



“A STUDY TO EVALUATE THE EFFECTIVENESS OF INFORMATION BOOKLET REGARDING PULMONARY REHABILITATION AMONG COPD PATIENTS ADMITTED IN SELECTED HOSPITAL AT SHAHJAHANPUR”

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ABSTRACT

Introduction: Chronic obstructive pulmonary disease (COPD) is a chronic inflammatory lung disease that cause obstructed airflow from the lungs. Symptoms include breathing difficulty, cough, mucus (sputum) production and wheezing. It's typically caused by long-term exposure to irritating gases or particular matter most often from cigarette smoke. People with COPD are at increased risk of developing heart disease, lung cancer and a variety of other condition.

Objective: To evaluate the effectiveness of information booklet regarding pulmonary rehabilitation among COPD patient admitted in selected hospital at Shahjahanpur.

Design: A quantitative approach using pre experimental one group pre and post test design.

Participants: 30 COPD patients who are admitted in district hospital at Shahjahanpur.

Intervention: Providing education with information booklet regarding pulmonary rehabilitation among COPD patient admitted in selected hospital at Shahjahanpur.

TOOL: Standardized 30 structured questionnaires to assess the level of knowledge regarding pulmonary rehabilitation.

Result: Analysis among Experimental group by using paired 't' test found significant value 21.86 at $p < 0.05$ level.

Conclusion: The structured information booklet is effective to increasing the knowledge of management on pulmonary rehabilitation among COPD patient admitted in District hospital at, Shahjahanpur.

INTRODUCTION:-

Chronic obstructive pulmonary disease (COPD) is a chronic inflammatory lung disease that causes obstructed airflow from the lungs. Symptoms include breathing difficulty, cough, mucus (sputum) production and wheezing. In all disease condition, the most common disease is chronic obstructive pulmonary disease (COPD) that mainly affects middle-aged or older adults who smoke. Many people do not realize they have it. The breathing problems tend to get gradually worse over time and can limit the normal activities.

PROBLEM STATEMENT: -

A study to evaluate the effectiveness of information booklet regarding pulmonary rehabilitation among copd patients admitted in selected hospital at shahjahanpur.

OBJECTIVE OF STUDY:-

- 1- To assess the pre-test and post-test level of knowledge regarding pulmonary rehabilitation among COPD patient admitted in Shahjahanpur.
- 2- To compare the pre-test and post-test level of knowledge regarding pulmonary rehabilitation among COPD patients admitted in Shahjahanpur.
- 3- To find out the association between the level of knowledge score with their selected demographic variables.

HYPOTHESIS: -

The hypothesis is tested of level 0.05 of significance.

The hypothesis used the study are –

H1: -There will be a significant difference between pre-test and post-test level of knowledge regarding pulmonary rehabilitation among COPD patients admitted in selected hospital at Shahjahanpur.

H2: -There will be a significant association between levels of knowledge scores with their selected demographical variables.

H0: - There will be no significant difference between pre-test and post-test level of knowledge regarding pulmonary rehabilitation among COPD patient admitted in selected hospital at Shahjahanpur.

METHODOLOGY**RESEARCH APPROACH**

In this study quantitative research approach will be utilized.

RESEARCH DESIGN

In this study the research design which is utilized i.e One group pre-test post–test pre experimental research design.

SETTING OF THE STUDY

Study was conducted at district hospital at Shahjahanpur.

SAMPLING TECHNIQUE

The sampling technique will be used are non probability sampling technique i.e. purposive sampling technique.

SAMPLE

The sample for the present study is COPD patient of who are admitted in district hospital.

SAMPLE SIZE

Sample size for the study is 30 COPD patients who are admitted in district hospital at Shahjahanpur.

TOOL

PART–1. It consisted of Demographic variables of COPD patients who were admitted in district hospital, shahjahanpur such as age, gender, place of residence, smoking status, work status, use of bronchodilator, amount of sputum.

PART-2. It consists of 30 structured knowledge questionnaires regarding pulmonary rehabilitation of COPD patient.

RESULT

SECTION 1: Frequency and percentage distribution of COPD patients is according to their demographic variables.

SR.NO.	DEMOGRAPHIC VARIABLE	FREQUENCY	PERCENTAGE
1.	AGE		
	a. 41-50	6	20%
	b. 51-60	20	66.66
	c. 61-70	4	13.33
	d. More than 70 year	0	0
2.	GENDER		

	a. Male	24	80%
	b. Female	6	20%
3.	RELIGION		
	a. Hindu	16	53.33%
	b. Muslim	8	26.66%
	c. Christian	6	20%
	d. Other	0	0%
4.	EDUCATION		
	a. Primary	18	60%
	b. High school	2	6.6%
	c. Intermediate	10	33.33%
	d. Graduation	0	0%
5.	PLACE OF RESIDENCE		
	a. Urban	17	56.66%
	b. Rural	13	43.33%
6.	OCCUPATION		
	a. Private job	4	13.33%
	b. Retired	16	53.33%
	c. Unemployed	8	26.66%
	d. Government job	2	6.66%
7.	SOURCE OF INFORMATION		
	a. Friend	9	30%
	b. Book	11	36.66%
	c. Media	6	20%
	d. Other	4	13.33%
8.	DIETARY PATTERN		
	a. Vegetarian	22	73.33
	b. Non vegetarian	8	26.66
9.	SMOKING STATUS		
	a. Passive smoker	20	66.66%

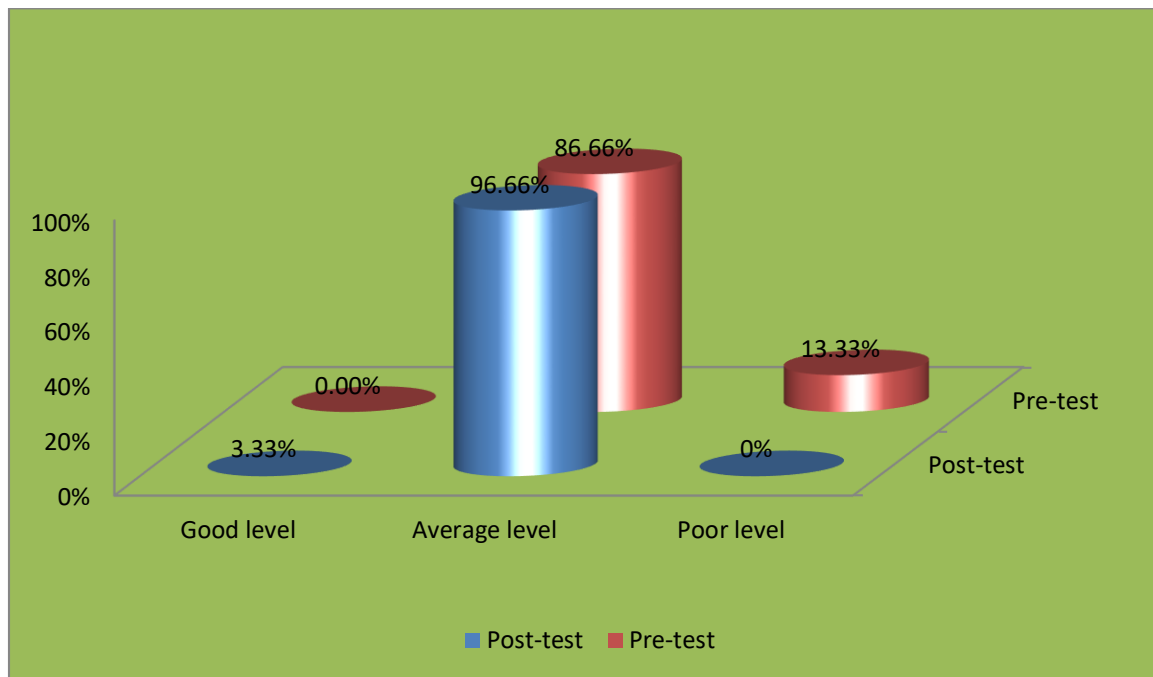
	b. Active smoker	10	33.33%
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10.	USE OF BRONCHODILATOR				
	a. Yes	24	80%		
	b. No	6	20%		
11.	AMOUNT OF SPUTUM				
	a. Small	10	33.33%		
	b. Moderate	18	6.0%		
	c. Large	2	6.66%		

SECTION-II: FREQUENCY, PERCENTAGE AND DISTRIBUTION OF PRE- TEST AND POST- TEST LEVEL OF KNOWLEDGE.

N=30

LEVEL OF KNOWLEDGE	PRE-TEST SCORE		POST-TEST SCORE	
	FREQUENCY	PERCENTAGE	FREQUENCY	PERCENTAGE
POOR LEVEL	4	13.33	0	0
AVERAGE LEVEL	26	86.66	29	96.66
GOOD LEVEL	0	0	1	3.33



FREQUENCY AND PERCENTAGE DISTRIBUTION OF PRE-TEST AND POST-TEST LEVEL OF KNOWLEDGE.

CONCLUSION:-

The main conclusion drawn from the present study most of the hospitalized COPD patients had poor and average knowledge regarding pulmonary rehabilitation in pre test and good and average knowledge regarding pulmonary rehabilitation in post test. This shows that the information booklet regarding pulmonary rehabilitation was effective on improving knowledge among hospitalized COPD patients.

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