



A STUDY TO ASSESS THE EFFECT OF INFORMATION BOOKLET ON THE KNOWLEDGE OF CAREGIVERS REGARDING THE MANAGEMENT OF CHILDREN WITH JUVENILE DIABETES IN A SELECTED AREA OF MUMBAI

Diabetology

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ABSTRACT

A descriptive study was conducted to assess the effect of an information booklet on the knowledge of caregivers regarding the management of juvenile diabetes in selected areas of Mumbai. The purpose of the study was to assess the knowledge of the caregivers before and after the administration of the booklet and to find its relationship with the variables. One group pretest-posttest design was used in the study which comprised 50 caregivers of children with juvenile diabetes who were selected by purposive sampling technique. The tool used was a structured interview schedule. Data analysis was done using descriptive and inferential statistics. The result of the study denoted that knowledge was gained after the administration of the information booklet and more the age better was the knowledge gained by the caregivers.

KEYWORDS

knowledge, information booklet, juvenile diabetes

INTRODUCTION

Family-focused nursing is based on the growing recognition that health crises are critical events in a family's life. Nurses have many opportunities to strengthen the role and responsibilities of family members in caring for children with juvenile diabetes.

Family members need to be aware of the children's illness, which will help them to care for the child in more natural and healthy ways. This would indirectly help to prevent crises that may occur due to inadequate coping with a child's illness. The value of finding out the knowledge of caregivers regarding the management of children with juvenile diabetes and their practices in relation to care is very significant.

This study was an attempt to assess the effect of an information booklet on the knowledge and practices of caregivers regarding the management of children with juvenile diabetes. An information booklet can be an effective and economical teaching aid. The patients can refer it whenever they required it.

The objectives of the study were to assess the knowledge before and after the administration of the information booklet and to find out the association between the knowledge and demographic variables of the caregivers of children with juvenile diabetes. The hypothesis was that the knowledge of the caregivers may be influenced by their age, relationship with children, gender, and occupation. The assumption was that the caregivers may have some knowledge regarding the management of children with juvenile diabetes.

MATERIAL AND METHODS:

The researcher used a quantitative research approach in the study. The research design was one group pretest-posttest design.

DEVELOPMENT AND DESCRIPTION OF THE TOOL:

The tool consisted of demographic variables such as age, gender, occupation, relationship with the child, and education of caregivers. It also included the medical history of the child which had variables such as the history of hypo/hyperglycemia and history of any lipodystrophy. Knowledge questions were on disease condition, insulin administration, blood glucose monitoring, screening, and complications.

RESULT:

The findings of the study were presented below:

Distribution of the samples according to demographic variables:

In relation to demographic data of samples, 21(42%) samples were aged between 41 to 50 years. In the majority of samples, 30(60%) were females and 25(50%) were graduates. In all 20(40%) samples were homemakers & 26 (52%) were mothers.

Demographic profile of caregivers:

About demographic data of children with juvenile diabetes, 43 (86%)

children were school going & 26(52%) were females. 47(94%) got hospitalized previously for juvenile diabetes. The majority of the children had an attack of hypo/hyperglycemia, i.e., 49(98%). Almost 29(58%) children had signs of lipodystrophy.

Knowledge scores of caregivers before and after reading the information booklet.

It was observed that the scores in the post-test of the caregivers had improved markedly in all the areas after reading the information booklet. The overall knowledge score improved from 65.53 percent to 97.63 percent.

Effect of information booklet on knowledge scores of samples

As seen in Table: 1 the calculated value of "t" was greater than the table value at a 0.01 level of significance for knowledge of the samples. This confirms that the difference in the pre-test and post-test is a true difference and not by chance and it proves the effectiveness of the information booklet.

Table:1

TEST	MEAN SCORE	SD	Y	't' VALUE CALCULATED
Pre-test	18.46	4.97	0.03	17.61
Post-test	31.76	2.11		

Association between knowledge and selected variables

In Table: 2 given below it was noted that there is relatively more knowledge gained in samples having age more than 40 years compared to other age caregivers as they are more experienced in taking care of children.

Table: 2

VARIABLES	GROUPS	MD	SDD	"t" VALUE CALCULATED
Age	Upto 40 years	13.41	2.61	10.98
	More than 40 years	12.92	3.44	13.34

DISCUSSION:

The above study shows that 98 percent of the children identified with juvenile diabetes had a history of hypo/hyperglycemia. A study done by Sircar, & Misra said that more than 90 percent of study subjects had major misconceptions about diet, exercise, and insulin therapy. The above findings revealed that the samples were not aware of obesity and its complications in diabetes. In the post-test awareness about obesity seen increased. Mishra R e.tal conducted a study that stated that rural Asian Indians had a higher percentage of undiagnosed cases (25%), poorer glycaemic control, and obesity unawareness of diabetes.

CONCLUSION:

The study findings show that there is a significant difference in the knowledge and practice scores of the caregivers in their pretest and post-test. The information booklet has brought about a significant difference in the knowledge and practice of the students regarding the management of children with juvenile diabetes. Thus, the information booklet was helpful in improving the knowledge and practice of the caregivers.

CONFLICT OF INTEREST:

The author declares that there was no conflict of interest related to this work.

RECOMMENDATIONS:

- A similar study can be done between experimental and control groups of samples.
- A study can be conducted to assess the knowledge and practices of nursing personnel working at various levels regarding the management of children with juvenile diabetes.
- Similar studies can be done in the case of gestational diabetes in ANC mothers.

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