



ORIGINAL RESEARCH PAPER

Nursing

A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING REHABILITATION AMONG PATIENTS WITH RHEUMATOID ARTHRITIS IN RAJIV GANDHI GOVERNMENT GENERAL HOSPITAL CHENNAI

KEY WORDS: Rheumatoid arthritis, Rehabilitation, Structured teaching programme

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ABSTRACT

Rheumatoid arthritis is a chronic inflammatory joint disease, which can cause cartilage and bone damage as well as the disability in all age groups. Early diagnosis and treatment is key to optimal therapeutic success and to improve the quality of life. The present study aimed to effectiveness of structured teaching programme on knowledge regarding rehabilitation among patients with rheumatoid arthritis samples in quantitative approach pre –experimental one group pre-test post –test design. The sample was 60 patients non-probability purposive sampling technique was used in this study. Pre-existing knowledge was assessed by using semi –structured questionnaire before and after the implementation of structured teaching programme. The data were tabulated and analyzed by descriptive and inferential statistics. The study results shows, there was a significant difference between the pretest and posttest level of knowledge regarding rehabilitation among patients with rheumatoid arthritis. The obtained t-value (27.55) was greater than the table value at 0.05 level of significance. So the study concluded the structured teaching programme was effective (p<0.001) so that the was concluded, the level of knowledge was improved regarding rehabilitation among patients with rheumatoid arthritis

INTRODUCTION

Health is wealth Imogene king defined, Health as a dynamic state in the life cycle of an organism that implies continuous adaptation to stresses in the internal and external environment through optimum use of one's resources to achieve maximum potential for daily living a physically active individual lives much healthier and active life than people who are physically inactive. This is true for everyone but especially for people with rheumatoid arthritis³. Rheumatoid Arthritis is a chronic, systemic, articular, inflammatory connective tissue disorder affecting mainly the small peripheral joints in a pattern of symmetric distribution⁹

Worldwide prevalence is approximately 1%. Its incidence and prevalence is more in developed countries and less in developing countries except India. There is higher incidence if we go from south to north Europe. Prevalence in developing countries is 0.1 -0.5%. But in India, the prevalence of rheumatoid arthritis is 0.75%, is similar to the developed countries^{4,5}. The most reliable estimates of incidence, prevalence and mortality in rheumatoid arthritis are those derived from population based studies. Rheumatoid Arthritis cannot be cured, but people can be helped to adopt self-management technique and changing of lifestyles will reduce disease symptoms to some extent and maximize the quality of life. With these optimistic views the investigator rightly felt that, appropriate and adequate information should be delivered to the RA patients about various aspects of rehabilitation on rheumatoid arthritis^{6,7}. In Rajiv Gandhi Government Hospital about 500 patients with rheumatoid arthritis every week and approximately 10,000 patients in attending outpatients departments. moreover , approximately 7000 cases get admitted and diagnosed with rheumatoid arthritis in patients department with some manifestations ,among them both female and male patients are in very high rates^{8,9}. Patient education programme on rehabilitation for rheumatoid arthritis patients is an essential part of quality patient care today. For the diagnosis and therapeutic regimen to be beneficial, patients must be informed about their own health and motivated to share the responsibility of it^{10,11}.

OBJECTIVES

1. To assess the level of knowledge regarding rehabilitation among patient with rheumatoid arthritis
2. To determine the effectiveness of structured teaching programme on knowledge regarding rehabilitation among patients with rheumatoid arthritis
3. To determine the association between the selected variables and post test Knowledge regarding

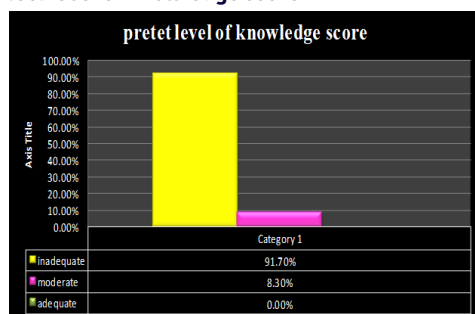
rehabilitation among patients with rheumatoid arthritis

MATERIALS AND METHODS

A quantitative research approach was used for this study Pre experimental design One group pretest, posttest design was adopted in this study The study was conducted in rheumatology inpatient department Rajiv Gandhi Government General Hospital, Madras medical college Chennai 03 it is the one of the apex institution in south East Asia .This hospital has almost all specialties and super specialties where tremendous education and pioneering research are carried out. The rheumatology department was started during 1972 the rheumatology inpatient department functions on all days including government holidays and Sundays .It is the only unique center where all the facilities for carrying out important immunological, hematological and biochemical investigations relevant to rheumatology are available. The department has presented more than 100 papers in national and international conferences this department is selected at the international level to conduct the trail on leflunomide which a new drug to be introduced in the market Target population Rheumatoid arthritis patients admitted in the ward at Rheumatology department in Rajiv Gandhi Government General Hospital, Chennai. Accessible population Rheumatoid arthritis patients available during the period of data collection Rheumatoid arthritis patients who were admitted in rheumatology department 60 Samples were selected with Non-probability purposive sampling techniques. The data was collected, organized and analyzed in term of descriptive statistics.

RESULTS

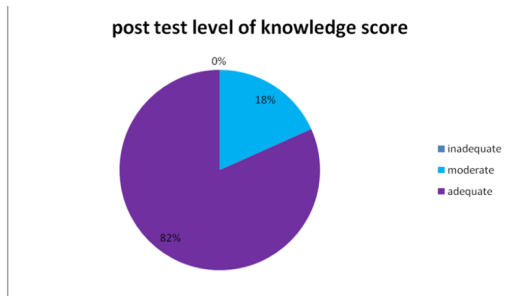
1. pre test level of knowledge score



Reveals that the level of pre-test knowledge regarding rehabilitation among patient with rheumatoid arthritis. In general 91.7% of patients are having inadequate level of knowledge score and 8.3% of them having moderate

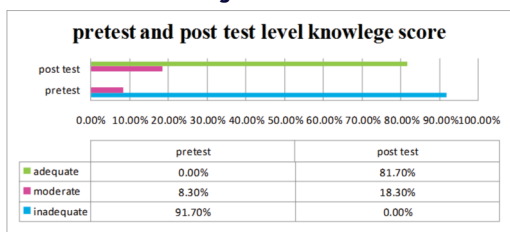
knowledge and none of them are having adequate knowledge score.

2. Post test level of knowledge score



Reveals that the level of knowledge regarding rehabilitation among patient with rheumatoid arthritis after administration of structured teaching programme In general none of the patients are having inadequate level of knowledge score and 18.3% of them having moderate level of knowledge and 81.7% of them are having adequate level of knowledge score.

Comparison of overall knowledge regarding pretest and post test level of knowledge score



Reveals that the comparison of overall knowledge before and after the administration of structured teaching program on knowledge regarding rehabilitation among patients with rheumatoid arthritis in rheumatology ward. On an average, patients are improved their knowledge from 12.27 to 28.57 after the administration of structured teaching programme. Or we can say, in pre-test they are able to answer only 12 questions before administration of STP, after administration of STP they are able to answer upto 28 questions. Due to STP they are able to answer 16 more questions correctly. This difference is statistically significant. Statistical significance was calculated by using student's paired 't' test.

DISCUSSION

The effectiveness of structured teaching programme on knowledge regarding rehabilitation among patients with rheumatoid arthritis to assessed by pretest and post test scored .Findings of the study showed that the pretest mean value of (12.27)with the SD is (3.72) and after the structured teaching programme the post test mean valve of (28.57) with the SD is (2.92) so the computed t value is (27.55) which is highly statistically significant .This shows that the structured teaching programme was effective to improving the level of knowledge regarding rehabilitation among patients with rheumatoid arthritis

CONCLUSION

The findings of the study revealed that there was a significant difference between pre test and post test knowledge scores of patients with rheumatoid arthritis .There was a significant difference between selected demographic variables and post test knowledge score of patients regarding rehabilitation among rheumatoid arthritis .It reveals that the structured teaching programme was effective in improving the knowledge regarding rehabilitation among rheumatoid arthritis .Structured teaching programme is easily understandable and cost effective programme .which improves the knowledge regarding rehabilitation among

patients rheumatoid arthritis

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Author contribution

All the authors actively participated in the work of the study .All authors read and approved the final manuscript.

Conflict and interest

The authors declare no conflict of interests.

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