



## A STUDY TO ASSESS EFFECTIVENESS OF STRUCTURED TEACHING PROGRAM ON KNOWLEDGE AND PRACTICES REGARDING THERAPEUTIC COMPLIANCE IN MENTAL ILLNESS AMONG THE CARE GIVERS IN SELECTED METROPOLITAN CITY

**Mrs. Sulochana M Padol**

Staff Nurse Civil District Hospital Parbhani

**M.A.D'souza\***

Prof., Assistant Professor, Institute of Nursing Education sir J J Hospital Mumbai  
\*Corresponding Author

### ABSTRACT

**Introduction:** Therapeutic compliance in mentally ill patient is the current issue in the field of mental health. The patient has poor insight so they are unable to adhere their treatment. Hence it's responsibility of caregiver help to patient in keeping adherence with the treatment regimen. Effective interpersonal relationship, communication pattern in family affect on therapeutic compliance in mentally ill. Nurse –patient relationship helps patient to improve insight about their illness. Interpersonal relationship in the family and community helps the patient and care giver to maintain adherence in treatment of mentally ill. Investigator's opinion the rate of readmission in ward is high. In her clinical experience (2015-2016) she observed that 50 % mentally ill patients are readmitted due to non therapeutic compliance. The reasons found that was poor insight, likes and dislikes. They don't take medicine in proper way; they need help and observation of care givers. The objective of the study was to assess the effectiveness of Structured Teaching Programme on knowledge and practices regarding therapeutic compliance among caregivers of mentally ill-patient.

**Materials and Methods:** Quasi Experimental one group pre- test & post –test design was used. As the research problem was aimed at enhancing the Knowledge and Practice of the caregivers of mentally ill patient. The sample for the study was n=60 caregivers selected by using Non probability purposive sampling technique. The pre-test was introduced to assess the knowledge and practices among the group of samples on the basis of pre-test result Structured Teaching Programme was formulated and introduce to the sample after that the post-test was conducted and the result were evaluated through the structured questionnaire and self-reported observational checklist, The data was analyzed paired t-test and ANOVA.

**Results:** The average pre-test knowledge and practice score among caregivers found to be 8.87, 10.72 respectively. After the STP; the mean post-test knowledge and practices score was 18.93, 13.98 respectively. Thus the difference in level of the knowledge and attitude was confirmed by the obtained paired t-test test value (22.45), (9.79) respectively. This was statistically significant (P<0.001)

**Conclusion:** The structured teaching program was effective in improving knowledge and practices regarding therapeutic compliance in mental illness among the care givers.

**KEYWORDS :** Therapeutic compliance, Mental illness, Care givers, Structured Teaching Program.

### INTRODUCTION:

The latest international conference held at NIMHANS (10-12 Feb.2017) the theme was “Rehabilitation of Mentally Ill”. Decentralization of Psychiatric, treatment is emerging new challenges of compliance. Speakers emphasizes on deinstitutionalization and decentralization of psychiatric. Services at the door steps so involve family members, social workers, self help group to rehabilitate mentally ill in society.

As per investigator's opinion the rate of readmission in ward is high. In her clinical experience (2015-2016) she observed that 50 % mentally ill patients are readmitted due to non therapeutic compliance.

Reddy M.S. (2012) Study reported that in India annual relapse rate was 75% and good compliance is 35% in psychiatry. According to her more than 30% relapse found due to missing dose of medication within month. In first episode within one year relapse was 59%. Drug non compliance was 75% in that related physical illness with antidepressant was 60% and with antipsychotic 50%.

WHO reported in 2003 rate of treatment adherence in depression according to United of Kingdom reported that 40% patient discontinued tricyclic medication within 12 weeks. Lin et al. stated that 32-42 % patients not filled prescriptions. Schumann reported that the rate of receiving psychotic drug such as prophalytic, lithium for BPAD 43% patients found noncompliance within 6 months. Ramana cited that 70% patient found non compliance after hospital discharge.

Bener A. et al (2013) studied about the factors affecting on therapeutic compliance in mentally ill he stated that among 564 patients, 328(58.2%) patients were compliance and 236 (41.8%) patients was noncompliance. The factors such as age 21-30 yrs. was more compliance with drugs in schizophrenia 28.4%, BPAD 12.7 %, 25% patients are non-compliance to medicine where 26.3% patient were non-compliance. For social support 40% noncompliance and 49.4% with family support.

The present study was developed to assess the knowledge and

practices regarding therapeutic compliance in mental illness among the care givers in selected metropolitan city after a structured teaching program.

### OBJECTIVE:

1. To assesses the knowledge and practices regarding to therapeutic compliance in mental illness among the care givers.
2. To evaluate effectiveness of structured teaching program on knowledge and practices regarding therapeutic compliance in mental illness among the care givers.
3. To find out association between selected demographic variables and knowledge and practices in mental illness among the caregivers.

### HYPOTHESIS

**H0:** There will be no significance differences between mean knowledge and practices score of the care giver of mentally ill regarding therapeutic compliance in pre- test and post- test

**H1:** There will be significance differences between mean knowledge and practices score of the care giver of mentally ill regarding therapeutic compliance in pre- test and post- test

### Materials and Method:

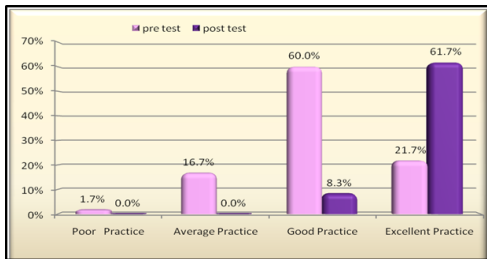
Research design, quasi experimental one group pre-test and post-test design was used. Sample was 60 caregivers selected from the Psychiatric out Patient Department of J.J. Hospital, Mumbai by using Non-probability purposive sampling method. Development of the data collection instrument. A structured questionnaire (pretest & post-test) was used during data collection and this was developed based on the objectives of the study and through review of literature. Structured questionnaire tool was used which consisted of 3 sections. Section I: Demographic profile of caregivers II: Knowledge related to therapeutic compliance in mental illness. Assessment of Knowledge Score considered as Excellent 18-22, Good 12-17, Average 6-11 & Poor Knowledge 0-5 Section III: Self reported observational checklist was used to evaluate the practices of caregivers.

**Result:**

Demographic Profile of the caregivers Indicated that, the majority of the subjects (33.3%) belonged to age group of 49-above years. Gender- The finding of the study indicated that, the majority of the subjects (51.7%) belong to male category. Education- The finding of the study indicated that, the majority of the subjects (36.7%) had completed education up to higher secondary education. Occupation- The finding of the study indicated that, the majority of the subjects (41.7%) were employed. Family income- The finding of the study indicated that, the majority of the subjects (41.7%) earned Rs 10,000 and below / month. Area of Living- The finding of the study indicated that, the majority of the subjects (65%) were residents of urban area. Duration of Taking Care- The finding of the study indicated that, the majority of the subjects (36.7%) were taking care of mentally ill from more 3 month – 2yrs. Relationship with patient- The finding of the study indicated that, the majority of the subjects (43%) were parents of mentally ill.

**Table: 1 - Assessment Level of the Knowledge scores regarding therapeutic compliance in mental illness.**

Groups		Pre-test		Post-test	
		Frequency ()	%	Frequency()	%
Poor	0 – 5	8	13.3	0	0
Average	6 – 11	43	71.7	0	0
Good	12 – 17	9	15.0	13	21.7
Excellent	18 - 22	0	0	47	78.3
Total	60	100	60	100	



**Fig.No.1- Practice scores pre & post-test regarding therapeutic compliance in mental illness.**

**Hypothesis tested**

The mean post test knowledge and practice score regarding therapeutic compliance in mental illness was significantly higher than the mean pre test knowledge and practice score of caregiver who had structured teaching program on therapeutic compliance in mental illness. That means structured teaching programme regarding therapeutic compliance in mental illness is effective.

**Table: 2 Effectiveness of Structured Teaching Programme on knowledge and practices regarding therapeutic compliance in mental illness among the care givers.**

N = 60

Comparison	Mean	S. D.	M.D.	SEMD	t value	p value
Knowledge	Pre test	8.87	2.75	10.07	0.45	22.45
	Post test	18.93	1.87			
Practice	Pre test	10.72	2.30	3.27	0.33	9.79
	Post test	13.98	1.08			

**Conclusion:**

The study concluded that the structured teaching program was effective in improving knowledge and practices regarding therapeutic compliance in mental illness among the care givers.

**NURSING IMPLICATIONS FOR NURSING PRACTICE:**

1. Nurses must educate the care givers about Therapeutic Compliance and the complications of non-therapeutic compliance through Structured Teaching Programme.
2. Nurses have to develop proper Structured Teaching Programme to educate the care givers regarding therapeutic compliance of mentally ill.
3. The use of Structured Teaching Programme, information by verbal communication and supplement material on therapeutic compliance for caregivers of mentally ill to improve compliance in mentally ill and reduce rate of non-compliance.
4. It also developed positive attitude towards mentally ill and

therapeutic compliance which help in improvement therapeutic compliance.

5. She will be find out the cases of non-compliance and by using new technology she may provide follow up care to them.

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