Original Research Paper

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Nursing

A PRE-EXPERIMENTAL STUDY TO EVALUATE THE EFFECTIVENESS OF VIDEO ASSISTED TEACHING PROGRAM ON QUALITY OF LIFE AMONG CHRONIC KIDNEY DISEASE PATIENTS UNDERGOING HAEMODIALYSIS IN SELECTED HOSPITAL OF DELHI/ NCR

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ABSTRACT A pre-experimental study to evaluate the effectiveness of video assisted teaching program on quality of life among chronic kidney disease patients undergoing haemodialysis. The study was conducted on 40 CKD patients who are undergoing hemodialysis using on probability convenient sampling technique in selected hospital of Delhi/NCR. Demographic variables standardized WHO BREF scale, Video assisted teaching program tool used for conducting the study. Data were analyzed with help of Statistical analysis of quality of life, Descriptive statistics (mean and standard deviation), Inferential statistics paired 't' test, Chi Square for association. The study clearly shows that there was a significant improvement in quality of life among chronic kidney disease patients who are undergoing hemodialysis with 't' value in physical domain 13.5, psychological domain 9.53, social domain 10.92, & environmental domain 12.07.

KEYWORDS :

INTRODUCTION:

Chronic kidney disease (CKD) is a global threat to health in general and for developing countries in particular, because therapy is expensive and life- long. In India 90 % of patients cannot afford graft so majority of patient prefer hemodialysis. Though hemodialysis plays a vital role as lifesaving procedure, it also has many side effects and complications that hamper quality of life of the patient. As people become restricted in terms of fluid restrictions, dietary guidelines, medications prescriptions, attendance at hemodialysis sessions. If patient is not aware about the importance of quality of life they become prone to physical problems, psychologically they starts remain disturbed, socially they become less active and soon patient's environmental influences also become disturbed.

Statement of the problem

A Pre-Experimental Study to Evaluate the Effectiveness of Video Assisted Teaching Program on Quality of Life Among Chronic Kidney Disease Patients Undergoing Haemodialysis in Selected Hospital of Delhi/ NCR

Objectives

1- To assess the quality of life of the patients who is undergoing hemodialysis before and after administration of the video assisted teaching programme.
2- To evaluate the effectiveness of video assisted teaching program on the quality of life of the patients who is undergoing hemodialysis.
3- To find out the association between the post test quality of life score and demographic variables of the patients undergoing hemodialysis

Research Methodology

Inclusion criteria:

- Clients who have undergoing hemodialysis
- Who are able to follow English and Hindi
- Who are present during the study period
- Who are willing to participate

Research Design	One group pre-test post- test design
Setting of the study	GTB hospital, Delhi.
Sample	CKD patients who are undergoing hemodialysis
Sample Size	40 samples
Sampling Technique	Non Probability Convenient Sampling Technique

Exclusion criteria:

- Clients who are unable to follow English and Hindi
- Who are unwilling to participate for the study
- Patients with documented mental illness and anxiety disorders
- Children

Tool 1: Demographic variables

Tool 2: A standardized WHOQOL-BREF scale to assess the quality of life

Tool 3: video assisted teaching program

Findings:

Table-I Frequency and percentage distribution of demographic characteristics of the patients undergoing hemodialysis

S. no	Demographic Variables	(f)	(%)
1.	**Age**		
	a) 20-29 years	2	5
	b) 30-39 years	8	20
	c) 40-49 years	16	40
	d) 50 & above	14	35
2.	**Gender**		
	a) Male	28	70
	b) Female	12	30
3.	**Types of family**		
	a) Nuclear	28	70
	b) Joint	12	30
	c) Broken	0	0
4.	**Education**		
	a) No formal education	3	7.5
	b) Secondary education	18	45
	c) Higher secondary education	15	37.5
	d) Graduation & above	4	10
5.	**Occupation**		
	a) Employee of private sector	0	0
	b) Employee of government sector	15	37.5
	c) Business	20	50
	d) Unemployed	5	12.5
6.	**Family income per month**	6	15
	a) < 10,000	12	30
	b)10001- 15,000	15	37.5
	c)15001- 20,000 d)>20,000	7	17.5
7.	**Marital status**	12	30
	a) Married	28	70
	b) Unmarried	0	0
	c) Window d)Divorce	0	0
8.	**Religion**	18	45
	a) Hindu	7	17.5
	b) Christian	15	37.5
	c) Muslim d)Sikh	0	0
9. a	**Do you have any previous knowledge regarding quality of life after chronic kidney disease**		
	a) Yes	16	40
9. b	b) No	24	60
	If yes, source of information related to quality of life after chronic kidney disease		
	a) Textbook	0	0
	b) Media	15	37.5%
	c) Through medical practitioner	25	62.5%
	d) Other..(specify)	0	0

Table-II Describes the findings of mean, mean difference and "t" value to describe the pre test and post test score of physical domain.

N= 40

Domains	Test	Mean Score	Mean Difference	SD	't' value
Physical	Pre test	15.42	4.18	0.31	13.5 *
	Post test	19.6		0.33	
Psychological	Pre test	12.12	7.18	0.08	9.53 *
	Post test	19.3		1.75	
Social	Pre test	14.67	2.17	3.08	10.92*
	Post test	16.74		3.24	
Environmental	Pre test	7.22	9.9	5.78	12.07*
	Post test	16.77		12.0	

Table-III Describes the findings related to association between post test score of quality of life of physical domain of the patient undergoing hemodialysis and selected demographic variables

S. No.	Demographic Variables	Below Mean	Above Mean	Calculated Value	Table Value	df	S/ NS
1.	**Age**						
	a) 20-29 years	2	0				
	b)30-39 years	7	1	7.18	12.8	3	NS
	c) 40-49 years	9	7				
	d)50 & above	7	7				
2.	**Gender**						
	a) Male	10	18	5.6	7.88	1	NS
	b) Female	5	7				
3.	**Type of family**						
	a) Nuclear	16	12				
	b) Joint	4	8	0.24	7.88	1	NS
	c) Broken	0	0				
4.	**Education**						
	a) No formal education	1	2				
	b) Secondary education	7	11				
	c) Higher secondary education	5	10	0.41	12.8	3	NS
	d) Graduation & above	2	2				
5.	**Occupation**						
	a) Employee of private sector	0	0				
	b) Employee of government sector	8	7	1.6	12.8	1	NS
	c) Business	10	10				
	d) Unemployed	3	2				
6.	**Family income per month**						
	a) < 10,000	1	5				
	b)10001- 15,000	8	4	7.51	12.8	3	NS
	c) 15001- 20,000	12	3				
	d)>20,000	5	2				
7.	**Marital status**						
	a) Married	9	3				
	b) Unmarried	19	9	1.2	12.8	1	NS
	c) Window	0	0				
	d) Divorce	0	0				
8.	**Religion**						
	a) Hindu	11	7				
	b) Christian	2	5	6.22	14.3	2	NS
	c) Muslim	9	15				
	d) Sikh	0	0				

Table IV Describes the findings related to association between post test score of quality of life of psychological domain of the patient undergoing hemodialysis and selected demographic variables

S. No.	Demographic Variables	Below Mean	Above Mean	Calculated Value	Table Value	df	S/ NS
1.	**Age**						
	a) 20-29 years	2	0				
	b) 30-39 years	5	3	2.7	12.8	3	NS
	c) 40-49 years	10	9				
	d) 50 & above	6	5				
2.	**Gender**						
	a) Male	15	13	1.09	7.8	1	NS
	b) Female	8	4				
3.	**Type of family**						
	a) Nuclear	18	12				
	b) Joint	5	5	0.19	7.8	1	NS
	c) Broken	0	0				
4.	**Education**						
	a) No formal education	0	3				
	b) Secondary education	2	2	6.79	12.8	3	NS
	c) Higher secondary education	6	9				
	d) Graduation & above	15	3				
5.	**Occupation**						
	a) Employee of private sector	1	1				
	b) Employee of government sector	14	6	4.79	12.8	1	NS
	c) Business	6	9				
	d) Unemployed	2	1				
6.	Family income per month						
	a) < 10,000	2	4				
	b) 10001- 15,000	2	4	2.62	12.8	3	NS
	c) 15001- 20,000	7	9				
	d) >20,000	2	0				
7.	**Marital status**						
	a) Married	11	7				
	b) Unmarried	12	10	1.52	12.8	1	NS
	c) Window	0	0				
	d) Divorce	0	0				
8.	**Religion**						
	a) Hindu	12	6				
	b) Christian	4	3	0.19	14.9	2	NS
	c) Muslim	7	8				
	d) Sikh	0	0				
9. a	**Do you have any previous knowledge regarding quality of life after chronic kidney disease**						
9. b	a)Yes	7	5	0.2	7.8	1	NS
	b)No	16	12				
	If yes, source of information related to quality of life after chronic kidney disease						

Table V Describes the findings related to association between post test score of quality of life of social domain of the patient undergoing hemodialysis and selected demographic variables

N= 40

S. No.	Demographic Variables	Below Mean	Above Mean	Calculated Value	Table Value	df	S/ NS
1.	Age						
	e) 20-29 years	2	10				
	f) 30-39 years	5	2	6.16	12.8	3	NS
	g) 40-49 years	10	5				
	h) 50 & above	6	5				
2.	Gender						
	c) Male	18	10	4.8	7.88	1	NS
	d) Female	5	7				
3.	Type of family						
	d) Nuclear	14	13				
	e) Joint	9	4	0.27	7.88	1	NS
	f) Broken	0	0				
4.	Education						
	e) No formal education	1	2				
	f) Secondary education	13	5	0.31	12.8	3	NS
	g) Higher secondary education	7	8				
	h) Graduation & above	2	2				
5.	Occupation						
	e) Employee of private sector	0	0				
	f) Employee of government sector	8	6	1.4	12.8	1	NS
	g) Business	11	9				
	h) Unemployed	4	2				
6.	Family income per month						
	e) < 10,000	1	5				
	f) 10001- 15,000	3	5	6.71	12.8	3	NS
	g) 15001- 20,000	7	93				
	h) >20,000	12	04				

7.	Marital status e) Married f) Unmarried g) Window h) Divorce	 11 12 0 0	 4 13 0 0	11.2	12.8	1	NS
8.	Religion e) Hindu f) Christian g) Muslim h) Sikh I) Others	 14 4 5 0 0	 7 3 7 0 0	0.19	14.3	2	NS
9. a	Do you have any previous knowledge regarding quality of life after chronic kidney disease a)Yes b)No	 11 12	 7 1	0.2	7.8	1	NS
9. b	If yes, source of information related to quality of life after chronic kidney disease a) Textbook b) Media c) Through medical practioner d) Other..(specify)	 5 9 9 0	 0 9 8 0	0.17	12.8	2	NS

Table VI Describes the findings related to association between post test score of quality of life of environmental domain of the patient undergoing hemodialysis and selected demographic variables

N= 40

S. No.	Demographic Variables	Below Mean	Above Mean	Calculated Value	Table Value	df	S/ NS
1.	**Age** i) 20-29 years j) 30-39 years k) 40-49 years l) 50 & above	 0 6 7 10	 6 5 6 0	0.24	12.8	3	NS
2.	**Gender** e) Male f) Female	 12 11	 16 1	2.25	7.88	1	NS
3.	**Type of family** g) Nuclear h) Joint i) Broken	 13 10 0	 12 5 0	1.66	10.6	1	NS
4.	**Education** I) No formal education j) Secondary education k) Higher secondary education l) Graduation & above	 0 9 7 7	 2 6 7 2	2.25	7.88	3	NS
5.	**Occupation** I) Employee of private sector j) Employee of government sector k) Business l) Unemployed	 0 12 11 0	 0 8 7 2	1.6	12.8	3	NS
6.	Family income per month i) < 10,000 j) 10001- 15,000 k) 15001- 20,000 l) >20,000	 0 5 7 11	 2 4 4 7	1.66	12.8	3	NS
7.	**Marital status** i) Married j) Unmarried k) Window l) Divorce	11 12 0 0	9 8 0 0	11.2	12.8	1	NS
8.	**Religion** j) Hindu k) Christian l) Muslim m) Sikh n) Others	 13 4 6 0 0	 5 6 6 0 0	6.22	14.6	2	NS
9. a	**Do you have any previous knowledge regarding quality of life after chronic kidney disease** a)Yes b)No	 9 14	 7 10	0.21	7.88	1	NS
9. b	**If yes, source of information related to quality of life after chronic kidney disease** a) Textbook b) Media c) Through medical practioner d) Other..(specify)	 5 9 9 0	 0 9 8 0	0.32	12.8	2	NS

Hypothesis

H1: There is a significant difference in the quality of life of the patients who is undergoing haemodialysis before and after administration of the Video assisted teaching

H2: There is a significant association between the post- test quality of life score of the patients who is undergoing haemodialysis and selected demographic variables

H3: There is a significant difference in the quality of life of the patients in social domain who is undergoing haemodialysis before and after administration of the video assisted teaching as evidenced by WHO BREF scale

H4: There is a significant difference in the quality of life of the patients in environmental domain who is undergoing haemodialysis before and after administration of the video assisted teaching as evidenced by WHO BREF scale

H5: There is a significant association between the post- test quality of life of physical domain score of the patients who is undergoing haemodialysis and selected demographic variables

H6: There is a significant association between the post- test quality of life of psychological domain score of the patients who is undergoing haemodialysis and selected demographic variables

CONCLUSION:

- Intervention of video assisted teaching program was effective for the patients undergoing hemodialysis.
- The selected demographic variables did not have any significant association with post test after assisted Video assisted teaching program.
- We can also improve quality of life of patients with other health problem.

Nursing Implications: Nursing practice

- Nursing personnel should adopt various methods to improve quality of life of patients in terms of nursing patient and health education.

Nursing Education

- Sensitizing the nurses and nursing students about implication of teaching concept for caring for the patient can reduce patient's morbidity and mortality.

Nursing administration

- The nursing administrators must have policy to acquire modern technological audio and video aids for continuing education programme.

Nursing research

- A survey can be conducted on the importance of improved quality of life of the patients with chronic kidney disease for nurses working in hemodialysis unit in different states of India.

Limitations: The study was not too large; the findings could not be broadly generalized.

Recommendations:

- The similar study can be done with larger samples to make the findings generalized.
- A similar study can be done with care givers of the patients to improve their knowledge for importance of good quality of life of the patient witch chronic kidney disease patients.

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