



## AWARENESS REGARDING HEALTHY LIFE STYLE PRACTICES ON PREVENTION OF PEPPTIC ULCER AMONG EMPLOYEES OF RAILWAY CARRIAGE REPAIR WORKSHOP

### Nursing

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### ABSTRACT

The GI system consists of the GI tract and its associated organs and glands. Factors outside the GI tract can influence its functioning. Psychological, emotional factors and physical factors such as dietary intake, ingestion of alcohol and caffeine-containing products, cigarette smoking, poor sleep and fatigue may also affect GI function. The increase rate of disease is due to stress and life style patterns in this industrialized world, which are modifiable. A study is conducted to evaluate the effectiveness of STP regarding knowledge on healthy life style practices on prevention of peptic ulcer among employees of railway carriage repair workshop at Bhubaneswar. A quasi-experimental with one-group pretest posttest design is adopted. The study is conducted at Railway Carriage Repair Workshop at Bhubaneswar. Probability simple random sampling technique is used with 60 railway employees. The pretest knowledge on healthy life style practices on prevention of peptic ulcer out of 60 sample, 10 (17%) had poor knowledge, 50 (83%) had moderate knowledge and none of them had excellent knowledge. In the posttest, 02 (3%) had average knowledge, 58 (97%) had excellent knowledge and none of them in the poor knowledge. Regarding effectiveness of STP, Overall knowledge score obtained by the employees in the pre-test is 62.3% and posttest score is 92.42%. The overall improvement is 30.12% with t value 1.98. This is highly significant at  $P < 0.001$  level. The findings of the study also revealed that there is a significant association between the posttest knowledge and demographic variables of age, educational status, income, religion, area of living, working department in workshop, period of service and dietary habits at  $P < 0.05$  level. The study concluded that the STP is found to be very effective in improving the knowledge of employees on healthy life style practices on prevention of peptic ulcer.

### KEYWORDS

Effectiveness, Employees Of Railway Carriage, Healthy Life Style Practices, Knowledge, Prevention Of Peptic Ulcer, Structured Teaching Programme

### INTRODUCTION

Peptic ulcer occur when the balance between the acid pepsin digestion and defence mechanism of the mucosa is disturbed 10% of the population is affected by peptic ulcer. Peptic ulcer in adolescents is attributed to stress, improper eating and hot spicy foods causes peptic ulcer.<sup>1</sup>

Factors contributing to peptic ulcer are infectious agent, smoking, alcohol, radiation, increase stress, corticosteroids and use of tobacco. In all age groups, a fast paced lifestyle, high level of stress, irregular eating habits, insufficient intake of fiber and water and lack of daily exercises contribute to this problem.<sup>2</sup>

According to WHO study published in the year 2011, people who die due to peptic ulcer in India is 108392 per annum. India is ranked number 5 in the world in terms of occurrence of peptic ulcer disease.<sup>3</sup> The prevalence of gastric and duodenal ulcers was higher with shift workers than daytime workers, which involving sleep disturbances and it may play an important role in the development of peptic ulcers.<sup>4</sup> The incidence of peptic ulcer among workers employed in the engineering and chemical industries was presented with environmental factors. The incidence can be associated with workers conditions and lifestyle.<sup>5</sup>

Now days most of the workers are attracted towards ready to eat food and fried and dry foods because of work load. These attitudes among employees render their nutritional status to be imbalanced. Persistent stress in working area and consuming more fast foods, spicy, and too much of taking alcohol with other tobacco product increase the occurrence rate of peptic ulcer.<sup>6</sup>

The nursing personnel to plan and carry out health education training programs related to specific disease to enhance their awareness and takes proper precautions to prevent the occurrence of disease to reduce the morbidity and mortality rate caused peptic ulcer and its complications and to follow necessary treatment.<sup>7</sup>

### METHODOLOGY

A quasi-experimental with one-group pretest posttest design is used for this study. The study is conducted at Railway Carriage Repair Workshop at Bhubaneswar. Probability simple random sampling technique is used with 60 railway carriage repair workshop employees who met the inclusion criteria by using the Simple Random Sampling

technique (the lottery method) method has been used for selecting the sample. Structured interview schedule used to collect the data on healthy life style practices. Reliability of structured interview schedule is derived by using the split-half reliability method through Karl Pearson's formula and the score was with a reading of 0.72.

### RESULTS

#### Description of demographic characteristics.

Most of the employees 32 (53%) are in the age group more than 50 years of age. Majority of the employees of the employees are 52 (87%) belongs to male groups, majority of the employees 59 (98%) had Hindu religion, more number of the employees 26 (43%) are graduation and above as technically qualified, most of the employees 53 (88%) had married, most of the employees 56 (94%) are higher income as computing extra remuneration for long hour working, out of 60 employees 51 (85%) are urban living, majority of employees belongs to mechanical department 42 (70%), most of the employees had 21-30 years 42 (70%) of service experience, and more number of employees belongs to non-vegetarian 38 (63%) dietary pattern.

Working in department	Frequency (n)	Percentage (%)
Mechanical	42	70
Electrical	05	08
Administrative	10	17
Others	03	05
Total	60	100

Table 1 :- Frequency and Percentage Distribution of study sample according to working in departments.

Areas of living	Frequency (n)	Percentage (%)
Rural	09	15
Urban	51	85
Slum	00	00
Total	60	100

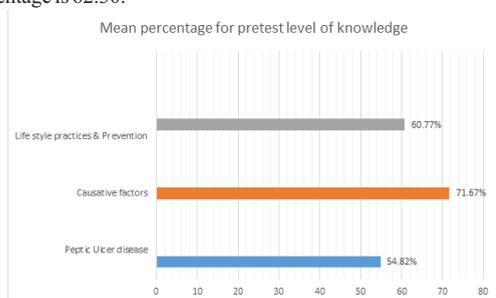
Table 2:- Frequency and Percentage Distribution of study population according to area of living.

Years of service	Frequency (n)	Percentage (%)
Less than 10 yrs	06	10
10- 20 yrs	12	20

21 – 30 yrs	42	70
total	60	100

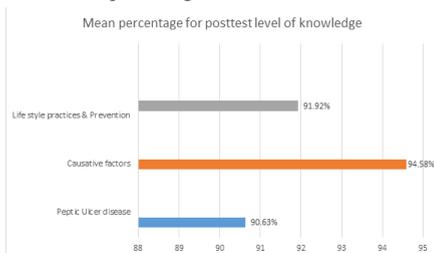
**Table 3:- Frequency and Percentage Distribution of study population according to years of service.**

**Assessment of level of pretest knowledge among employees.**  
 In the pretest 10 (17%) of subjects had average knowledge, majority 50 (83%) of them had good knowledge, where no single employees had excellent knowledge. Overall maximum score is 36, range is 2-36, mean score is 22.43, standard deviation is 24.85 and mean score percentage is 62.30.

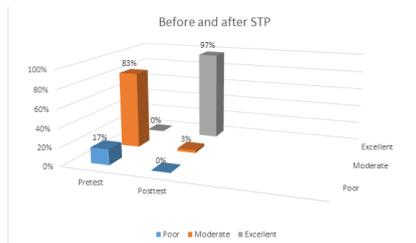


**Graph 1: Diagram showing distribution of mean percentage of pretest level of knowledge.**

**Assessment of level of posttest knowledge after STP.**  
 In the posttest majority of employees 58 (97%) of subjects had excellent knowledge, 02 (03%) of them had moderate knowledge, where no single employees had poor knowledge. Overall, maximum score is 36, range is 6-36, mean score is 33.27, standard deviation is 34.45 and mean score percentage is 92.42.



**Graph 2: Diagram showing distribution of mean percentage of posttest level of knowledge.**



**Graph 3: Diagram showing percentage distribution of knowledge regarding healthy life style practices and prevention among employees before and after STP.**

**Effectiveness of STP regarding knowledge on healthy life style practices and prevention**

Sl.No	Knowledge	Employees knowledge (%)				Paired t test	P - value
		Pretest		Posttest			
		Mean	SD	Mean	SD		
1.	Peptic ulcer disease	6.03	12.94	9.97	19.11	1.32	<0.001
2.	Causative factors	8.60	15.92	11.35	20.93	0.81	<0.001
3.	Life style practices and prevention	7.90	14.02	11.95	20.20	1.28	<0.001
4.	Overall	22.43	24.85	33.27	34.45	1.98	<0.001

Significant at 1% level for 59 df (i.e P<0.001)

**Table 4:- Effectiveness of STP regarding knowledge on healthy life style practices and prevention Association between the demographic variables with level of knowledge**

The findings of the study also revealed that there is a significant association between the posttest knowledge and demographic variables of age, educational status, income, religion, area of living, working department in workshop, period of service and dietary habits at P<0.05 level.

**CONCLUSION**

The study concluded that the STP is found to be very effective in improving the knowledge of employees on healthy life style practices on prevention of peptic ulcer.

**Conflict of interest : No.**

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