



“EFFECTIVENESS OF VIDEO ASSISTED TEACHING ON KNOWLEDGE REGARDING ELECTROCONVULSIVE THERAPY AMONG PATIENTS'S RELATIVES UNDERGOING ECT”

Nursing

Mr. Om Prakash Sharma

Master of Science in Nursing In Mental Health [Psychiatric] Nursing

Dr. Shyam Sundar Sharma*

Professor, Department of Mental Health [Psychiatric] Nursing, Jaipur Nursing College, Maharaj Vinayak Global University, Jaipur, Rajasthan. *Corresponding Author

ABSTRACT

BACKGROUND: Mental illness is shrouded in the gloom of ignorance, superstition, feeling of mystery and fear among the public. ECT is most commonly used to treat patients with severe depression who fail to respond to medications or who are unable to tolerate the side effects associated with the medications.

MATERIAL AND METHODS: The present study was of Pre-experimental one group pre-test, post-test research design. A structured knowledge questionnaire was used to collect data. 30 patient's relatives were selected from psychiatric hospital by using Non-probability purposive sampling technique. The Video assisted teaching was prepared on knowledge regarding electroconvulsive therapy for patients' relatives undergoing ECT.

RESULTS: The mean percentage of knowledge in the pre-test was 11.43% with SD of 1.88 and the mean percentage of knowledge in the post-test was 20.00% with SD of 0.000. Further effectiveness was tested by using paired 't' test. There is significant association between pre and post test score with 0.05 level of significant. 't' calculated value (24.85) is greater than the 't' tabulated value (2.05) hence the hypothesis was accepted. Positive mean difference indicates that the difference between pre-test and post-test score self structure knowledge questionnaires on ECT. This indicates that the effectiveness of video assisted teaching was significantly effective in improvement of self structure questionnaires among patient's relatives.

CONCLUSION: Finding of the present study indicates that Video assisted teaching by the investigator was effective in improving the knowledge of patient's relative.

KEYWORDS

Effectiveness, Electroconvulsive therapy, knowledge, Patient's relative, Video assisted teaching.

INTRODUCTION:

ECT is most commonly used to treat patients with severe depression who fail to respond to medications or who are unable to tolerate the side effects associated with the medications. ECT may also be the treatment of choice for patients who need a more rapid response than medications can provide. This would include those who are severely agitated, delusional, suicidal, not eating or drinking, as well as those who suffer from catatonia. Clinical evidence indicates that for individuals with uncomplicated, but severe major depression, ECT will produce substantial improvement in approximately 80 percent of patients. It is also used for other severe mental illnesses, such as bipolar disorder and schizophrenia.

ECT is an effective and safe procedure that helps to shorten the hospital stay. Despite its wide uses and lesser side-effects, it is still under-utilized due to negative attitude and beliefs regarding ECT. There is very little knowledge among people regarding its life-saving properties like in Suicide, refusal to take oral medication and catatonia etc. It is regarded as a treatment reserved for cases who do not respond to pharmacotherapy although a number of studies have shown it to be equally efficacious as that of pharmacotherapy. Due to misconception, ignorance and lack of knowledge regarding Electroconvulsive therapy as a effective treatment in mental illness not only among general public but also among the mentally ill patients and their relatives still present. They are thinking ECT is a shock instead of treatment. As an investigator I felt it is very essential to aware mentally ill patients and their relatives about ECT. So that they can understand, accept Electroconvulsive therapy is a safe, cost effective and useful treatment in mental illness.

OBJECTIVES OF THE STUDY

1. To assess the existing level of knowledge regarding electro convulsive therapy among patients relatives undergoing ECT through pre-test.
2. To assess the level of knowledge regarding electro convulsive therapy among patients relatives undergoing ECT through post-test.
2. To determine the effectiveness of video assisted teaching on knowledge regarding electroconvulsive therapy among patient's relatives undergoing ECT.
3. To find out association between pre test knowledge scores of patients relatives with their selected Socio demographic variables.

Hypothesis

H₁: There will be a significant difference between the pre-test and post-test score knowledge score regarding electro convulsive therapy.

H₂: There will be a significant association between the pre test knowledge score and selected socio demographic variables.

MATERIAL AND METHODS:

The present study was of Pre-experimental one group pre-test, post-test research design, which was carried out in Psychiatric Hospital, Jaipur. The study duration was 6 months. Data collected between (02/01/2018 to 31/01/2018). 30 the patients relatives undergoing ECT were selected from the psychiatric hospitals by using non probability purposive sampling technique. The tool comprises of two sections that is Socio-demographic and self structure questionnaires to evaluate the level of knowledge regarding ECT. Data was collected after obtaining permission from the concerned authority to conduct pre-test, administer video assisted teaching and post-test. The data was analyzed by using descriptive and statistics analysis. Frequency and percentage was used to analyze the demographic variables of the patient's relatives who were undergoing ECT. Age, Gender, Education, Occupation, Types of family and relation with patient. Mean were used to analyze the self structure questionnaires score among patient's relatives and Chi-square test was used to analyses the association between pre-test knowledge score among patient's relatives with their selected demographic variables.

RESULTS:

Patient's relatives fulfilled the inclusive criteria and were taken in the present study. Results shows that Majority 9 (30%) of the subject were in the age group of 41-50 years, 19 (63.3%) were females, 17 (56.7%) education in graduate, (63.3%) had employment, 21 (70%) of living in joint family and 15(50%) were found patient's family relatives, Pre-test knowledge score of patient's relatives regarding electroconvulsive therapy was found less comparably the post test knowledge score, Video assisted teaching by the investigator was found to be effective in improving the knowledge of patient's relative, There was significant association found between pre-test knowledge score with education of the patient's relatives.

DISCUSSION:

Pre-test score showed the mean percentage is 11.43 with a standard deviation of 1.88. Out of 30 patients relatives 66.70% sample are having moderately adequate knowledge, none of them is having in

adequate and 33% knowledge, Post test knowledge score showed the mean percentage is 20% with a standard deviation of .0 out of 30 patients relatives none of them is having Inadequate knowledge 00 % and 13.33% are having moderately adequate knowledge and 86.67% are having adequate knowledge of patients relatives, Analysis of paired 't' test is done to assess the effectiveness of video assisted teaching on electroconvulsive therapy. Researcher has found "t" value= 24.853 thus the obtained 't' value in this study is more than the table value of 't' test at 0.05 level of significance. Hence the obtained 't' value is significant. So it reveals that video assisted teaching on knowledge regarding electroconvulsive therapy is improved knowledge among patient's relatives, The association between pre-test knowledge score and selected socio demographic variables was done with Chi square formula. The obtained χ^2 value in 52 one variable, Education of the patient's relatives, is more than the table value of χ^2 at 0.05 level of significance.

LIMITATIONS:

- Study limited to selected psychiatric hospitals in Jaipur, Rajasthan.
- Study limited to family members of mentally ill person who are coming psychiatric hospitals.

CONCLUSION:

Finding of the present study indicates that Video assisted teaching by the investigator was effective in improving the knowledge of patient's relative. The present study, in short, gave the investigator a new experience, a chance to widen the knowledge and helped to understand the problems.

REFERENCES:

1. Nurnahar Ahmed ,Arunjyoti Baruah, Awareness about mental illness among the family members of persons with mental illness in a selected district, 2017 volume: 33 page-171-178 www.journalofscience.net/phyllipspradhanetal/journal
2. Aarsland D, Larsen JP, Waage O, Langeveld JH: Maintenance electro convulsive therapy for Parkinson's disease. *Convuls Ther* 13(4):274277, 1997 www.cerebromente.org.br/historial/shock.htm
3. Electroconvulsive therapy from Wikipedia, the free encyclopedia [www/en.wikipedia.org/wiki/electroconvulsive_therapy](http://en.wikipedia.org/wiki/electroconvulsive_therapy)
4. Nurnahar Ahmed ,Arunjyoti Baruah, Awareness about mental illness among the family members of persons with mental illness in a selected district, 2017 volume: 33 page-171-178 www.journalofscience.net/phyllipspradhanetal/journal
5. Bolwing, T.(2011)." How does electroconvulsive therapy work? Theories on its mechanism." *The Canadian journals of psychiatry*. 56(1): 13-18
6. Ramachandra BN, Gangadhar Lalitha, Janakiramaiah N, et al. Patients' knowledge about ECT. *NIMHANS Journal*. 1992; 10:27-31.
7. Iodice AJ, Dunn AG, Rosenquist P, Hughes DL, McCall WV. Stability over time of patients' attitudes toward ECT. *Psychiat Res* 2003; 117:89-91. <http://ajner.com/HTMLPaper.aspx?Journal>
8. Chavan, B.S. et al. "ECT knowledge and attitude among patients and their relatives." *Indian journal of psychiatry* 48.1 (2006): 34-38 PMC .web. 4 Nov. 2017.
9. B2 Horowitz, "paralytic agents" in *medical toxicology*, pp 579-593, Lippincott Williams and Wilkins, Philadelphia, pa, USA, 3rd edition, 2004.
10. Manoj kumar I, Eugin S.B Knowledge and Attitude Towards ECT among care Givers of Mentally ill Clients and their Socio Demographic Correlates: A cross Sectional Survey 2015 <http://ajner.com/HTMLPaper.aspx?Journal=Asian20Journal%20ofNursing/Education/Research;PID=2017-7-1-4>
11. Abdulqader Hussein Hamad, Arazoo Adil Taha Ahmad the knowledge of family members about the patient receiving ECT. *Indian J Psychiatry* 2011; 48:34-8
12. Chavan BS, Kumar S, Arun P, Bala C, Singh T. ECT: knowledge among patient and their relatives. *Indian J Psychiatry* 2006; 48:348. <https://www.ncbi.nlm.nih.gov/pubmed/20703412>