

## Development of an information Booklet for Family Members of Schizophrenia Patient



Nursing

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### ABSTRACT

**Background:** The Schizophrenia is the most chronic disabling of severe mental disorders. It has a profound impact on family members . The stress of trying to cope with schizophrenia can become extremely difficult for the family member who is unaware of the disease condition and management. The present study was undertaken to develop information booklet for the family members of schizophrenia patients, based on their identified needs.

**Method:** A descriptive study was conducted in a selected Municipal General Hospitals of Mumbai. The study comprised 50 family members of schizophrenia patients who fulfilled the laid down criteria for sample selection. The technique employed for selection of sample was non-probability convenience sampling and tool used for data gathering was interview schedule.

**Results:** The maximum care givers were married and most of the care givers were spouses. It was observed that all family members needed information on disease condition as they were facing some or other problem while caring for their patient at home. The need for information was irrespective of age, sex, or educational status of family members.

**Conclusion:** The knowledge deficit existed in all areas of care and high learning need was identified among family members of schizophrenia patient. The booklet developed by the investigator was accepted and appreciated by all family members

### Introduction

Schizophrenia is the complex brain disorder affecting thoughts and perceptions. Families react in varied but always distressing ways. They become frustrated as they are unable to cope with various problems they face while caring for their patient. The stress of chronic illness on family can lead to family conflicts and can affect the health of individual family members. The role of family member has undergone transition from being a viewed as genetic factor causing disease to that of being a powerful ally in treatment. The WHO has identified Schizophrenia as one of the Ten most debilitating diseases affecting human. There is lack of hospital beds, ignorance, misconceptions and acceptance of mental illness in society. Keeping in view the investigator undertaken the study to identify learning needs of caregivers of schizophrenia patient and develop information booklet to create awareness about disease condition among family members.

### Aim of the Study

The aim of the study was to develop an information booklet for family members of patients with schizophrenia

### Materials and Methods

The descriptive study was conducted to identify learning needs of family members of schizophrenia patients and accordingly develop an information booklet to provide necessary information. The study was conducted in a selected Municipal General Hospitals of Mumbai and 50 samples were selected either from OPD or who were admitted using purposive convenient sampling technique. The self structured interview schedule was prepared which included two parts. One part consists of demographic data of patient and family members ( Respondents) consisting of age, sex, education, occupation, marital status, relationship with patient, and duration of stay with patient. It also consisted of questionnaire to find out existing knowledge of family members about schizophrenia and problems faced by them while caring for their patient. Another part consists of questions to find out opinion of family members on booklet.

A formal permission was obtained; subjects were explained the details of the study and consent was taken. Tool validity was established. The reliability coefficient was 0.95 which indicates that tool was reliable. Data collection period was five weeks. Based on identified learning needs and problems faced by family members the information booklet was prepared. After 7-10 days of reading and understanding of booklet the opinion of family members was obtained. The data was analyzed in terms of frequency, percentages, mean and Standard deviation.

### Results

The demographic data of the family members shows that the majority of them belonged to 21-65 years age group. 92% were married so most of the care givers were spouses. Demographic data of patient showed that the 72% patients belonged to the age group of 20 to 40 years, 62% of them were males and 96% of them were literate.

N=50

Level of score with regards to disease condition (Total score =10)	Frequency	Percentage
1-3	1	2
3-6	42	84
6-8	7	14
8-10	-	-

Table No. 1

The level of score with regards to disease condition patients. The above table shows that total score for knowledge regarding disease condition was ten. Out of 50 family members maximum i.e. 84% had scores ranging between 3 to 6. Few of them had scores lying between 6 to 8 and only 2% had knowledge score ranging between 1 to 3. Thus it indicated that need for information is high.

### Problems faced by family members

S.N	Problem area	Frequency	Percentage
1	Personal hygiene	46	92
2	Rest & sleep	47	94
3	Nutrition	46	92
4	Medication	47	94
5	Safety	43	86
6	Socialization	48	96
7	Sexual behavior	40	80
8	Financial	45	90
9	Miscellaneous	50	100

The findings presented in the above table shows that almost all the family members were facing problems in all the areas. Common problem faced by many of them was in giving bath and grooming the patient. Sleep problems such as wakefulness and night time wandering were common in patients which distresses the family members who care for them. Most of them had to

keep awake at night. so were tired the next day and could not perform well.

N=45

SN	Particulars	Response	Freq	%
1	Undrestanding of informa-tion given	Yes	45	100
2	Adequcy of content	Yes	45	100
3	Suitability of picture	Yes	45	100
4	Wanted to have more Knowledge	Yes No	05 40	11 89
5	Any suggestion	Yes No	10 35	22 78
6	Recommendation of book-let to others	Yes	45	100

The above table indicates that all family members could understand the information given in the booklet the content presented in the booklet was adequate and the pictures presented were suitable. Most of them 89% were satisfied with information given very few 11% wanted to know few more things regarding disease condition and care aspect. The responses of all the family members indicated that the booklet had good acceptability and utility.

**Discussion**

The findings of the study showed that majority of patients i.e.72% belonged to the age group of 20 to 40 years. All the family members were literate and most of them were spouses of the patients. Majority of family members.e. 96%didnot know early behavioural changes while 8% knew about sign and symptoms of schizophrenia. 56% family members had some knowledge about disease condition. 96% did not know the side effects of antipsychotic drugs and only 52% knew what action should be taken on development of side effects of the drugs Knowledge of family members with regard to patient care showed that 98% did not know that supportive therapy is necessary for patient recovery .70% knew that their patient should be treated by psychiatrist. Analysis of knowledge part revealed that knowledge deficit existed in all areas.

The findings are consistent with study study done The booklet developed by the investigator was accepted and appreciated by all family members. They also expressed that they would like to have more information in the area of employment and marriage of such patients

**Conclusion & Recommendations**

Present study concluds that all the family members needed information on disease condition. All of them had some or other problem while caring for their patient,High learning need existed in all areas of patient care. The booklet developed was found to be useful and suitable for all family members. They also felt that it is useful in creating awareness and gaining knowledge regarding the disease condition and patient care,hence should be given to the general public also.

A similar study can be done to assess attitude and practices of family members,of schizophrenia patient after exposing them to the information booklet. A follow up study can be conducted to evaluate effectiveness of booklet,in retention of knowledge..

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