

# Study to Assess the Effectiveness of Structured Teaching Programme on Hospice and Palliative Care among Nursing Students

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## Abstract

**Context:** Patient and family who are confronting the issues of life threatening diseases achieves personal gratification through palliative care.

**Aim:** The primary goal of the investigation was to determine the adequacy of “structured teaching programme” on hospice and palliative care amidst nursing students.

**Setting:** Quasi experimental study was conducted in Kular College of Nursing, Kishangarh.

**Methods and material:** “Non-probability-convenience sampling technique was utilized to select sample. 60 subjects were selected for the study. Self structured knowledge questionnaire was used for data collection.

**Results:** The outcomes indicated that pre test mean score” was 16.86 & standard deviation was 3.1 while “post-test mean score” was 23.46 & standard deviation was 4.14.

**Conclusion:** “Structured Teaching programme” was efficacious in enhancing knowledge of nursing students.

**Keywords:** Effectiveness, structured teaching programme/STP, hospice, palliative care, nursing students

## Introduction

“According to Worldwide Palliative Care Alliance (WBPC)” despite more than 100 million individuals over the world profited by hospice and palliative care, yearly under 8% of those in need access it<sup>2</sup>. Despite the fact that India positions at the base of the nature of the passing list in general score, it is assessed that in India around 7 million individuals are determined to have malignant growth consistently, around 80% of all disease is analyzed in the serious stage when treatment is less compelling and palliative care become significant. Consistently in excess of 60 patients die in India from hazardous diseases and in pain. In India the overall number who needs palliative care is probably going to be 6 million individuals, however under 1% has access to it.<sup>3,4</sup>

For the life threatening diseases, sympathetic “hospice and palliative care” is provided to the patients.

Moreover, “Palliative care” which is a part of “hospice care” can be served as a distinctive field in clinical practice while treating the patient. “Hospice and palliative care” fulfills patients bodily, sentimental, religious demands as well. For alleviating manifestations of patients sickness while receiving treatment “palliative and hospice care” is beneficial.<sup>5</sup>

Nurses assume a significant part in care of fundamentally sick and passing on clients. The absence of information regarding “palliative care” is man snag for “nurses” & other medical experts.<sup>6</sup>

Main goal is to refine the “palliative care” in every setting and upgrade the relatives experience watching the demise process of their friends and family. Nurses have the option to provide viable palliative concern once they can recognize the manifestations and necessities of the patient. Team of “Palliative care” aims to reduce the suffering by alleviating the symptoms & emphasis

on “psychosocial concern”. They additionally try to organize care & interaction is enhanced among experts and within patient and family. Setting to setting team organization vary.

Considering the abovementioned, the current investigation was attempted to determine the adequacy of “structured teaching programme” about hospice and “palliative care” as far as information among student nurses. The goal of the investigation included assessment of the adequacy of “structured teaching programme” as far as information on hospice and palliative care among student nurses.

### Materials and Methods

“Quasi experimental” study was conducted in Kular College of Nursing, Kishangarh. One group pre-test and post-test design chosen for the study. Participants were chosen utilizing “purposive sampling technique”. The participants were students of B.Sc.(N) 2<sup>nd</sup> year. Informed consent was obtained from participants. Prior to the data collection, the necessary permission was

obtained from the concerned authorities. Questionnaire was distributed to the participants for pre-test, in which the questionnaire consists of two parts, Part A and Part B. Part A was designed to investigate the demographic data, while part B was designed to measure the knowledge level regarding hospice and palliative care. After pre-test, “structured teaching programme” was implemented upon same group. “Post-test” was carried out following 7 days to assess knowledge level among participants. Approval from the ethical and research committee of Kular College of Nursing was taken before starting the study. Descriptive and inferential statistics were used.

### Results

Results had indicated that most of the students who were in the age bunch 19 (63.3%) and followed by the age range over 20 year (23.3%) and least of them were in the age range of 18 (13.3%). Regarding habitat of the respondents rural frequency 25(83.3%) and urban 5(16.6%). Regarding religion of the respondents Sikh were 58(96.6%), Hindu were 2(3.3%) and no respondent were from Christian religion.

**Table 1: Pre-test and Post-test results**

Sr No.	Group	“Level of knowledge”					
		“Adequate knowledge”		“Moderate knowledge”		“Inadequate knowledge”	
		Frequency (f)	Percentage (%)	“Frequency” (f)	“Percentage” (%)	“Frequency” (f)	“Percentage” (%)
1.	Pre-test	-	-	12	20%	48	80%
2.	Post-test	2	3.33%	56	93.3%	2	3.33%

Table 1 depicts that in pre-test 20% had adequate knowledge and 80% had inadequate knowledge on Hospice and Palliative care according to post-test results majority of students i.e. 93.3% had adequate knowledge after structured teaching programme on hospice and palliative care, 3.33% had inadequate knowledge and 3.33% had inadequate knowledge.

**Table 2: Distribution of “Mean and Standard Deviation” of pre and post-test results**

Variables	Mean	SD	t test value	Table value	Inference
Pre- test	16.86	3.1	15.6		Significant
Post-test	23.46	4.14			

Table 2 shows that during “pre test mean score” was 16.86 & standard deviation was 3.1 whereas “post-test mean score” was 23.46 & standard deviation was 4.14. There is considerable connection between “structure teaching programme” and information score.

**Table 3 “Association between the post-test knowledge scores with their socio demographic variables”.**

Sr. No.	Demographic variables	Level of Knowledge			df	Table Value	Chi square	p-value
		Adequate	Moderate	Inadequate				
1.	Age in years				2	5.99	6.787S	0.1475
	18	1	6	1				
	19	0	37	1				
	>20	1	13	0				
2.	Habitat				1	3.84	3.42NS	0.180
	Rural	1	48	1				
	Urban	1	8	1				
3.	Religion				1	3.84	28.96S	0.00
	Sikh	1	56	1				
	Hindu	1	0	1				

**Table 3** presents that relationship within post-test information scores & “socio-demographic” variables, particularly, age, and religion found significant, as calculated value is greater than tabulated value at the p level of significance < 0.05. It means knowledge scores were associated with age and religion. And the association between post-knowledge scores and socio demographic variables such as habitat found non-significant, as calculated value is less than tabulated value at the p level of significance <0.05.

## Discussion

The current investigation uncovered that there was a considerable variation among pre and post test scores of knowledge. The outcomes are upheld by the results of the investigations Shany Thomas (2018)<sup>7</sup> on knowledge with respect to “palliative care” among staff nurses. Majority of subjects (94%) had adequate knowledge and only 6% subjects had moderate knowledge regarding palliative care.

An experiment was directed by Rajaragupathy S. et al, to evaluate the knowledge of palliative care among undergraduate students of medication, nursing, pharmaceuticals & physiotherapy. The investigation included absolute of 200 students. Findings uncovered that essential information about palliative care was insufficient among the undergraduate students of medical care. These results are consistent with the present study as 77 (96.25%) nurses had inadequate knowledge, while only 3 (3.75%) had adequate knowledge regarding palliative care.<sup>8</sup>

### Conclusion

The “structured teaching programme” was discovered to be compelling in expanding information among student nurses. Participants gained significant knowledge after the implementation of teaching programme. There ought to be workshops of students nurses and in-service training for the nurses so they can be fully informed regarding the changing trends which thus improve the patient result. Palliative care is rising consideration in India, so nurses should be prepared and instructed on the different parts of palliative care and idea should be joined in educational program so that student nurses can pick up information as per evolving patterns.

**Ethical Clearance:** Taken from ethical committee of Kular College of Nursing, Khanna, Ludhiana, Punjab

**Conflict of Interest:** Nil

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