



## EFFECTIVENESS OF STP ON KNOWLEDGE AND PRACTICE REGARDING PREVENTION OF BRONCHIAL ASTHMA AMONG THE MOTHERS OF UNDERFIVE CHILDREN

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**ABSTRACT** A study was conducted to assess the effectiveness of STP on knowledge and Practice regarding prevention of bronchial asthma among the mothers of under five children residing at Mangadu, Chennai. An evaluative approach with one group pre-test post-test design was adopted and the samples were selected using Purposive sampling technique. Structured Questioner was given related to knowledge and Attitude. Result showed that in the pre-test regarding the Knowledge, only 10% had moderately adequate knowledge, whereas, in the post test, 47% had adequate knowledge, and 53% had moderately adequate knowledge. Regarding the Practice, in the pretest, only 3% were under excellent practice, whereas, in the post test, 43% were having excellent practice and 57% were good. This study concludes that STP is effective in increasing the knowledge and practice of mother's of underfive children regarding prevention of bronchial asthma.

**KEYWORDS :** STP-Structured Teaching Programme, Prevention, Knowledge, Practice, Underfive Children.

### INTRODUCTION

Children are our most valuable resource of our country. Out of 2.1 billion population of India around 31% are the children aged between 0-14 years and, 23.3% constitutes 0-5 years of age in 2014 population (The Hindu, 2014). Respiratory disorders are a major cause of morbidity and mortality in children and of particular significance in developing countries like India. Outpatient attendance attributed to respiratory disorders is as high as 20 - 40% of all out patients and 12-35% of all in - patients (IAP Text Book of Pediatrics, 2013)

### NEED FOR THE STUDY

A cross sectional study on "Risk factors for asthma and allergy association with urban migration" which enlightened that asthma and allergic disease are becoming increasing in children in urban centers of India, because of lack of knowledge regarding prevention and management of asthma among mothers of underfive children (Philip.J.Cooper, et al, 2006).

In Chennai, the incidence of respiratory illness has been increasing several folds in the past few years. Between March 2013 and March 2014, there was a twofold increase in the number of children with in the last one year, 296 children were detected with in one city hospital of Chennai and minimum three-five cases admitted every week in one hospital (The Hindu 2014).

### OBJECTIVES

-To assess the pre test level of the knowledge and practice regarding prevention of Bronchial Asthma among mothers of underfive children.

-To determine the effectiveness of structured teaching programme among the mothers of underfive children.

-To associate the post test level of knowledge and practice with selected demographic variables.

### HYPOTHESIS:

- H1: There will be significant differences in the knowledge and practice between pre test and post test on prevention of Bronchial Asthma among the mothers of underfive children after STP.
- H2: There will be significant association between knowledge and practice in pre test and post test regarding prevention of Bronchial Asthma among the mothers of underfive children who attended STP.

### METHODOLOGY:

**Research approach :** An evaluative approach with one group pre-test post-test design was adopted.

**Population & setting :** mothers of under five children, residing at Mangadu.

**Sample and sampling technique:** 30 mothers of underfive children was selected using Purposive sampling technique.

### CRITERIA FOR SELECTION

#### Inclusion criteria:

- Mother's of underfive children who were willing to participate in the study.
- Mother's of under five children who can understand tamil or English.
- Underfive children who have been newly diagnosed to have bronchial asthma.

#### Exclusion criteria:

- Underfive children who is already on treatment of bronchial asthma.
- Mother's of underfive children who are sick at the time of data collection.
- Mother's of underfive children who received prior information regarding asthma.

### RESEARCH TOOL

- Section-A :** DEMOGRAPHIC VARIABLES
- Section-B :** STRUCTURED QUESTIONNAIRE RELATED TO KNOWLEDGE -15 multiple choice questions related to knowledge of prevention of bronchial asthma.
- Section-C :** STRUCTURED QUESTIONNAIRE RELATED TO PRACTICE

-15 multiple choice questions related to practice of prevention of bronchial asthma

### SCORE INTERPRETATION:

The minimum score a sample would get on knowledge would be 0 and maximum of 15.

**Knowledge:** 0-32% Inadequate knowledge  
33-64% Moderately adeq. knowledge  
65-100% Adequate knowledge

**Practice:** 0-32% Fair  
33-64% Good  
65-100% Excellent

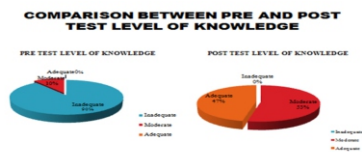
### RELIABILITY OF THE TOOL:

The reliability of the tool was assessed by split half method and 'r' value was 0.96.

## FINDINGS OF THE STUDY

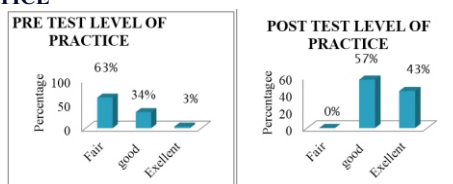
- Regarding the distribution of gender, majority of underfive children 21(70%) were female
- The majority of the samples 15(50%) age group was 22-25 years
- Most of the mothers 14(46%) educational status was till high school, and only 2(6.6%) completed their degree.

Most of the children 19(63.3%) had no history of wheeze.



In the pretest, only 10% had moderately adequate knowledge, whereas, in the post test, 47% had adequate knowledge, and 53% had moderately adequate knowledge.

## COMPARISON BETWEEN PRE AND POST TEST LEVEL OF PRACTICE



In the pretest, only 3% were under excellent practice, whereas, in the post test, 43% were having excellent practice and 57% were good.

## Effectiveness of STP

- The 't' value of Pre and post test knowledge was 13.40 and the 't' value of Pre and post test Practice was 12.04. This shows that it is statistically significant at the level of  $P=0.001$ . Therefore the STP is effective among the mothers of underfive children.

## Association between pre and post test knowledge with selected demographic variables

In pre test, the table shows that there is association between mother's education and the knowledge of mothers of underfive children.

## Conclusion:

This study concludes that STP is effective in increasing the knowledge and practice of mother's of underfive children regarding prevention of bronchial asthma. Lack of knowledge of the parents regarding care of children with URI & LRI, prevention and management of asthma is a major cause of the child getting asthma. And so knowledge about the management and preventive aspects of asthma should be imparted to the care givers to prevent asthma for their children.

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