



A STUDY TO FIND THE EFFECT OF STRUCTURED TEACHING PROGRAM ON KNOWLEDGE OF PREVENTION AND MANAGEMENT OF GUILLAIN BARRE SYNDROME AMONG ADULT PEOPLE IN AMARKUNDU, MURSHIDABAD.

Nursing

Sudip Das	Assistant Prof. Of Medical Surgical Nursing, Gita Ram Institute Of Nursing
Kankana Kar	Associate Prof. Of Medical Surgical Nursing, Gita Ram Institute Of Nursing
Sunanda Sarkar	BSc Nursing, 7th Semester Student
Trisha Ghosh	Bsc Nursing, 7th Semester Student
Taniya Yesmin	Bsc Nursing, 7th Semester Student
Dristi Ghosh	Bsc Nursing, 7th Semester Student
Subarna Bhattacharya	Bsc Nursing, 7th Semester Student
Ritisha Singha	Bsc Nursing, 7th Semester Student
Jahida Biswas	Bsc Nursing, 7th Semester Student
Shreya Biswas	Bsc Nursing, 7th Semester Student
Debdyuti Das	Bsc Nursing, 7th Semester Student
Anisha Chaudhuri	Bsc Nursing, 7th Semester Student
Samikcha Rai	Bsc Nursing, 7th Semester Student
Sayantani Mondal	Bsc Nursing, 7th Semester Student
Aleya Khatun	Bsc Nursing, 7th Semester Student
Tanisha Sengupta	Bsc Nursing, 7th Semester Student
Shreya Roy	Bsc Nursing, 7th Semester Student

ABSTRACT

A study was conducted to assess the effectiveness of a structured teaching programme on knowledge and prevention and management of Guillain-Barré Syndrome among adult people in the selected community Nabagram, Murshidabad. The objectives were to evaluate the pre-test knowledge level regarding Guillain Barre Syndrome and determine the effectiveness of the structured teaching programme in improving awareness. The study also aimed to find associations between pre-test knowledge and socio-demographic variables. An evaluative research approach was used with a one-group pre-test post-test design. A total of 191 adult participants were selected through non-probability convenience sampling. Data were collected using a self-administered structured questionnaire. The reliability of the tool was established using Spearman's Brown Formula ($r = 0.83$). After administering the structured teaching programme, a post-test was conducted after 8 days. The result of the present study, in Pre-test Good knowledge level was 7.2%, Moderate knowledge level was 47.4%, Poor knowledge level was 45.3% and in post-test Good knowledge level was 11.46, Moderate knowledge level was 84.8%, Poor knowledge level was 3.65%, paired t-test value was significant ($df = 191, p < 0.05$), indicating the effectiveness of the structured teaching programme.

KEYWORDS

Guillain Barre Syndrome, Structured teaching Programme, Adult People (Age 18-35)

INTRODUCTION

Guillain Barre Syndrome is an autoimmune disorder in which the body's immune system attacks and destroys myelin sheath that surrounds the nerve cells. Global incidence of Guillain Barre Syndrome is estimated to be around 1–2 cases per 100000 people per year. Between 1960 & 2020 the incidence of Guillain Barre Syndrome remained relatively stable worldwide. However specific regions including Europe, Australia and the Americans experienced a significant increase during this period. In 2025, 163 cases are detected in the Maharashtra, Pune in India.

MATERIAL AND METHODS

A descriptive evaluative approach was used in this study to assess the effect of a structured teaching programme on knowledge regarding the prevention and management of Guillain-Barré Syndrome among adults. A pre-experimental one group pretest-posttest design was selected. The study will be conducted in a selected community at Nabagram, Murshidabad. The sample consists of adult individuals residing in the selected area, chosen through a non-probability convenience sampling technique. The socio-demographic profile included six items: age, gender, religion, education, occupation, and employment status. Additional data included previous knowledge of Guillain-Barré Syndrome and source of information. A pretest-posttest method was used to assess knowledge levels before and after the intervention. The independent variable was the structured teaching

programme on prevention and management of Guillain-Barré Syndrome. The dependent variable was the knowledge level regarding prevention and management of Guillain-Barré Syndrome.

Data Analysis

The purpose of data analysis is to simplify data into a meaningful form to address and test the research problem. Both descriptive and inferential statistics are used. The objectives are: (1) to assess pretest knowledge scores on prevention and management of Guillain-Barre Syndrome (GBS) among adults, (2) to evaluate the effect of a structured teaching program, and (3) to find the association between pretest knowledge and socio-demographic variables. Data analysis is organized as: Section A – Frequency and percentage distribution of socio-demographic profile, Section B – Knowledge levels in pretest and post-test, and Section C – Association with socio-demographic variables.

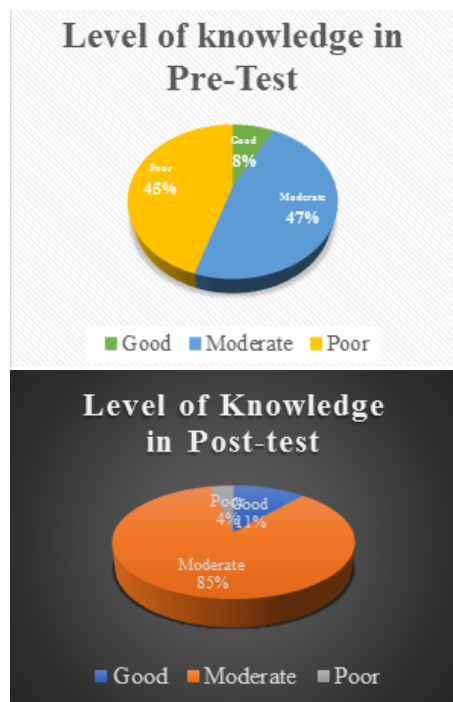
RESULT

Section A: Frequency Percentage Distribution For Sociodemographic Profile

The socio-demographic profile of 192 adults showed most were aged 33–35, male, Hindu, unemployed, and married. Education levels varied. Majority lived in nuclear families. Income ranged widely. None had prior knowledge of Guillain-Barré Syndrome (GBS) or family history. Information sources included health personnel (52.6%)

and mass media (47.3%), with no input from family or friends.

Section B: Level Of Knowledge Among Adults In Pretest And Post-test



Section C: Effect Of Structured Teaching Programme On Knowledge Regarding Prevention And Management Of Guillain Barre Syndrome.

Observation	Mean	Mean deviation	Standard deviation	Paired t test
Pretest	7.5	9	1.86	0.5
Post-test	16.47		1.64	

The data presented that the mean quality of knowledge in pretest is 7.5 which is lower than the post-test observation mean quality that is 16.47 with the mean deviation 9. It is found to be null hypothesis not significant from paired 't' test value of 0.5 for df (191) at 0.05 level of significance. After comparing the post test score with pretest score in one group knowledge level is increased after structured teaching program.

Section D: Identifies The Association Between The Level Of Knowledge Regarding Prevention Of Guillain Barre Syndrome Among Adults And Their Selected Socio-demographic Variables.

It shows the association between knowledge levels of adults regarding Guillain-Barre Syndrome and their socio-demographic variables using Chi-square or Fisher Exact tests (n=192). Variables include age, gender, religion, education, employment, marital status, income, family type, and health information source. Significant associations were found with religion ($\chi^2=18.16^*$), educational status ($\chi^2=36.5^*$), employment status (Fisher=0.94*), family income (Fisher=0.11*), and family type (Fisher=4.06*), suggesting these factors influence knowledge levels. No significant association was noted with age, gender, marital status, or source of health information. Most participants had moderate to poor knowledge. These findings indicate that socio-demographic factors play a role in understanding Guillain-Barre Syndrome and highlight the need for targeted awareness programs for specific groups.

DISCUSSION:

In the present study here the knowledge level regarding prevention and management of Guillain Barre syndrome and effectiveness of structured teaching program among adults people are assessed. The objectives of the study is to assess the pretest knowledge score regarding prevention and management of Guillain Barre syndrome among adults people as measured by structured knowledge questionnaire, to find the effect of a structured teaching program to improve knowledge regarding prevention and management of Guillain Barre syndrome among adults people, to find the association between

pretest knowledge level of adult people with their socio demographic variables.

The interview technique used to find the knowledge. The findings of pretest knowledge good (8%), moderate (47%), poor (45%). In post-test the participants have knowledge good (11%), moderate (85%), poor (4%). The limitation of the study are convenient sampling restricts the study findings to be generalized, many participants have little to no prior exposure to Guillain Barre syndrome, making it hard to assess detailed knowledge.

CONCLUSION:

The knowledge score of post test score is higher than pretest after giving structured teaching program regarding prevention and management of Guillain Barre syndrome. The structured teaching program is effective.

REFERENCES:

1. Lehmann HC, Hughes RA, Kieseier BC, Hartung HP. Recent developments and future directions in Guillain-Barré syndrome. J Peripher Nerv Syst. 2012 Dec;17 Suppl 3:57-70. Available from: <https://pubmed.ncbi.nlm.nih.gov/23176563>
2. Govoni V, Granieri E. Epidemiology of the Guillain-Barré syndrome. Curr Opin Neurol. 2001 Oct;14(5):605-13. Available from: <https://pubmed.ncbi.nlm.nih.gov/11562593>
3. Frenzen PD. Economic cost of Guillain-Barré syndrome in the United States. Neurology. 2008 Jul 1;71(1):21-7. Available from: <https://pubmed.ncbi.nlm.nih.gov/18591436>
4. Guillain G, Barré JA, Strohl A. [Radiculoneuritis syndrome with hyperalbuminosis of cerebrospinal fluid without cellular reaction. Notes on clinical features and graphs of tendon reflexes. 1916]. Ann Med Interne (Paris). 1999 Jan;150(1):24-32. Available from: <https://pubmed.ncbi.nlm.nih.gov/10337261>