

# Effectiveness of Video Assisted Teaching Programme on Knowledge and Expressed Practices Regarding the First Aid Management of Epilepsy among Patient's Family Members in Selected Hospitals of Ambala, Haryana

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## Abstract

The epilepsy is a symptom complex of several disorders of brain function characterized by recurring seizures. Practically epilepsy is not a disease but a symptom that may lead to further mental diseases. It includes loss of consciousness, excess movement or loss of muscle tone or movement, disturbances of behaviour, mood, sensation, and perception. Only the patient experiences the Epileptic fits or seizures causing a "sensation" within him/her. Most important thing in the epilepsy first aid management we have to stay calm; most seizures last less than a few minutes. Help the person having the seizure from getting hurt by moving any nearby objects out of the way, as necessary. The research includes Quantitative approach and quasi experimental non-equivalent control group pretest-posttest design. Total 60 patient's family members (30 in experimental group and 30 in comparison group) were recruited. Conveniently 1 hospital were selected and then the sample was chosen by convenience sampling technique. Tools in the study were selected variables, structured knowledge questionnaire and structured expressed practices scale. The mean post-test knowledge score of experimental group was higher (14.67) than the mean post test score of comparison group (9.77) which was found to be statistically significant ( $t = 2.21$ ,  $p = 0.00^{**}$ ) at the 0.05 level of significance. The mean post-test expressed practices score of the experimental group was higher (91.87) than the mean post-test expressed practices score of comparison group (74.50), which was found to be statistically significant ( $t = 14.46$ ,  $p = 0.00^{**}$ ) at the 0.05 level of significance. No significant association was found among knowledge scores and expressed practices scores regarding first aid management of epilepsy among patient's family members with selected variable. Video assisted teaching was effective to improve the knowledge and expressed practices regarding First aid management Epilepsy among patient's family members as there was a significant difference between experimental and comparison group.

**Key words:** Video assisted teaching, Knowledge, Expressed Practices, Patient's family members, First Aid, Epilepsy

## Introduction

Chronic non-communicable illnesses are a major health care problem in evolving countries and

neuropsychiatry disorders reason for more than a quarter of the global burden of disease. Mental sicknesses are major contributor to the universal drain of disease. From this, epilepsy is one of the most common and serious brain disorders in the world. It affects at least 50 million people in the world including Asian countries.<sup>1</sup> The pervasiveness of active epilepsy in developing countries range from 5 to 10 per 1,000 people. The worldwide prevalence rate of epilepsy varies from 2.8 to 19.5 per

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1,000 of the general population and is more prevalent among children. The estimated prevalence of epilepsy is 8–13 per 1,000 people.<sup>1</sup>

“Epilamabavian” means “to seize or to take hold of”. The term “epilepsy” is derived from such a Greek word. To the Greeks, epilepsy was a sacred disease; it was a disease of the brain. Later, it become known as “the falling sickness diseases condition”. Regardless of the insight gained into epilepsy, lack of knowledge, stigma and fear are still associated with this problem. People think epilepsy is a curse from god<sup>1</sup>

The epilepsy is a symptom complex of several disorders of brain function characterized by recurring seizures. Practically epilepsy is not a disease but a symptom that may lead to further mental diseases. It includes loss of consciousness, excess movement or loss of muscle tone or movement, disturbances of behaviour, mood, sensation, and perception.<sup>2</sup> Only the patient experiences the Epileptic fits or seizures causing a “sensation” within him. Perception of a strange light, unpleasant thought, visual changes, unpleasant smell and auditory changes are some of those sensations. These sensations are subjective feelings commonly known as ‘Aura’. Strong emotions, intense exercise, music or flashing lights can be the cause for activating the seizure’s in few people.<sup>2</sup>

Inadequate knowledge regarding the treatment routine and first aid management of the epileptic fits has caused various injuries (loss of teeth, injuries to the head, fracture and dislocation) during the epileptic fits. Various practices have also been documented such as placing a key in the hand of the patient, administered liquid orally, applying pressure to restrain the body, putting some objects into the mouth to force the teeth open.

## Material and Method

The is a quasi-experimental study was conducted during the period from October 2019 to January 2020 in Haryana, India. Total 60 patient’s were selected from Maharishi Markandeshwar Institute of medical Sciences and Research and Hospital OPD (Psychiatric department 30 in experimental and 30 in comparison group) by using convenience sampling technique. Video assisted teaching programme was provided to experimental

group.

### Inclusion criteria

Study included patient’s family members who were

- Available at the time of data collection
- Willing to participate in the study
- Who can understand Hindi

### Exclusion criteria

The exclusion criteria excluded teachers who were:

- Not available at the time of data collection

**Phase I:** The investigator visited Psychiatric OPD all days from Monday to Saturday. A structured knowledge questionnaire and expressed practices scale was used for the data collection after obtaining informed written consent. The study participants were given Video Assisted Teaching Programme on first aid management of epilepsy. In this VATP, all the details like epilepsy, causes of epilepsy manifestations and role of family members in first aid management thought provoking video to educate them.

**Phase II:** 7 days after intervention period, the post test were conducted when family members comes along with patient’s again. Pre and Post test results were analysed using SPSS 20.

**Study tool and study variables: Part A- Selected variables Details** age, gender, qualification, marital status, treatment, religion, stay with patient, previous knowledge on first aid management for epilepsy. **Part B- Structured knowledge questionnaire** the investigator asses the knowledge by using Structured knowledge questionnaire. **Part C Structured expressed practices scale** the investigator asses the knowledge by using Structured expressed practices scale.

## Results

**Distribution of the data based on** mean, mean difference, standard deviations of difference, standard error of mean difference and ‘t’ value of knowledge score of patient’s family members regarding First Aid Management of epilepsy before administration of VATP in experimental and comparison group. Table no. 1=

The mean knowledge score (9.40) of experimental group was lower than the mean knowledge score of (9.67) of comparison group with the mean difference of 0.26. The computed 't' value (0.54) was found to be statistically non-significant at 0.05 level of significance which inferred that both the groups were homogenous in terms of knowledge at the baseline. Table no= 2 expressed practices before administration of VATP regarding First Aid Management of epilepsy in experimental and comparison group. The mean Expressed practice score (68.57) of experimental group was higher than the mean Expressed practice score (67.13) of comparison group

with the mean difference of (1.43) the computed 't' value (1.30) and (p=0.19) was found to be statistically non-significant at the level of 0.05 level of significance which inferred that both the groups were homogenous in terms of expressed practice at the baseline. Table no=3 in experimental group, there was statistically significant weak positive correlation between knowledge and expressed practice **and was statistically significant at 0.05 level of significance, but in comparison group, there was no statistically significant correlation between knowledge and expressed practice**

**Table 1: Mean, mean difference, standard deviation of difference, Standard Error of Mean Difference and 't' value of Knowledge among Patient's family members after VATP in experimental and comparison group. (N=60)**

Group	Mean±SD	MD	SEMD	't' value	df	P value
Experimental group(n=30)	14.67±1.51	4.90	0.40	2.21	58	0.00*
Comparison group(n=30)	9.77±1.59					

**Table 2: Mean, mean difference, standard deviation of difference, Standard Error of Mean Difference and 't' value of Expressed practices among Patient's family members after VATP in experimental and comparison group. (N=60)**

Group	Mean±SD	MD	SEMD	't' value	df	P value
Experimental group(n=30)	91.87±3.64	17.36	1.20	14.46	58	0.00*
Comparison group(n=30)	74.50±5.47					

**Table 3: Correlation between knowledge and expressed practices regarding first aid management of epilepsy among patient's family members in both experimental and comparison group. (N=60)**

Groups	Expressed practices			
	Experimental (n=30)	Knowledge	Pre	0.18(0.92NS)
Post			XX	0.18(0.03*)
Comparison (n=30)	Knowledge	Pre	0.025(0.277NS)	XX
		Post	XX	0.29(0.11NS)

### Discussion

The present study aimed to evaluate the effectiveness of video assisted teaching on knowledge and expressed practices regarding first aid management of epilepsy among patient's family members in selected Hospital of Ambala, Haryana. The total number of patient's family members is 60. In present study, half of the family members (33%) belong to age group of less than 40 years. These findings are consistent with the study conducted by Howard Ring, James Howlett, Mark Pennington (2018) where they found that half aged 18–65 years with an ID and epilepsy under the care of a community ID team and had had at least one seizure in the 6 months before the trial.

### Conclusion

The findings of the study results show that Video Assisted Teaching Programme (VATP) effective in increasing the knowledge and expressed practices among patient's family members as there was a significant difference between the experimental and comparison group.

**Conflict of Interest:** Nil

**Source of Funding:** Nil

**Ethical Clearance:** The study was approved by the Ethics committee of the MMDU institute.

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