

A Study to Assess the Effectiveness of Structured Teaching Programme (STP) to the Care Givers Regarding Pre and Post Operative Care on Knowledge and Practice of Clients, Undergoing Cataract Surgery at Selected Camps Conducted in Bidar

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Abstract

Introduction: Cataract is the clouding of the crystalline lens of the eye, placed at the back of the iris or in its envelop. cataract is very common in older people.¹ There are, many causes for cataract; they are smoking, diabetes, deterioration in the nutrition of the lens, deposits of acids and salt between lens fibers and disintegrate of lens fibers, use of alcohol and prolonged exposure to sunlight.² Age related cataract occurs in 40s and 50s. **Methods:** The research design selected for study was a one group pre-test post-test quasi experimental design. The study includes 60 caregivers who are selected as a sample by non-probability convenient sampling technique. **Result:** The major findings of the study revealed that, majority of care givers 48(80%) had inadequate level of knowledge about pre and post operative care on knowledge and practice of clients undergoing cataract surgery, whereas 12(20%) of care givers had moderate level of knowledge and none of care givers had adequate knowledge regarding pre and post operative care on knowledge and practice of clients undergoing cataract surgery before administration of structured teaching programme.³ However, significant increase in the post-test knowledge score of care givers after the administration of structured teaching programme.⁴ The post test data revealed that, majority of care givers 40(66.67%) had average level of knowledge about pre and post operative care on knowledge and practice of clients undergoing cataract surgery whereas 20(33.33%) of care givers had moderate level of knowledge and none of care givers had inadequate knowledge regarding pre and post operative care on knowledge and practice of clients undergoing cataract surgery after administration of structured teaching Programme.⁵ **Discussion:** The findings of this study revealed that knowledge of the caregivers having more knowledge regarding pre and post operative care after giving the structured teaching programme.⁶

Key words: *Cataract, Caregivers, Surgery, WHO, Crystalline lens & Blindness.*

Objectives of the Study

1. To assess the pretest knowledge among the care givers regarding pre and post operative care on knowledge and practice of clients, undergoing

Cataract surgery at selected camps.

2. To administer Planned Teaching Programme to care givers regarding pre and post operative care on knowledge and practice of clients, undergoing

Cataract surgery at selected camps.

3. To assess the posttest knowledge among care givers regarding pre and post operative care on knowledge and practice of clients, undergoing Cataract surgery at selected camps.

4. To determine the effectiveness of Planned Teaching Programme in terms of gain in knowledge score.

5. To know the association between pretest and posttest knowledge scores with selected demographic variables.

II. METHODOLOGY

Methodology of research organizes all the components of study in a way that is most likely to lead to valid answers to the problems to have been posed

Research approach:

In the present study an evaluative research approach was used to assess the knowledge of care givers regarding pre and post operative care on knowledge and practice of clients, undergoing Cataract surgery.

Research design:

The research design selected for study was a one group pre-test post-test quasi experimental design was best suited to find the knowledge of care givers regarding pre and post operative care on knowledge and practice of clients, undergoing Cataract surgery.

Variables under study:

A concept which can take on different qualitative values is called a variable

Independent Variable

Structured teaching programme

Dependent Variable

Knowledge regarding pre and post operative care on knowledge and practice of clients undergoing Cataract surgery.

Population:

The population of the present study consists of care givers of clients undergoing cataract surgery in selected camps conducted at hospital Bidar.

Sample and sample size:

The sample of the present study includes care givers of clients undergoing cataract surgery in selected camps conducted at hospital Bidar.

The sample size of the present study comprises of 60 numbers.

Sampling technique:

Sampling refers to the process of selecting the portion of population to represent the entire population. Non-probability convenient sampling technique was adopted for the present study.

Selection and development of tool:

The instrument selected in research must be the vehicle that obtains the best data for drawing conclusions to the study. The tool act as an instrument to assess and collect the data from the respondents of the study.

The tool was developed based on,

➤ Past clinical experience of the student investigator.

➤ Related review of literature (Books, Journals, Periodicals, and articles published and unpublished research studies) was reviewed and used to develop the tool.

- Based on the concept of the study.
- Based on the opinions of the subject experts.

➤ Based on the objectives of the study, the blue print was prepared under 3 main areas namely knowledge, comprehension and application. The prepared items were subjected to content validation, pre-testing and estimation of reliability.

Section B: Analyses and interpretation of pre-test and post-test level of knowledge of experimental group.

TABLE – 1: Aspect wise pre-test mean knowledge scores of care givers regarding pre and post operative care of patients undergoing cataract surgery

n=60

Domain	Max statements	Max Score	Range	Mean	SD	Mean%
Cataract- definition and causes	7	7	3--5	3.8	1.2	54.3
Signs and symptoms, diagnosis	15	15	5--10	5.5	1.4	36.7
Treatment, management and complications of cataract surgery	8	8	2--4	3.8	1.2	47.5
Overall	30	30	9--16	13.1	2.3	43.7

The above table-1 describes the mean and standard deviation of knowledge score obtained by care givers regarding pre and post operative care of patients undergoing cataract surgery before administration of

Results

Presentation of Data

The analyzed data has been organized and presented in the following sections: Section 1: Description of socio demographic variables of the caregivers in the experimental and control group.

The analyzed data has been organized and presented in the following sections.

Section A: Description of socio-demographic variable of the patient admitted in selected hospitals at Mandya Dist.

structured teaching programme. It is noticeable in the table that the care givers had obtained significantly low score in each aspect of pre and post operative care of patients undergoing cataract surgery before

administration of structured teaching Programme, that is score ranges from 9-16 with overall mean 13.1(43.7%) and standard deviation 2.3.

TABLE – 2 : Aspect wise post-test mean knowledge scores of care givers regarding pre and post operative care of patients undergoing cataract surgery

n=60

Domain	Max statements	Max Score	Range	Mean	SD	Mean%
Cataract- definition and causes	7	7	4--7	5.9	1.1	84.3
Signs and symptoms, diagnosis	15	15	8--14	10.6	1.5	70.7
Treatment, management and complications of cataract surgery	8	8	3--7	6.3	0.9	78.8
Overall	30	30	11--23	22.8	2.7	76.0

The above table-2 shows that, the mean and standard deviation of knowledge score obtained by care givers regarding pre and post operative care of patients undergoing cataract surgery after administration of structured teaching programme. It is noticeable in the table that the care givers have

obtained significantly high score in each aspect of pre and post operative care of patients undergoing cataract surgery after administration of structured teaching programme that is score ranges from 11-23 with overall mean 22.8(76.0%) and standard deviation 2.7.

TABLE-3: Comparison of knowledge of care givers regarding pre and post operative care of patients undergoing cataract surgery comparing pre-test with post-test

n=60

Level of knowledge	Score	Pre test		Post test	
		No	%	No	%
Inadequate	<50%	48	63.33	0	0.00
Moderate	50--75%	12	36.67	20	33.33
Adequate	>75%	0	0.00	40	66.67
Total	100	60	100	60	100

The above table shows the comparison of pretest and post-test knowledge of care givers on pre and post operative care of patients undergoing cataract surgery. The pre-test table depicts that, pre-test level of knowledge of care givers on pre-test knowledge level regarding pre and post operative care of patients undergoing cataract surgery. In the table it is noticeable that majority of care givers 48(80%) had inadequate level of knowledge about pre and post operative care of patients undergoing cataract surgery, whereas 12(20%) of care givers had moderate level of knowledge and none of care givers had adequate knowledge regarding pre and post operative care of patients undergoing cataract surgery before

administration of structured teaching programme.

The post-test table depicts that, post-test level of knowledge of care givers on pre and post operative care of patients undergoing cataract surgery, in which majority of care givers 40(66.67%) had average level of knowledge about pre and post operative care of patients undergoing cataract surgery, whereas 20(33.33%) of care givers had moderate level of knowledge and none of care givers had inadequate knowledge regarding pre and post operative care of patients undergoing cataract surgery after administration of structured teaching programme. Hence the data reveals the effectiveness of structured teaching programme.

TABLE – 4: To evaluate the effectiveness of structure teaching programme on pre and post operative care of patients undergoing cataract surgery

n=60

Domain	Mean	SD	Mean%	Unpaired 't' test
Cataract- definition and causes	2.1	0.89	30.0	18.2**
Signs and symptoms, diagnosis	5.1	1.6	34.0	24.6**
Treatment, management and complications of cataract surgery	2.5	1	31.3	27.6**
Overall	9.7	2.2	32.3	34**
**Significant at P<0.01 level, df 59, t value 2				

The above table-4, depicts the mean and standard deviation of knowledge score obtained by care givers in each aspect of pre and post operative care

of patients undergoing cataract surgery after the administration of the structured teaching Programme with mean of 11.2, S.D of 2.9 and mean% of 37.33.

The table shows that care takers had scored more in Signs and symptoms, diagnosis of cataract after the administration of structured teaching programme and are significant at $p < 0.001$ level, $df = 59$, (t-2) by unpaired 't' test.

Conclusion

It is concluded that there was significant difference between the pre-test knowledge level and post-test knowledge level of care givers regarding pre and post operative care on knowledge and practice of clients undergoing cataract surgery. The mean knowledge score of 60 care givers during the pre-test was 39.3% where as it had increased up to 76.0% during the post-test as an effectiveness of structured teaching programme. Therefore, the difference assessed was 32.3% between pre-test and post-test. Hence on-going teaching and health education programs can further improve the knowledge of care givers.

Ethical Clearance: It was obtained during the study from institutional ethical committee.

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Conflict of Interest: Nil.

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