

Assess the Effectiveness of the Video Assisted Teaching Module (VATM) on Knowledge Regarding Home Care Management of Chronic Schizophrenic Patients Among The Care Givers in A Selected Hospital, Mental Health Institute, SCBMCH, Cuttack, Odisha



Medical Science

KEYWORDS : VATM, Home care management, Schizophrenic patients, Knowledge, Care givers

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ABSTRACT

A pre experimental study with pre and post test without control group design was undertaken on 100 care giver's of chronic Schizophrenic Patients of MHI, SCB, Cuttack, Odisha, to assess the effectiveness of video assisted teaching module on home care management of chronic Schizophrenic patients among care givers . The samples were selected by convenience sampling technique. Data were collected from 05.11.14 to 07.12.2014 . The data collected were analyzed by using descriptive and inferential statistics.

Findings revealed that in, Area wise posttest highest mean percentage was 99.5% with mean (1.99±0.1) for area "Activity of daily living". The lowest mean percentage in post-test was 68% with mean score (1.36±0.19) for area "Exercise". Further effectiveness varies from 36.5% to 68%. It was observed that overall mean score during post-test was (33.82±2.47) which was 84.55% of the total score and the difference in mean percentage between pre and post-test knowledge score was 59.7% revealing the effectiveness of VATM for all the areas.

Highly significant difference was found between pre and post test of knowledge regarding home care management of chronic schizophrenic patient among care givers (Z =2.66, P ≤0.05). No Significant association was found between post test knowledge scores of care givers on home care management of chronic schizophrenic patient and their demographic variables. Further, video assisted teaching module on home care management of chronic schizophrenic patients among care givers was effective for all the areas.

INTRODUCTION

Schizophrenia is a devastating mental illness that impairs mental and social functioning and often leads to the development of comorbid diseases. These changes disrupt the lives of patients as well as their families. Schizophrenia affects men and women equally. It is a debilitating mental illness that affects 1% population in all cultures. Being a disabling, chronic psychiatric disorder that possess numerous challenges in its management and consequence. It extols a significant lost to the patient in terms of personality suffering, on the care giver as a result of the shift burden of care from hospital to families and on society at large in terms of significant direct and indirect costs that include frequent hospitalizations and the need for long term psychosocial and economic support as well as life time lost productivity¹.

According to **national advisory mental health council**, approximately 30% of the 2.8 million people with severe mental illness receive active treatment in a given year. 70%-80% The full spectrum of mental disorders affects 25% of the adult population in a given year. Severe mental disorders, such as chronic schizophrenia affect 2.8% of the adult population (approximately 5 million people) and account for 25% of all federal disability payments²

Most prevalent mental disorders worldwide are schizophrenia. According to the National Institute of Mental Health approximately 2.5 million Americans are affected by schizophrenia. Five million adults in the United States suffer from chronic mental disorders. It has been estimated that out of these between 40% and 60% either reside with or receive primary care from family members. Twenty million Indian families have at least one member suffering from schizophrenia. With schizophrenia a combination of regular medication, family education and support can reduced the relapse rate from 50% -10%. In developing countries like India, 90% of people with schizophrenia are untreated. More than 50% persons with schizophrenia are not receiving appropriate care. The global burden of disease study showed that by the year 2020, mental disorders are projected to increase and major depression will be the first leading cause of disease burden³.

As a result of the psychiatric deinstitutionalization policy and the implementation of community mental health services, family members have been increasingly involved in the daily care of the patients.

The increasing demands to assist patients in daily activities, to maintain their medications and supervise their problematic behaviors contribute to disruptions in the caregivers social, professional and family, causing feeling of burden⁴.

Worldwide, the prevalence rate of schizophrenia is approximately 1.1% or 51 million people. The incidence rate of schizophrenia is one in 4000 and is about 1.5 million people with schizophrenia in every year. Two recent studies have attempted to generate all-India prevalence rates. It is reviewing to be 73/1000 (range: 18-207)⁵

From this vital statistics as a researcher i felt that those family members who are managing patients with chronic schizophrenic disorder, lacks knowledge regarding various aspects of home care. So as the researcher thought of taking the task of providing knowledge regarding the home care management of chronic schizophrenic patients to the care givers regarding home care &educating them.

Objectives:

To

- Find out the knowledge score prior to administration of VATM, on home care management of chronic schizophrenic patients among care givers in mental health institute, Cuttack.
- Find out the effectiveness of VATM on home care management of chronic schizophrenic patients among care givers.
- Compare between the pre-test & post-test knowledge score regarding home care management of chronic schizophrenic patients among care givers.
- Find out the association between the post test knowledge score with their selected demographic variables.

Hypotheses:

- H_1 = There will be significant difference between Pre test and post test knowledge score of care givers regarding home care management of chronic schizophrenic patients.
- H_2 = There will be significant association between post test knowledge score of care givers regarding home care management of chronic schizophrenic patients with their selected demographic variables.

Fig no.1. Conceptual Framework Based on J.W. Kenny’s Open System Model



MATERIAL METHODS

An evaluative research approach with pre-experimental research design was used to conduct the study. The study was conducted in MHI, SCB, Cuttack, Odisha, where 100 care giver’s of chronic schizophrenic patient were selected by convenience sampling technique. The tools were developed in 2 sections. Section -A includes the demographic variable and section-B includes questionnaire to assess the level of knowledge among care givers regarding home care management of chronic schizophrenic patient. After having an extensive literature review, and consultation with medical and nursing experts, based on the specific purpose, tool was developed and validated by the experts of various fields. The reliability of tool was computed by applying split half technique & was calculated by Karl Pearson’s coefficient of correlation formula, which was found 0.86. Pilot study was conducted in Institute of medical sciences and Sum hospital, S’O’A University, Bhubaneswar. A written permission was obtained from the concerned authority prior to the study.

Prior to data collection Permission was obtained from the superintendent of institute of mental health, SCB MCH, Cuttack, Odisha and informed consent was taken from the respondents. Pretest was conducted by using closed ended questionnaire followed by implementation of VATM on home care management of chronic schizophrenic patient. After 7 days post test was done. Descriptive and inferential statistics was used for data analysis.

FINDINGS

TABLE- 1: Frequency & percentage distribution of care givers according to their demographic variables.

Demographic Variables	Frequency	Percentage
Relationship of care giver with chr.schz pt		
Parents	18	18%
Sibling	48	48%
Spouse	18	18%
Any other	16	16%
Age		
<20	7	7%
21-30	15	15%

Demographic Variables	Frequency	Percentage
31-40	41	41%
>40	37	37%
Gender		
Male	44	44%
Female	56	56%
Educational Qualification		
Illiterate	23	23%
Up to higher secondary	52	52%
Above higher secondary	25	25%
Occupation		
Government employee	12	12%
Private employe	40	40%
Business	20	20%
Unemployee	26	26%
Marital status		
Married	53	53%
Unmarried	40	40%
Divorced	7	7%
Types of Family		
Nuclear	29	29%
Joint	50	50%
Extended	21	21%
Years of giving care		
2-4	15	15%
4-6	21	21%
6-8	32	32%
>8	32	32%
Domicile		
Urban	26	26%
Rural	43	43%
Slum	31	31%
Source of information		
Book	22	22%
Teaching Programme	17	17%
Media	46	46%
Others	15	15%

FIGURE NO 2 : Comparison of pre test & post test knowledge scores of care givers regarding home care management of chronic schizophrenic patients.

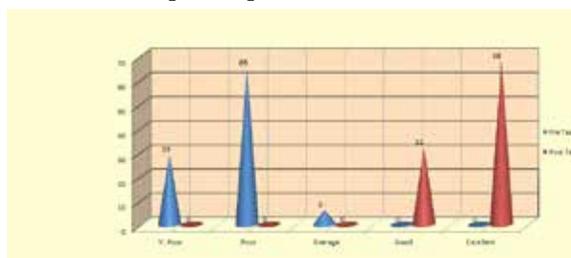


Fig- 2: Depicts that, the pre test score showed that (29)29% of the care giver had V.POOR knowledge, (65)65% of the care giver had POOR knowledge, (6)6% of the care giver had average knowledge, where as after implementation of VATM (32) 32% of the care giver had good knowledge & majority of the care giver (68)68% of them had excellent knowledge on home care management of chronic schizophrenic patient.

COMPARISON OF LEVEL OF KNOWLEDGE

Table-2- Shows overall & area wise distribution of mean,SD & mean percentage of pre & post test knowledge scores of care givers regarding home care management of chronic schizophrenic patients.

SL NO	AREA	PRE TEST			POST TEST			DIFFERENCE IN MEAN%
		MEAN	MEAN%	SD	MEAN	MEAN%	SD	
1	Regarding chronic schizophrenia	1.13	16.14	0.93	5.23	74.7	1.18	58.56
2	Instruction regarding care.	1.25	20.83	0.89	4.88	81.33	0.86	60.5
3	Personal hygiene.	1.21	30.25	0.92	3.88	97	0.33	66.75
4	Activity of daily living	0.84	42	0.74	1.99	99.5	0.1	57.5
5	Nutrition	0.9	3	0.78	2.85	95	0.36	65
6	Rest/Sleep	0.95	31.67	0.78	2.77	92.33	0.42	60.66
7	Exercise	0.63	31.5	0.73	1.36	68	0.19	36.5
8	Medication	0.89	29.67	0.75	2.62	87.33	0.51	57.66
9	Recreation	0.57	28.5	0.65	1.92	96.5	0.29	68
10	Creativity	1.02	25.5	0.8	3.21	80.25	0.77	54.75
11	Psychotherapy	1.05	0.35	1.04	2.46	80	0.66	47
12	Overall	10.54	26.35	3.37	33.82	84.55	2.47	59.7

Table 2:Area wise posttest highest mean percentage was 99.5% with mean (1.99±0.1) for area "Activity of daily living". The lowest mean percentage in posttest was 68% with mean score (1.36±0.19) for area "Exercise". Further effectiveness varies from 36.5% to 68%.It was observed that overall mean score during posttest was (33.82±2.47) which was 84.55% of the total score and the difference in mean percentage between pre and posttest knowledge score was 59.7% revealing the effectiveness of VATM for all the areas.

H₀₁:There was significant difference between pre and post test knowledge scores of the care givers.

TABLE -3 comparison between difference of pre and post test knowledge scores of the care givers regarding home care management of chronic schizophrenic patient.

Area	'z'-test value	Level of Significance
Regarding chronic schizophrenic patient.	33.73	Highly Significant
Instruction regarding care	39.42	Highly Significant
Personal hygiene	29.67	Highly Significant
Activity of daily living	16.43	Highly Significant
Nutrition	24.37	Highly Significant
Rest/Sleep	22.75	Highly Significant
Exercise	10.42	Highly Significant
Medication	21.63	Highly Significant
Recreation	22.67	Highly Significant
Creativity	2.74	Highly Significant
Psychotherapy	11.75	Highly Significant
Overall	56.78	Highly Significant

(df = 99), (Table Value = 2.66), (P ≤0.05)

Table-3: Z test was calculated to assess the significant difference between pre and post test knowledge scores of care givers regarding home care management of chronic schizophrenic patients which shows highly significant difference between all factor wise scores values of pre and post test values. Hence,the null hypothesis is rejected(p<0.05)and statistical hypothesis is ac-

cepted. Thus ,it can be interpreted that video assisted teaching module was effective for all areas.

H₀₂: There was significant association between post test knowledge score of care giver regarding home care management of chronic schizophrenic patient with their selected demographic variables.

TABLE 4:. Association between post test knowledge scores selected demographic variables.

Variables	(Calculated value)	Degree of freedom (d.f)	(Tabulated value)	Level of Significance
Relationship with chronic schizophrenic patient	3.57	3	7.82	Not significant
Age	3.72	3	7.82	Not significant
Sex	1.75	1	3.84	Not significant
Educational qualification	2.09	2	5.99	Not significant
Occupation	9.37	3	7.82	Significant
Marital status	4.54	2	5.99	Not significant
Types of family	5.73	2	5.9	Not significant
Years of giving care	2.74	3	7.82	Not significant
Domicile	0.41	2	5.99	Not significant
Source of information	0.52	3	7.82	Not significant

(p>0.005, Not significant)

Table-4: Chi square was calculated to find out the association between post test level of knowledge scores of the care givers regarding home care management of chronic schizophrenic patients with their selected demographic variables.it was found that there was no significant association between knowledge score of care giver on home care management of chronic schizophrenic patient in posttest when compared to relationship, age, sex, educational qualification, occupation, marital status, types of family, years of giving care, domicile & source of information (P>0.05). Hence, it can be interpreted that the difference in mean score related to the demographic variables were only by

chance and not true and the null hypothesis is rejected regarding home care management of chronic schizophrenic patient in pretest and post test. It is inferred that care givers of chronic schizophrenic patient had significantly increase knowledge scores after implementaation of video assisted teaching module.

NURSING IMPLICATION

Nursing Practice

- To improve their knowledge regarding home care management of chronic schizophrenic patient.
- To educate the other people in community.
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Nursing Education

- The nurse educator can use the content of VATM to teach the student about home care management of chronic schizophrenic patient.
- The findings will help the psychiatric nurse to give more importance for planning and organizing VATM to improve the knowledge score of care givers regarding home care management of chronic schizophrenic patient.
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Nursing Administration

- Nursing administrator can take part in developing protocols, standing orders related to care of chronic schizophrenic patient and in designing the health education programme to update care givers knowledge regarding care of chronic schizophrenic patients in home.
- The nursing administrator can mobilise the available resource personnel towards providing the health education to the care givers of chronic schizophrenic patient regarding home care management.
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Nursing Research

- This study helps the nurse researchers to develop the appropriate health education plan for educating the care givers regarding home care management of chronic schizophrenic patients.
- Nurses should come to take-up unsolved aspects in the home care management of chronic schizophrenic patient

to carry out study and publish them for the benefit of care givers.

RECOMMENDATIONS

- A similar study on a large sample may help to draw more definite conclusion and make generalisation.
- An experimental study can be undertaken with control groups.
- A similar study can be conducted in other hospital setup and community health centre.
- A comparative study can be conducted on knowledge of care givers in other hospital setup.
- A similar study can be conducted among parents care givers and sibling.
- A multiple time series design can be adopted for the observation of skilled which will increase the certainty with which the researcher can generalise findings.
- A similar study can be conducted by using various others instructional media for obtaining the most effective method e.g. VATM, demonstration, simulation, SIM etc.

CONCLUSION

Based on the findings of the study there was increase in knowledge after administration of Video Assisted Teaching Module (VATM). Thus, it was inferred that VATM was the best teaching strategy to improve the knowledge of the care giver regarding home care management of chronic schizophrenic patient among care givers.

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