/AIDS. Serpil Aydin, 2007 states that, AIDS is a serious disease, and AIDS victims require special care. It is a reality that the care of HIV/AIDS patients by nurses, who have been educated about the disease, is of superior quality.

### Methodology

The present study is an empirical research based on survey method. It is conducted to find out the opinion of the nurses about the structured teaching programme. The study involves both primary and secondary data. Primary data regarding the respondents' knowledge of HIV/AIDS, attitude to HIV/AIDS and knowledge on practice of HIV/AIDS, before and after the teaching programme were col-

lected with the help of a questionnaire designed for this purpose. Secondary data were collected from journals, magazines, newspapers, reports of World Health Organization and so on. The population consists of nurses who were working in all departments in PSG Hospitals. There were 600 staff nurses on the roll of the hospital. A total of 400 nurses, 2/3 of the total population was selected through random sampling method. Lottery method has been adopted for this purpose. The main objective of the study is to evaluate the effectiveness of teaching programme on knowledge of HIV/AIDS, attitude to HIV/AIDS and knowledge on practice of HIV/AIDS. In addition, the study has the following objectives. It aims

- i) to study the profile of the respondents.
- ii) to assess the levels of knowledge, attitude and knowledge on practice of HIV/AIDS, before and after the structured teaching programme.
- iii) to analyse the improvements in various dimensions of knowledge and knowledge on practice of HIV/AIDS after undergoing the teaching programme.
- iv) to find out the association between biographical variables with pre-test and post test scores of knowledge of HIV/AIDS, attitude to HIV/AIDS and knowledge on practice of HIV/AIDS.
- v) to make suggestions for better health care delivery to HIV/AIDS patients based on the findings of the study. The collected data were analyzed with the help of appropriate statistical tools.

### Structured Teaching Programme

The structured teaching programme consisted of various aspects of AIDS and its prevention. It was prepared with a view to enhance the knowledge of HIV/AIDS, attitude to HIV/AIDS and knowledge on practice of HIV/AIDS and its prevention by utilizing lecture cum demonstration method along with the use of audio-visual aids like LCD, charts and black board. The content of teaching includes introduction to HIV/AIDS, causative organism, incidence, etiology, signs and symptoms, routes of transmission, diagnosis, treatment and prevention of AIDS, universal precautions, prevention of transmission of HIV while taking care of patients with HIV infection, care of needle injury/ splash, care of soiled linen, care of articles, care of dead body and post exposure prophylaxis.

The total number of 400 sample nurses was divided into two categories. Each group consisted of 200 staff. At the beginning of the structured teaching programme the knowledge of participants were assessed by self administered questionnaire. Then each day 20 staff nurses were called for a class. They were taught by using, LCD and audio visual aids module. Doubts were cleared at the end of the programme. Pamphlets were distributed to the nurses. Seven days after the programme and reassessment was done with the same set of questionnaire.

The overall objective of the programme is to impart in-depth knowledge of HIV/AIDS and develop a positive attitude and skills and to implement the knowledge gained in their practice. The specific objective of the programme is to develop the ability to define HIV/AIDS, explain the incidence, list out the high risk groups of HIV/AIDS, enlist the sources of infection, elaborate the modes of transmission, illustrate the clinical manifestations, illustrate the diagnostic

methods, elaborate the treatment and preventive methods of HIV/AIDS, describe the precautions to be taken while taking care of patients with HIV infection.

### Implication of modernizing the knowledge

The profile of the sample nurses shows that 95.5 per cent of the respondents are in the age group of 26-30 years; 82 per cent (328) of the sample respondents are women; one-fifth of respondents are married; 55.5% of respondents are diploma holders; 44.5% of sample nurses are degree holders; 86.8% of respondents have five years or less than five years experience.

The nurses with moderate (372) level of knowledge are high in pre-test. There is a significant increase in their knowledge after undergoing the teaching programme. The level of attitude of nurses in the pre-test is high (296) which increase to 368 after undergoing the teaching programme. The nurses have gained positive attitude towards HIV/AIDS after undergoing the teaching programme. The level of knowledge on practice has improved significantly after undergoing the teaching programme as revealed by the 't' test scores (99.54).

The factor analysis reveals that '*negative belief on HIV/AIDS*', '*information about HIV/AIDS*', '*precautions about HIV/AIDS*', '*relationship with HIV/AIDS patients*' and '*responsibility of nurses are the factors that influence the attitude of nurses towards HIV/AIDS patients*'.

### Conclusion

Improvement in knowledge of HIV/AIDS will help in developing self confidence while dealing with HIV infected patients. Sources of infection is the virus that has been found in greatest concentration in blood, semen and Cerebrospinal, Lower concentration have been detected in tears, saliva, breast milk, urine, cervical and vaginal secretions. It has also been isolated in brain tissues, lymph nodes, bone marrow cells and skin. Before teaching programme the staff nurses had negative attitude about HIV/AIDS. Many nurses believe that HIV/AIDS is a non preventable disease and they also believed that caring for HIV/AIDS will definitively acquire the infection. After attending this program all of the participants developed positive attitude and their care towards these patients greatly improved

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