



Medical Surgical Nursing

EFFECTIVENESS OF NURSE-LED EDUCATIONAL PACKAGE (NLEP) ON KNOWLEDGE REGARDING BENIGN PROSTATIC HYPERTROPHY (BPH) AMONG B.SC. NURSING STUDENTS IN SELECTED COLLEGE OF NURSING KHARAR, MOHALI, PUNJAB

Shikha Sharma

M.Sc. in Medical-Surgical Nursing, Ambika college of nursing, kharar, Mohali, Punjab.

Ms. Harpreet Kaur

Professor, Obstetrics & Gynaecological Nursing, Ambika college of nursing, kharar, Mohali, Punjab.

Mrs. Jaspreet Kaur Mann

Assistant professor cum HOD, Medical Surgical Nursing, Ambika college of nursing, kharar, Mohali, Punjab.

ABSTRACT

To assess the pre-test knowledge regarding Benign Prostatic Hypertrophy (BPH) among B.Sc. Nursing students in selected nursing college & to develop and implement the Nurse-Led Educational Package (NLEP) regarding Benign Prostatic Hypertrophy (BPH) among B.Sc. Nursing students in selected nursing college and to assess the post-test knowledge regarding Benign Prostatic Hypertrophy (BPH) among B.Sc. Nursing students in selected nursing college & to find out the significant difference between the pre-test and post-test knowledge score regarding Benign Prostatic Hypertrophy (BPH) among B.Sc. Nursing students in selected nursing college, kharar, Mohali, Punjab & to find out the association between significant research findings with socio-demographic variables. Design pre-experimental (one group pre-test post-test). Methods Nurse-led educational package and Self structured questionnaire was used to collect data. Results The study finding showed that the obtained mean value on pre-test knowledge score of students was 13.62 with a standard deviation of 2.429. The obtained mean value on post-test knowledge of students was 22.57 with standard deviation of 2.045. The difference between pre-test and post-test mean score was -8.950. The obtained p value between pre-test and post-test level of knowledge was -25.957. The finding showed that there was statistically significant difference found between pre-test and post-test knowledge score. So, it was inferred that with administration of Nurse-Led Educational Package (NLEP) there was significant increase in the knowledge regarding Benign Prostatic Hypertrophy (BPH) among B.Sc. Nursing 3rd semester students in a selected college of Nursing, Kharar, Mohali, Punjab.

KEYWORDS : Effectiveness, Nurse-Led Educational Package (NLEP), Students, Knowledge regarding Benign Prostatic Hypertrophy (BPH).

INTRODUCTION:

“Eat healthy, sleep well, breathe deeply and move harmoniously”.

Health is defined as the complete state of physical, mental, and social well being. It is more than just the absence of disease or infirmity. Health is a worldwide phenomenon of interest to all human beings. Human beings should maintain healthy life style to prevent from any disease or infection. Infection is an invasion and growth of germs in the body. The germs may be bacteria, viruses, yeast, fungi or other microorganisms. Infections can begin anywhere in the body which causes local cellular injury due to competitive metabolism, toxins, intracellular replication or antigen antibody response. BPH is a non-cancerous enlargement of the prostate gland that is characterized by diffused proliferation or nodular growth of both the glandular and fibromuscular elements of the prostate gland. The cause is multifactorial and has not been established definitively. Possible factors include imbalance between androgens and oestrogen in old age; or a benign neoplastic process. The main goal of treatment of BPH is to alleviate symptoms of urinary tract obstruction and to improve the quality of life of the patients. Treatment could be medical, Minimally Invasive Surgical Therapy (MIST) or open prostatectomy. The medical treatment is usually the first line of treatment.

There are now many other options available for treatment. In the last 20 years, medical therapy has played an important role in the treatment of BPH. Between 1998 and 2001 alone, the number of medical prescriptions more than doubled. Although, the patient's perception of severity of the symptoms and the extent to which symptoms interferes with his daily activity or cause embarrassment should be the primary consideration in determining therapy for patients.

MATERIAL AND METHODS:

One group pre-test post-test research design which belongs to pre-experimental design was selected as an appropriate research design for the present study. Purposive sampling technique was used to extract a sample of 60 subjects from target population. A self-structured questionnaire and nurse led educational package were used for data collection. Descriptive and inferential statistics were used for data analysis and tables, diagrams & graphs were used for data presentation.

RESULTS:

Descriptive statistics: here the study results showed that obtained mean value on pre-test knowledge score of students was 13.62 with a

standard deviation of 2.429. The obtained mean value on post-test knowledge of students was 22.57 with standard deviation of 2.045.

Inferential Statistics: this includes two entities;

1.The significance of the difference between pre-test and post-test knowledge score was determined by using **paired 't' test**.

2.The association between the post-test levels of knowledge score with selected demographic variables were determined by using **“Chi Square”**

Table 1.1 Percentage Distribution Of B.Sc. Nursing Students Based On Difference Between Pre-test And Post-test Scores On Knowledge Regarding Benign Prostatic Hypertrophy (BPH)

Knowledge	Sample size (n)	Mean	Standard deviation	Mean difference	Paired t test (p value)
Pre-test score	60	13.62	2.429	-8.950	-25.957 (.000)
Post-test score	60	22.57	2.045		Sig P<.05

This table showed that post-test mean score (22.57) was higher than pre-test mean score (13.62). The difference was found to be statistically significant at 0.05 level by paired 't' test ($t = -25.957$). This finding shows that the Nurse-Led Educational Package (NLEP) has significant effects in increasing knowledge of B.Sc. Nursing students regarding Benign Prostatic Hypertrophy (BPH).

The finding showed that there was statistically significant difference found between pre-test and post-test knowledge score. So, it was found that with administration of Nurse-Led Educational Package (NLEP), there was significant increase in the knowledge regarding Benign Prostatic Hypertrophy (BPH) among B.Sc. Nursing 3rd semester students in Ambika College of Nursing, Kharar, Mohali, Punjab.

Hence, the research hypothesis H1 was accepted.

Table 1.2: This table shows that the obtained chi square value showed non-significant association between the demographic variables with post-test knowledge score.

Hence, the research hypothesis H0 was accepted.

Table 1.2 Distribution of B.Sc. Nursing Students Based On Association Between Socio- Demographic Variables And Post-test Level Of Knowledge Regarding Benign Prostatic Hypertrophy (BPH)

S. No.	Socio-demographic variables	Frequency (f)	0-15 Score	16-23 Score	24-30 Score	Chi-square
1	Age in years					
	19-20	25	0	19	6	4.330 df=2 NS p>.05
	21-22	29	0	17	12	
	Above 22	6	0	2	4	
2	Gender					
	Male	26	0	16	10	.064 df=1 NS p>.05
	Female	34	0	22	12	
3	Religion					
	Hindu	11	0	5	6	.145 df=3 NS p>.05
	Sikh	9	0	4	5	
	Christian	3	0	3	0	
	Muslim	37	0	26	11	
4	Education					
	+2	52	0	32	20	.541 df=1 NS p>.05
	Any other	8	0	6	2	
5	Source of information					
	Curriculum	30	0	16	14	2.871 df=3 NS p>.05
	Family member & friends	10	0	7	3	
	Health care personnel	10	0	7	3	
	Mass media/journals	10	0	8	2	

Significant (P greater than 0.05) Non-significant (P less than 0.05)**DISCUSSION:**

The present study was conducted to evaluate the effectiveness of Nurse-Led Educational Package (NLEP) on knowledge regarding Benign Prostatic Hypertrophy (BPH). An effective and evaluative research approach, pre-experimental with one group pre-test and post-test design was selected. A self-structured questionnaire was asked from 60 B.Sc. Nursing students to assess the knowledge regarding Benign Prostatic Hypertrophy (BPH) using non-probability, purposive sampling technique in Ambika College of Nursing, Kharar, Mohali, Punjab. The results showed that out of 60 samples 0% had inadequate knowledge, 63% had moderately adequate knowledge and 37% had adequate knowledge regarding Benign Prostatic Hypertrophy (BPH) in post-test.

The study finding showed that the obtained mean value on pre-test knowledge score of students was 13.62 with a standard deviation of 2.429. The obtained mean value on post-test knowledge score of students was 22.57 with standard deviation of 2.045. The difference between pre-test and post-test mean score was -8.950. The obtained p-value between pre-test and post-test level of knowledge was -25.957.

The finding showed that there was statistically significant difference between pre-test and post-test knowledge score. So, it was found that with the administration of Nurse-Led Educational Package (NLEP), there was significant increase in the knowledge regarding Benign Prostatic Hypertrophy (BPH) among B.Sc. Nursing 3rd semester students in Ambika College of Nursing, Kharar, Mohali, Punjab.

There was no significant association found between socio-demographic variables and pre-test and post-test level of knowledge score among B.Sc. nursing students.

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