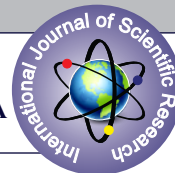


A STUDY TO ASSESS THE EFFECTIVENESS OF A STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING DEMENTIA AMONG FAMILY MEMBERS OF GERIATRIC PEOPLE AT CHINNOUTAPALLI, GANNAVARAM, ANDHRA PRADESH.



Child health Nursing

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ABSTRACT

Background: Dementia is a progressive neurological disorder that affects memory, thinking, and daily functioning among older adults. It is an increasing public health concern worldwide. Family members often serve as primary caregivers for individuals with dementia, yet many lack adequate knowledge regarding its symptoms and management. Structured Teaching Programmes (STPs) can improve awareness and caregiving practices. **Objectives:** The study aimed to assess the pre-test level of knowledge regarding dementia among family members of geriatric people, evaluate the effectiveness of a Structured Teaching Programme (STP) in improving knowledge, compare the pre-test and post-test knowledge scores, and determine the association between post-test knowledge levels and selected demographic variables. **Methods:** A pre-experimental one group pre-test and post-test research design was adopted among 30 family members of geriatric people at Chinnoutapalli, Gannavaram. Participants were selected using purposive sampling technique. Data were collected using a structured questionnaire consisting of demographic variables and 30 multiple-choice questions to assess knowledge regarding dementia. After the pre-test, a Structured Teaching Programme on dementia was provided to the participants, followed by a post-test using the same questionnaire. Descriptive and inferential statistics including frequency, percentage, paired t-test, and chi-square test were used for data analysis. **Results:** The results showed that the mean knowledge score increased from 14.3 (pre-test) to 18.1 (post-test), indicating a significant improvement after the Structured Teaching Programme ($t=12.3$, $p<0.05$). The majority of participants had inadequate knowledge in the pre-test (76.6%), while 63.3% had adequate knowledge in the post-test. There was no significant association between post-test knowledge scores and selected demographic variables. **Conclusion:** The study concluded that the Structured Teaching Programme was effective in improving knowledge regarding dementia among family members of geriatric people. Educational interventions can help increase awareness, improve caregiving practices, and enhance the quality of life of elderly individuals with dementia.

KEYWORDS

Dementia, Geriatric People, Structured Teaching Programme, Knowledge, Family Members, Caregiving, Community Health

INTRODUCTION

Aging is a natural process associated with various physical, psychological, and social changes. As age increases, individuals become more vulnerable to chronic health conditions, including cognitive disorders such as dementia. Dementia is a progressive neurological condition that affects memory, thinking, behavior, and the ability to perform daily activities. It greatly impacts the quality of life of elderly individuals and creates emotional, social, and financial burdens on families and caregivers.

Dementia has become a major public health concern worldwide due to the growing elderly population. In India, the increasing number of older adults has led to a rise in dementia cases, making it an important issue for healthcare professionals and families.

Family members often act as primary caregivers for elderly individuals with dementia. However, many caregivers have limited understanding of the condition and its management. Educational interventions such as Structured Teaching Programmes (STPs) can improve awareness and enhance the ability of caregivers to provide appropriate care.

Need for the Study

Dementia is one of the leading causes of disability and dependency among older adults. According to the World Health Organization (WHO, 2023), more than 55 million people worldwide are living with dementia, and nearly 10 million new cases occur each year.

In India, approximately 7.4% of individuals aged 60 years and above are affected by dementia, accounting for nearly 8.8 million people. Despite its increasing prevalence, awareness regarding dementia among family members and caregivers remains inadequate.

In many communities, including Chinnoutapalli, Gannavaram, there are limited awareness programmes addressing dementia and its management. Lack of knowledge among family members may lead to delayed recognition of symptoms and inadequate caregiving.

Therefore, it is essential to educate family members about dementia and its management. Hence, the present study was undertaken to assess the effectiveness of a Structured Teaching Programme on knowledge regarding dementia among family members of geriatric people at Chinnoutapalli, Gannavaram.

Statement of the Problem: "A Study to Assess the Effectiveness of a Structured Teaching Programme on Knowledge Regarding Dementia among Family Members of Geriatric People at Chinnoutapalli, Gannavaram, Andhra Pradesh."

Objectives of the Study

- To assess the pre-test level of knowledge regarding dementia among family members of geriatric people.
- To evaluate the effectiveness of the Structured Teaching Programme on knowledge regarding dementia.
- To compare the pre-test and post-test knowledge levels regarding dementia.
- To assess the association between post-test knowledge scores and selected demographic variables.

Hypotheses

H₁: There will be a significant increase in the post-test knowledge scores regarding dementia among family members of geriatric people after the Structured Teaching Programme compared to the pre-test scores.

H₂: There will be a significant association between the post-test knowledge scores regarding dementia among family members of geriatric people and selected demographic variables.

MATERIALS AND METHODS

Research Approach: A quantitative research approach was used to evaluate Structured Teaching Programme.

Research Design: A pre-experimental research design (one group pre-test and post-test design) was adopted for the study.

Setting of the Study: The study was conducted among family members of geriatric people at Chinnoutapalli, Gannavaram.

Population: The population consisted of family members of geriatric people at Chinnoutapalli, Gannavaram.

Sample: The sample included 30 family members of geriatric people residing in Chinnoutapalli, Gannavaram.

Sample Size and Sampling Technique

A total of 30 family members were selected using purposive sampling technique for the study.

Sampling Criteria

Inclusion Criteria

- Family members of geriatric people living at Chinnoutapalli,

Gannavaram.

- Those who are willing to participate in the study.
- Those who can read and understand English.

Exclusion Criteria

- Family members who are not available during the time of data collection.
- Those who do not give consent to participate in the study.

VARIABLES

Independent Variable: Structured Teaching Programme (STP) on knowledge regarding dementia.

Dependent Variable: Knowledge regarding dementia among family members of geriatric people.

Development and Description of the tool

The tool used for the study consisted of two sections:

Section A: Demographic details of the participants.

Section B: A structured questionnaire consisting of 30 multiple-choice questions (1 mark for each correct answer) to assess knowledge regarding dementia.

Table 1: Scoring Interpretation of Knowledge Scores

Level of Knowledge	Score	Percentage
Inadequate Knowledge	0–15	0–50%
Moderately Adequate Knowledge	16–22	51–75%
Adequate Knowledge	23–30	76–100%

Ethical Considerations

Ethical clearance was obtained from the Institutional Ethical Committee of Dr. C. Sobhanadri Siddhartha College of Nursing, Chinnoutapalli. Permission was obtained from the concerned authorities at Chinnoutapalli, Gannavaram. Informed consent was taken from the participants, and they were assured of voluntary participation and the right to withdraw at any time.

Data Collection Procedure

The data collection was carried out in three phases.

Phase 1: A pre-test was administered to the participants using a structured questionnaire to assess their knowledge regarding dementia.

Phase 2: After the pre-test, a Structured Teaching Programme (STP) on dementia was provided to the participants.

Phase 3: A post-test was conducted using the same structured questionnaire to evaluate the effectiveness of the Structured Teaching Programme on the participants' knowledge regarding dementia.

Data Analysis Plan

Descriptive Statistics: Frequency, percentage, mean, and standard deviation were used to describe demographic variables and knowledge levels regarding dementia.

Inferential Statistics:

Paired (Dependent) t-test: To assess the effectiveness of the Structured Teaching Programme.

Chi-square Test: To determine the association between post-test knowledge scores and selected demographic variables.

Frequency and Percentage Distribution of Demographic Variables

The majority of family members were aged 31–40 years(43.3%), followed by above 40 years(30%), and 21–30 years(26.6%). Regarding gender, the majority of participants were female, while the remaining participants were male.

Most participants belonged to nuclear families(76.6%), while 13.3% were from joint families and 10% from single-parent families.

Regarding monthly family income, 50% of participants had an income of Rs. 3000–5000, followed by 36.6% with Rs. 5000–10,000, and 13.3% with income above Rs. 10,000.

In terms of religion, the majority of participants were Christians (73.3%), followed by Hindus(20%) and Muslims(6.6%). Most participants were married(80%), while 20% were unmarried.

Regarding source of information about dementia, television(46.6%) was the main source, followed by newspapers(40%) and friends (13.3%).

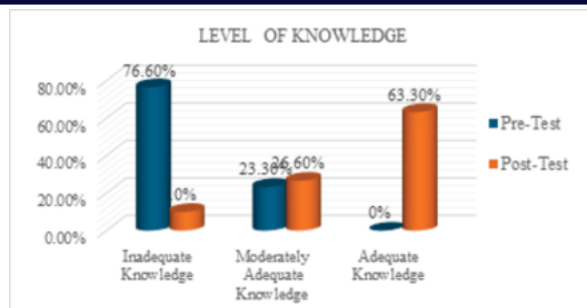


Figure 1: Bar diagram Showing the Distribution of Pre-test and Post-test Knowledge Levels Regarding Dementia Among Family Members of Geriatric People .

DISCUSSION

Objective 1: To Assess The Pre-test Level Of Knowledge Regarding Dementia Among Family Members Of Geriatric People.

The findings showed that most family members had inadequate knowledge in the pre-test(76.6%), while 23.3% had moderately adequate knowledge, and none had adequate knowledge. This indicates that family members initially had limited awareness regarding dementia and its management.

Objective 2: To Evaluate The Effectiveness Of The Structured Teaching Programme On Knowledge Regarding Dementia.

After the Structured Teaching Programme, knowledge improved significantly. 63.3% had adequate knowledge, 26.6% moderately adequate, and 10% inadequate knowledge, demonstrating the effectiveness of the teaching programme. Hence, Hypothesis-1(H_1) was accepted.

Objective 3: To Compare The Pre-test And Post-test Knowledge Scores Regarding Dementia Among Family Members Of Geriatric People.

The mean pre-test score was 14.3($SD=7.07$), which increased to 18.1($SD=6.1$) in the post-test. The paired t-value was 12.3($p<0.05$), indicating a significant improvement in knowledge after the intervention.

Objective 4: To Assess The Association Between Post-test Knowledge Scores And Selected Demographic Variables.

Chi-square analysis showed no significant association between post-test knowledge scores and demographic variables such as age($\chi^2=1.24$), gender($\chi^2=0.86$), type of family($\chi^2=1.31$), monthly income($\chi^2=1.76$), religion($\chi^2=0.92$), marital status($\chi^2=0.68$), and source of information($\chi^2=1.12$)($p>0.05$). Hence, Hypothesis-2(H_2) was rejected.

CONCLUSION

The study found that the Structured Teaching Programme (STP) was effective in improving knowledge regarding dementia among family members of geriatric people. Most participants initially had inadequate knowledge, but their knowledge significantly improved after the teaching programme. The findings highlight the importance of educational programmes in increasing awareness and enhancing caregiving for geriatric individuals with dementia..

NURSING IMPLICATIONS

Nursing Education

- Structured Teaching Programmes (STP) can be used by nurse educators to improve knowledge regarding dementia and geriatric care.
- Educational tools such as structured questionnaires, teaching sessions, and visual aids can help assess and enhance caregivers' understanding of dementia.

Nursing Practice

- Community health nurses can educate family members about early signs, prevention, and management of dementia.
- Teaching programmes can help caregivers provide better care, reduce stress, and improve the quality of life of geriatric patients.

Nursing Administration

- Nursing administrators can organize health education programmes and awareness campaigns on dementia in community settings.

- Structured teaching programmes can be included in community health services to improve awareness among family members.

Nursing Research

- Further research can be conducted to evaluate the effectiveness of different teaching methods on dementia awareness.
- Studies can also explore the long-term impact of educational programmes on caregiver knowledge and patient care.

RECOMMENDATIONS

- The study can be replicated with a larger sample size for better generalization.
- Similar studies can be conducted in different community settings or rural and urban areas.
- Follow-up studies can be carried out to assess long-term knowledge retention among family members.
- Structured Teaching Programmes can be implemented to improve awareness and caregiving practices related to dementia.

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