



A STUDY TO ASSESS THE KNOWLEDGE ON SELF CARE ACTIVITIES AMONG PATIENTS UNDERWENT CATARACT SURGERY AT GOVERNMENT HEAD QUARTERS HOSPITAL THIRUVALLUR.

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ABSTRACT

The eye is a sensitive, highly specialized sense organ subject to various disorder, many of which can lead to impaired vision. Impaired vision may affect individuals in many ways, including their independence un self-care of self-esteem, safety, and overall quality of life. Many of the leading cause of visual impairment are associated with aging (cataract, glaucoma, and macular degeneration). The majority of people with vision impairment are over the age of 60 years. Objectives of the study is to Assess the peratest level of knowledge on post-operative self- care activitie. To educate the patients regarding care and complications. Associate with demographic variable with post test level of knowledge on post-operative self-care activities. A pre-experimental design (one group peratest post-test design) was used selected to assess the knowledge on self-care activities among patients underwent cataract surgery. After obtaining the permission from the government headquarters hospital Tiruvallur, the investigator selected 80 samples by using purposive sampling technique. After the sample selection informed consent obtained, the investigator assessed the demographic variable, and level of knowledge by using self-administered questionnaire, after completing data collection the education was given about the post-operative self-care activities by using the pamphlet. After one week the post-test level of knowledge was assessed by the same questionnaire. The data were analysed by using descriptive and inferential statistics. Major findings show that there is a difference in before and after giving education regarding postoperative self-care activities, the mean value for pre-test is (8.38) and standard deviation is (1.81), and post-test mean value is (14.1), standard deviation (4.14) before and after giving education regarding post-operative selfcare activities, and " t" value for the study is t=20.23 which is founded to be significant at p<0.05. Regarding level of knowledge out of 80 samples 52(65%) members has moderately knowledge on self-care activities, 28(35%) members has adequate knowledge on self-care activities after surgery. Regarding association between demographic variables and the sample, there are significant variables between the demographic variables such as age, sex, family income, associated disorder, health information, non-significant variable between demographic variables such as religion, education, resident. The study concluded that cataract patients did not have a adequate knowledge on post-operative self-care activities. Thus, nurses need to give education for patients on continuous basis regarding self-care and prevention of complication after the surgery.

KEYWORDS :

INTRODUCTION

The eye is a sensitive, highly specialized sense organ subject to various disorder, many of which can lead to impaired vision¹. Impaired vision may affect individuals in many ways, including their independence un self-care, sense of self-esteem, safety, and overall quality of life. Many of the leading causes of visual impairment are associated with aging cataract, glaucoma, and macular degeneration (Dewit kumagai)²

According to National Eye Institute, approximately 50% of all Americans will either have a cataract or will have had cataract surgery by age 80.³ The 4th report of National Eye Database (2010) reported that the number of patients for cataract operation is increasing every year.⁴ The re were 12,798 patients registered in the year 2002 which is increased to 28,506 patients in the year⁷. The eye is like camera ,if the lens in a camera ha scratches , the pictures will be blurred ,we will see blurred images or nothing at all .such a condition is called cataract-where there is opacity or clouding of the eye's natural lens ,which is not treated can lead to blindness .good eyesight for the proper development of all the faculties of the individual.⁵

Eyes is the complex organ that involves intricate microscopic structure, capable of bringing the entire world into the mind⁶. As many of value sight as much as life itself, there is much satisfaction in ministering those whose vision is threatened by disease⁷. The client with eye problem requires a lot of nursing care, with an advancement if medical science, several sophisticated surgical techniques have also been developed for ocular surgery (Brunner Sidharth).⁸

Globally, it is estimated that approximately 1.3 billion people live with some form of vision impairment⁹. With regards to distance vision, 188.5 million people have mild vision impairment, 21.7 million have moderate to severe vision impairment and 36 million people are blind. Globally, the leading cause of vision impairment are uncorrected refractive errors and cataract.¹⁰

MATERIALS AND METHOD:

Research approach

Quantitative research approach

Research design

Pre-experimental research design (one group pre-test and post-test)

Setting

The study was conducted at government headquarters hospital Tiruvallur,

Population

The population selected for the study was patients underwent cataract surgery.

Sample Size

The sample size was comprised of 80 patients

Sampling Technique:

Purposive sampling technique was used to select the samples for this study.

Criteria for sample selection

Inclusion criteria

- 1) Male and Female
- 2) Age between 45-70 years
- 3) Patients underwent cataract surgery

Exclusion criteria

- 1) who do not understand the language like Tamil and English
- 2) Who are not willing to participate.
- 3) Cognitive impairment, coma, previous cataract surgery.

Tool process

Section A:

The demographic variables of the patients consisting of age, sex, religion, family income, education of the patients, resident of the patient, Associated disorder of the patients, and mode of acquiring health information

Section B:

It consists of self-administered questionnaire to assess knowledge on self-care activities of patients after surgery.

Section I

Table 1: Frequency And Distribution Of Demographic Variables Among Cataract Patients:(n=80)

S. No	Demographic Variables	Frequency	Percentage
1.	Age:		
	a) 45-50years	22	27.5%
	b) 50-55years	30	36.25%
	c) 60-65years	28	35%
2.	d) above 70years	0	0
	Gender:		
3.	a) Male	39	48.75%
	b) Female	41	51.25%
4.	Religion:		
	a) Hindu	43	53.75%
	b) Christian	21	26.25%
	c) Muslim	16	20%
5.	d) Other	0	0
	Education:		
	a) Primary	41	51.25%
	b) Higher secondary	39	48.75%
6.	c) Undergraduates	0	0
	d) Post graduates	0	0
	Family Income		
	a) 5000-10000	30	37.5%
7.	b) 10000-15000	34	42.5%
	c) 15000-20000	16	20%
	d) above 20000	0	0
	Resident:		
8.	a) Rural	41	51.25%
	b) Urban	29	36.25%
	c) Semi urban	10	12.5%
	Associated Disorder:		
9.	a) Diabetes mellitus	20	25%
	b) Hypertension	19	23.75%
	c) Both	21	26.25%
	d) None	20	25%
10.	The Mode Of Acquiring Health Information		
	a) Tv \radio	28	
	b) Newspaper	8	35%
	c) Health professionals	44	10%
	d) Neighbors	0	55%

The above table reveals that out of 80 samples (36.25%) belongs to the age group of 50-55 year, 22(27.5%) belongs to age group of 45-50 years, 28(35%) belongs to age group of 60-65 years, Regarding gender, 39(48.75%) belongs to males and 41(51.25%) belong to females, Regarding religion 43 (53.75%) of Hindu, 21(26.25%) of Christian, 16(20%) of Muslims, regarding family income 37.5% of below 10000, 34(42.5%) of below 15000, 16(20%) of above 15000-20000, Regarding education 41(51.25%) belongs to primary education, 34(48.75%) belongs to higher secondary, Regarding resident, 41(51.25%) belongs to rural, 29(36.25%) belongs to urban, 10(12.5%) belongs to semi-urban, Regarding associated disorder 20(25%) have diabetes mellitus, 19(23.75%) have hypertension, 21(26.25%) have both the disorder, 20(25%) have of patients are not having both of the disorder.

Section II

Table 2: Frequency And Percentage Distribution Of Level Of Knowledge On Self Care Activities

S.NO	LEVEL OF KNOWLEDGE	FREQUENCY	PERCENTAGE
1.	INADEQUATE	0	0%
2.	MODERATE	52	65%
3.	ADEQUATE	28	35%

TABLE 2: Shows that out of 80 samples 52 (65%) members had moderately knowledge regarding self-care activities and, 28(35%) members had adequate knowledge regarding self-care activities.

Frequency And Percentage Distribution On Level Of Knowledge On Self Care Activities Among Cataract Patient

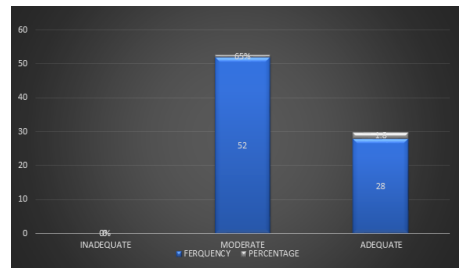


TABLE 2: Shows that out of 80 samples 52(65%) patients had moderately knowledge regarding self-care activities, 28(35%) had adequate knowledge regarding self-care activities

Section III

Table 3: The Association Between The Demographic Variables And The Level Of Knowledge

DEMOGRAPHIC VARIABLES	INADQUATE		MODERATE		ADEQUATE		CHI SQUARE VALUE
	N	%	N	%	N	P	
1.AGE							X ² =13.923 df=4 S
a) 45-50 years	9	11.25%	7	8.75%	7	8.75%	
b) 50-55 years	5	6.25%	16	20%	8	10%	
c) 60-65 years	4	5%	19	23.75%	5	6.25%	
d) above 70 years	0	0%	0	0%	0	0%	
2.SEX							X ² =1.684 Df=0.84 S
a) male	8	10%	18	22.5%	12	15%	
b) female	10	12.5%	24	30%	8	10%	
3.INCOME							X ² =3.962 DF=4 S
a) 5000-10000	7	8.75%	17	21.25%	4	5%	
b) 10000-15000	9	11.25%	16	20%	10	12.5%	
c) 15000-20000	11	13.75%	9	11.25%	6	7.5%	
d) above 20000	2	2.5%	0	0%	0	0%	
4.ASSOCIATED DISORDER							X ² =8.451 DF=6 S
a) diabetes mellitus	6	7.5%	11	13.75%	5	6.25%	
b) hypertension	7	8.75%	6	7.5%	5	6.25%	
c) both	3	3.75%	14	17.5%	3	3.75%	
d) none	0	0%	11	13.75%	7	8.75%	
5..HEALTH INFORMATION							X ² =9.149 DF=6 S
a) Tv \radio	8	10%	11	13.75%	11	13.75%	
b) newspaper	1	1.25%	2	2.5%	0	0%	
c)health professional	5	6.25%	29	36.25%	8	10%	
d)neighbor's	1	1.25%	0	0%	1	1.25%	

TABLE 3: The above table shows that there is significant variables between the demographic variables such as age, gender, family history, family income, associated disorder, health information and non-significant variable between demographic variables such as religion, education, residence.

Section IV**Table 4: Statistical Analysis Of The Level Of Knowledge On Self Care Activities**

	STATISTICAL VALUES	
	MEAN	STANDARD DEVIATION
PRE-TEST	8.39	1.81
POST TEST	14.1	4.14

TABLE 4: Above table reveals that statistical values of pre-test mean= 8.3987 and standard deviation = 1.81, statically value for post-test mean= 14.1 and standard deviation =4.14

DISCUSSION

The main focus of the study is to assess the knowledge on self-care activities among patients underwent cataract surgery. This current research helped us to understand that the nurse should create awareness among patients regarding self-care activities after surgery. Nurses working the eye ward can educate the patients about self-care after cataract surgery in pre-operative phase. The nurse administrator can train the nurses to give teaching regarding post-operative self-care activities.

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CONFLICT OF INTEREST

The author declares no conflict of interest.

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