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# A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING PULMONARY REHABILITATION AMONG PATIENT WITH CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD) IN SELECTED HOSPITALS AT ERODE DISTRICT.

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## ABSTRACT

**INTRODUCTION:** Chronic Obstructive Pulmonary Disease (COPD) result of increasing airway resistance secondary to bronchial mucosal edema or smooth muscle contraction. It affects the movements of air in and out of lungs. It includes chronic bronchitis and emphysema. Pulmonary Rehabilitation concept included knowledge regarding COPD, avoid allergies and triggers, diet, exercise, medication, home care and follow up care to make stable respiratory function.

**METHODOLOGY:** In this study under quantitative approach, Quasi experimental research design used. Sample size 50 selected non probability purposive sampling technique at Chronic Obstructive Pulmonary Disease client at Selected Hospitals at Erode District, Tamilnadu. The knowledge assessed by 30 structured knowledge questionnaires use of self report method.

**RESULT:** The Pre test mean 14.7 and post test mean 20.1 on Knowledge Regarding Pulmonary Rehabilitation among Patient with Chronic Obstructive Pulmonary Disease (COPD).so mean difference 5.4."t" valve 23.18 at 5% there have significance. In this study there having only significance association between education status, type of occupation and duration of illness on Knowledge Regarding Pulmonary Rehabilitation among Patient with Chronic Obstructive Pulmonary Disease.

**CONCLUSION:** The study conclude structured teaching programme was effective to increases the knowledge regarding pulmonary rehabilitation among patient with chronic obstructive pulmonary disease. So in this study recommended the study will replicated large sample, different designs and other mass communication with different language.

## KEYWORDS

Chronic Obstructive Pulmonary Disease (COPD), Pulmonary Rehabilitation.

### BACKGROUND OF THE STUDY

Chronic Obstructive Pulmonary Disease (COPD) reference to several disorders that affect the movement of air in and out of the lungs although the most important of the obstructive chronic bronchitis, emphysema, and asthma may occurs in pur form they most commonly coexist with overlapping clinical manifestation. Other name used chronic airflow limitation in different pulmonologist. Pulmonary Rehabilitation concept included knowledge regarding COPD, avoid allergies and triggers, diet, exercise, medication, home care and follow up care to make stable respiratory function. Chronic Obstructive Pulmonary Disease is chronic problems so they need to stable respiratory status lifelong. Modern literature for rationale, physiopathological basis, structure and exercises training as well challenges for Pulmonary Rehabilitation are addressed. It supported for other chronic respiratory diseases.

### NEED FOR STUDY

Although Chronic Obstructive Pulmonary Disease affect all age group and over all incidences COPD in women than men and higher industrialized sectors. According to American cancer institute (2007) world mortality rate was chronic lower respiratory disease 1,30,933 death (5.3%).world health organization estimated (2000) 2.74 million people died in world wide. world health organization estimated world burden of disease rank by year of 2020 it is estimated will be 5 th rank but in 1990 it is 12 th rank. It is estimated 16 million people in the united state currently diagnosed with COPD.central disease of control prevention (2002) reported number of death 124,816.men are seven times more likely to be diagnosed with emphysema. Most of emergency department visits most adult femals.most of study supported Pulmonary Rehabilitation is effective methods for stable respiratory status and relive Chronic Obstructive Pulmonary Disease symptoms.

### OBJECTIVES OF STUDY

1. To assess the pre test and post test knowledge regarding pulmonary rehabilitation among patient with chronic obstructive pulmonary disease (COPD) in selected hospitals at erode district.
2. To evaluate the structured teaching programme on knowledge regarding pulmonary rehabilitation among patient with chronic obstructive pulmonary disease (COPD) in selected hospitals at erode district.
3. To find out association between knowledge regarding pulmonary rehabilitation among patient with chronic obstructive pulmonary disease (COPD) with their selected socio-demographical variables.

### HYPOTHESIS:

1. There is a significant difference between pre test and post test knowledge regarding pulmonary rehabilitation among patient with chronic obstructive pulmonary disease (COPD) in selected hospitals at erode district.
2. There is a significant association between knowledge regarding pulmonary rehabilitation among patient with chronic obstructive pulmonary disease (COPD) with their selected socio-demographical variables.

### REVIEW OF LITERATURE

1. Review of Literature regarding chronic obstructive pulmonary disease
2. Review of Literature regarding pulmonary rehabilitation with COPD
3. Review of Literature regarding exercise of COPD
4. Review of Literature regarding diet of COPD
5. Review of Literature regarding inhaler therapy and medication of COPD
6. Review of Literature regarding homecare management of COPD

### METHODOLOGY

**Research Approach:**

Quantitative Approach

**Research Design:**

Pre Experimental One Group Pretest-Posttest Research Design

**Research setting**

The study was conducted in selected hospitals at district erode.

**Target population**

Patient with chronic obstructive pulmonary disease (COPD) in selected hospitals at erode district.

**Sample size and sampling technique**

50 Patients With Chronic Obstructive Pulmonary Disease (COPD) In Selected Hospitals At Erode District. Sample Selected by non probability purposive sampling technique.

**Description of the tool**

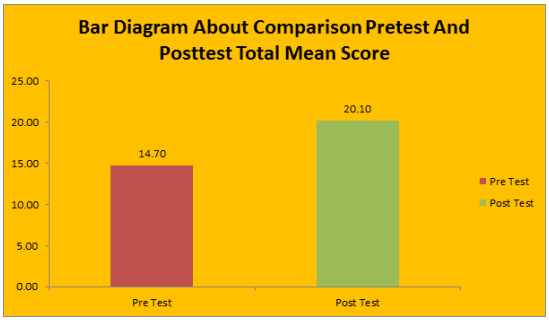
**Part- 1** Demographic variable age, sex, educational status, socio economic status, marital status, types of occupation, duration of illness

**Part- 2** Structure knowledge questionnaire to assess the knowledge

regarding Pulmonary Rehabilitation among Patient with Chronic Obstructive Pulmonary Disease (COPD)

## RESULT:

1. Frequency And Percentage Patient With Chronic Obstructive Pulmonary Disease (COPD) selected socio demographic variables are majority of 40 % are age group 31-40 years, 66% are male, 36% are secondary education ,46% are Rs.5000 – Rs.10,000-/- . 90% are married , 36 % are farmer,56% are 1- 5 years duration of illness.
2. Pretest level of knowledge regarding Pulmonary Rehabilitation among Patient with Chronic Obstructive Pulmonary Disease (COPD) having 28% inadequate knowledge, 60% moderately adequate knowledge ,12% having adequate knowledge. Postest level of knowledge regarding Pulmonary Rehabilitation among Patient with Chronic Obstructive Pulmonary Disease (Copd) having 0 % inadequate knowledge,56 % moderately adequate knowledge ,44 % having adequate knowledge.
3. The pre test mean score14.7 and post test mean score 20.1, Standard deviation are 1.641, t valve 23.18 at 5% level there having significant difference between Pretest and posttest level of knowledge. So it means there having effectiveness of structured teaching programme on knowledge regarding pulmonary rehabilitation among patient with chronic obstructive pulmonary disease (COPD) in selected hospitals at erode district.




4. There is significant association between knowledge regarding pulmonary rehabilitation among patient with chronic obstructive pulmonary disease with, educational status, , types of occupation, duration of illness. There is no significant association between knowledge regarding pulmonary rehabilitation among patient with chronic obstructive pulmonary disease with, age, sex, socio economic status, marital status.

## CONCLUSION:

The study conclude structured teaching programme was effective to increases the knowledge regarding pulmonary rehabilitation among patient with chronic obstructive pulmonary disease. So recommended in this study will replicated large sample, different designs and other mass communication with different language.

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