



ORIGINAL RESEARCH PAPER

Nursing

HOME CARE MANAGEMENT OF COMMON COLD DURING COVID19 PANDEMIC

KEY WORDS: COVID19, pandemic, common cold, home care management, knowledge, attitude, practice

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ABSTRACT

The COVID-19 pandemic, also known as the coronavirus pandemic, is an ongoing global pandemic of coronavirus disease 2019 (COVID-19) caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). COVID-19 symptoms range from undetectable to deadly, but most commonly include fever, dry cough, and fatigue. Which are the same as common cold. A descriptive study carried out to assess the level of knowledge, attitude & practice towards home care management adopted for common cold by adults during COVID19 PANDEMIC. The result of the study shows that majority of participants 55.66% has good knowledge on common cold & its home care management 58% has positive attitude towards home care management while only 58.3 % participants were practicing moderately home remedies to manage common cold during pandemic outbreak. It concludes that even with the knowledge there is a wide gap in practice to boost immunity with home based care.

INTRODUCTION

The COVID-19 pandemic, also known as the coronavirus pandemic, is an ongoing global pandemic of coronavirus disease 2019 (COVID-19) caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). The World Health Organization (WHO) declared the outbreak a public health emergency of international concern on 30 January 2020, and a pandemic on 11 March 2020. As of 3 March 2023, the pandemic had caused more than 675 million cases and 6.87 million confirmed deaths, making it one of the deadliest in history. Symptoms of COVID-19 are variable, ranging from mild symptoms to severe illness. Common symptoms include headache, loss of smell and taste, nasal congestion and runny nose, cough, muscle pain, sore throat, fever, diarrhoea, and breathing difficulties. Three common clusters of symptoms have been identified: one respiratory symptom cluster with cough, sputum, shortness of breath, and fever; a musculoskeletal symptom cluster with muscle and joint pain, headache, and fatigue; a cluster of digestive symptoms with abdominal pain, vomiting, and diarrhoea. NEED FOR THE STUDY

A systemic literature review shows that Among individuals with COVID-19, the most frequently reported symptoms were cough (70%), fever (45%), muscular pain (29%), and headache (21%), whereas sore throat (12%), and rhinorrhea (4%) were observed at lower rates. Fever was identified as most frequent in COVID-19 (74%), appearing at a higher rate in those cases as in influenza (68%) or the common cold (40%). In influenza and common cold, a cough was identified in 93% and 80% of cases. Headache, rhinorrhea, muscular pain, and sore throat were more common in influenza (91%, 91%, 94%, and 84%, respectively) and common cold (89%, 81%, 94%, and 84%, respectively) than in COVID-19 (21%, 4%, 29%, and 12%, respectively) and SARS (45%, 12%, 55%, and 18%, respectively).

OBJECTIVES

1. To assess the level of knowledge regarding common cold & its home care management.
2. To assess the level of attitude regarding common cold & its home care management
3. To assess the level of practice regarding common cold & its home care management.

RESEACH METHODOLOGY

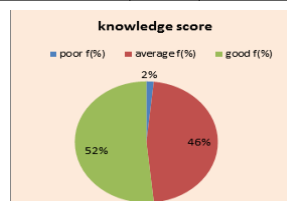
Quantitative research approach used with descriptive research design, among 60 adults between age group of 20 – 45 yrs who visits flu OPD at shri vinoba bhawe civil hospital, DNH. Non probability convenient sampling technique used to

select participants. Tool consist of three section, section I has part I of demographic data and part two consist of 20 knowledge questionnaire section ii consist of 5 point attitude scale with 15 items, section iii consist of practice check list with 20 items on common cold & its home care management has been prepared under expert guidance. Validity & reliability of tool has checked before main data collection of study.

Result & discussion

Section I ; Distribution of level of knowledge score common cold & its home care management at the level of $P \leq 0.05$ N -60

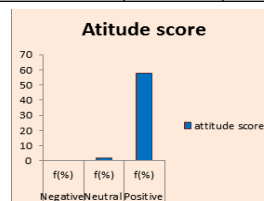
sr. no	Category	Knowledge score		
		poor f(%)	average f(%)	good f(%)
1	Common cold & its home care management	1 (1.66)	28 (46.66)	31 (51.66)



In present study maximum subjects 31 (51.66%) were having good knowledge score and 28 (46.66%) were average knowledge score and only 1(1.66%) were had poor knowledge score

Section II ; Distribution of level of attitude score common cold & its home care management at the level of $P \leq 0.05$ N -60

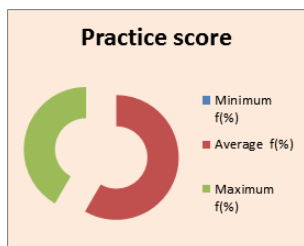
sr. no	Category	Attitude score		
		Negative f(%)	Neutral f(%)	Positive f(%)
1	common cold & its home care management	0	2 (3.33)	58 (96.6)



In present study maximum subjects 58 (96.6%) were had positive attitude and 2 (3.33%) were had neutral attitude and no one had negative attitude regarding common cold & its home care management.

Section III: Distribution of level of practice score common cold & its home care management at the level of $P \leq 0.05$ N-60

sr. no	Category	Practice score		
		Minimum f(%)	Average f(%)	Maximum f(%)
1	common cold & its home care management	0	35 (58.3)	25 (41.6)



In the present study majority of subjects 35(58.3) were utilizing home remedies on average basis while only 25 (41.6) were maximum utilizing their knowledge regarding common cold at home.

CONCLUSION

Hence we can conclude that there is a need for education programme & awareness campaign to improve public health & encourage the practicing Indian tradition of Ayurveda to boost up immunity & fight against several new emerging diseases.

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