



## A STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING PROGRAM ON KNOWLEDGE REGARDING URINARY CATHETERIZATION AND CATHETER CARE AMONG THE STUDENT NURSES STUDYING IN SELECTED SCHOOL AT DAMOH.

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### ABSTRACT

**INTRODUCTION:** Bones can break, muscles can atrophy, glands can loaf, even the brain can go to sleep without immediate danger to survival if the kidney fails... The excretion of waste products from the body that could not be carried out effectively by other means". Normal elimination of urinary waste is required in order to maintain internal homeostasis. Nursing therapies promote or minimize factors that influence urinary function. Each client has a different pattern of elimination. The nurse must assess this pattern of elimination and therapies to promote normal urinary elimination. When necessary the nurses uses devices such as condom or an indwelling catheter to assist the client with urinary elimination.(Christensen 2001). Nursing measures are directed towards preventing infection and maintaining unobstructed flow of urine through the catheter drainage system (Baverly 2002) .A study was undertaken "To assess the effectiveness of planned teaching program me on knowledge regarding urinary catheterization and catheter care among the student nurses studying in selected school at Damoh.

**METHODOLOGY:** An evaluative research approach with one group pre-test, post-test design was used for the study. The sample was consisting of 75 student nurses who are studying in CMTC, College of Nursing at Damoh. They were chosen by Non probability purposive sampling technique.

**RESULT:** The present study further to know the statistically significance between pre-test and post-test knowledge score't' test was computed. The post test knowledge score (24.06) of student nurses were found to be significantly higher than there mean pre test knowledge score (07.53) .These suggested the effectiveness of planned teaching program me in increasing the knowledge of student nurses regarding urinary catheterization and catheter care.

**CONCLUSION:** It is statistically proved and concluded that the planned teaching programme on knowledge regarding urinary catheterization and catheter care, is highly effective for improving the knowledge score of student nurses studying in CMTC, College of Nursing at Damoh .

**KEYWORDS :** Student Nurses, Planned Teaching Programme, Knowledge, Urinary Catheterization And Catheter Care, Self Structured Questionnaire.

### INTRODUCTION:

"The most important practical lesson that can be given to nurses is to teach what to observe- how to observe what the importances are" (Nightingale 1992). Urinary elimination is a physiological need in everyday life human beings void urine in socially acceptable way but this function will be altered in certain disease conditions. Virtually all systems of the client can be affected, when there is alteration in urinary elimination. It also affect the body image nurses should be well prepared to understand and be sensitive to the need of the patient with urinary problem. A problem solving approach has to be adopted to find out acceptable solution to solve the problems of urinary elimination(Barbara,1998). Many studies and research articles revealed that care of patient with indwelling catheter is common in clinical practice of nurses. Presence of indwelling catheter in the bladder can give rise to various problems to the patient such as urinary tract infection, trauma of urethral mucosa, urethral stricture, bladder spasm and leakage of urine. These complications can be minimized if the nurses possess sufficient knowledge on care of urinary catheter care, so that they can utilize their knowledge in everyday practice.

### METHODOLOGY

The research method adopted for the study was an evaluative approach. Since the study aims at evaluating the effects of a planned teaching programme on knowledge regarding urinary catheterization and catheter care among students studying in CMTC, College of Nursing at Damoh . The research design selected for this study was a pre- Experimental, one group pre-test post-test design. The study was conducted in CMTC, College of Nursing at Damoh. The reliability correlation co-efficient for the quality of life was calculated by using Karl Pearson's formula. The reliability coefficient was found to be  $r = 0.92$  which proved that the tool was highly reliable. No modification was made. Thus, tool was found to be valid, reliable and feasible for the purpose of study. 75 student nurses who are studying in CMTC, College of Nursing at Damoh. Sample was taken by Non -probability sampling technique. The collected data was organized and analyzed according to the objective of the study using descriptive and inferential statistics.

### RESULT

Main findings are discussed under the following headings:

#### Section I : To find out the demographic variables in order to

identify the characteristic and features of the samples and the assessment of pre test and post test knowledge .

**Frequency and percentage distribution of socio demographic variables of student nurses studying in CMTC, College of Nursing at Damoh in pre test:**

1. Out of 75 subjects 47(62.66%) were in the age group of 17to 19 years.
2. Majority of subjects 57 (77.7%) were female.
3. Majority of the subjects 38 (50.6%) were study in GNM I year.
4. Majority of the subjects in the source of previous knowledge 60(80%) were clinical exposure.
5. Majority of the subjects 48 (64%) belong to a family whose members were from medical field.

**Section –II: The assessment of the knowledge in pre-test and post test and comparison between tests scores to assess the effectiveness of the planned teaching programme.**

**Table 2 -Frequency and percentage distribution of pre and post test scores of studied subjects:**

Knowledge Score	Mean $\pm$ SD	Difference of the means	't' Value	Degree of Freedom	P value
Pre-test	07.53+ 3.71	16.53	27.01	59 ( "t" value 2.00 )	P<0.0001
Post-test	24.06 $\pm$ 9.981				

mean and SD of pre-test and post-test were compared and students 't' test was applied, it can be clearly seen that the 't' value was 27.01 and the p value was  $> 0.05$ , which clearly shows that planned teaching program me was effective in the knowledge regarding urinary catheterization and catheter care, is highly effective for student nurses studying in CMTC, College of Nursing at Damoh .

### DISCUSSION

In order to find the relationship between pre-test knowledge score and selected demographic variables chi-square test was used. Three variables were found no significant and two variables were found significant. There was a significant increase in the knowledge of the

subjects after introduction of planned teaching programmed, the mean pre test value is 07.53 and the mean post test value is 24.06 which indicated a significant increase in the knowledge of student nurses regarding urinary catheterization and catheter care.

### CONCLUSION

After the detailed analysis this study leads to the conclusion that student nurses who are studying in CMTC, College of Nursing at Damoh did not have 100% improvement in knowledge regarding urinary catheterization and catheter care. They require further education and information because all of them need to enhance their knowledge regarding urinary catheterization and catheter care. Thus, it is concluded that planned teaching program me on urinary catheterization and catheter care is effective as a teaching strategy. Most of the selected demographic variables do not show a major role in the pretest knowledge score. Hence on the basis of above findings it could be concluded undoubtedly that the written material prepared by the investigator in the form of planned teaching program me helped the student nurses to improve their knowledge regarding urinary catheterization and catheter care.

### RECOMMENDATION

On the basis of the study the following recommendation are offered for further research:

- The study can be replicated on a large sample of student nurses and staff nurses selected from various other college of nursing and Hospitals; there by finding can be generalized to a larger population.
- A similar study may be conducted using a pre-test, post-test, control group design.

A similar study can be carried out by using other teaching strategies i.e. self-instructional module, computer-assisted instruction and video assisted teaching on urinary catheterization and catheter care among nursing college students.

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