



# “A STUDY TO ASSESS THE EFFECTIVENESS OF SELF INSTRUCTION MODULE ON KNOWLEDGE REGARDING POST COVID COMPLICATIONS AMONG STAFF NURSES IN SELECTED HOSPITALS HARYANA”

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## ABSTRACT:

Globally, there are now over 160 million confirmed cases of COVID-19 and more than 3 million deaths. The total number of cases in India has climbed to 3, 46, 90,510, and there are 92,281 active cases according to the Union Health Ministry data. The cumulative count of Covid cases in Haryana is 7, 71,116 cases, 7, 60,934 recoveries, 10,049 deaths and 110 active cases. The majority of people with COVID-19 experience mild-to-moderate illness, while approximately 10% – 15% develop severe illness and 5% become critically ill. The average recovery time from COVID-19 is 2–3 weeks depending on symptom severity. However, 1 in 5 people, regardless of the severity of their acute infection, may exhibit symptoms for 5 weeks or more, while 1 in 10 may have symptoms lasting 12 weeks or more. There is yet to be a consensus on the appropriate definitions for situations where COVID-19 symptoms persist beyond the acute phase of infection. Now the post covid complications have become a big concern in patients who have recovered from coronavirus disease (COVID-19). Multifold reports have shown that COVID-19 has a variety of long-term effects on almost all systems including respiratory, cardiovascular, gastrointestinal, neurological, psychiatric, reproductive, integumentary and dermatological systems. Hence it is the need of the hour to make the staff nurses aware about the post covid complications. A pre experimental one group pretest and posttest method was used in this study. The samples were selected by purposive sampling technique. The sample size was 40. A structured questionnaire was used to assess the knowledge regarding post covid complications. The responses in pretest showed that 39 (97.5%) had inadequate knowledge, 1 (2.5%) had moderately adequate knowledge and no one (0%) had adequate knowledge. After the implementation self-instruction module, post test result showed that 0 (0%) had inadequate knowledge, 11 (27.5%) had

moderately adequate knowledge and 29 (72.5%) had adequate knowledge. There was no significant association between the posttest knowledge and demographic variables like age, gender, educational qualification and place of posting.

**Key words:** Covid 19, Post covid complications, Staff nurses

## INTRODUCTION

Coronaviruses are a large family of viruses that are known to cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

According to WHO's case definition the "Post COVID-19 condition occurs in individuals with a history of probable or confirmed SARS CoV-2 infection, usually 3 months from the onset of COVID-19 with symptoms and that last for at least 2 months and cannot be explained by an alternative diagnosis. Common symptoms include fatigue, shortness of breath, cognitive dysfunction but also others and generally have an impact on everyday functioning. Symptoms may be new onset following initial recovery from an acute COVID-19 episode or persist from the initial illness. Symptoms may also fluctuate or relapse over time.

As staff nurses play a vital role in the treatment of covid patients, the researcher believed that educating staff nurses will benefit the patients and reduces the prevalence of post covid complications.

## STATEMENT OF PROBLEM

"A study to assess the effectiveness of self-instruction module on knowledge regarding post covid complications among staff nurses in selected hospital Haryana"

## OBJECTIVES OF THE STUDY

- 1) To assess the pre-test level of knowledge regarding post covid complications among staff nurses in selected hospital Haryana.
- 2) To assess the post-test level of knowledge regarding post covid complications among staff nurses in selected hospital Haryana.
- 3) To compare the pre and post-test level of knowledge regarding post covid complications among staff nurses in selected hospital Haryana.

## HYPOTHESIS

- H0 - There will be no difference between pre-test knowledge and post-test knowledge regarding post covid complications among staff nurses.
- H1- There will be a significant difference between pre-test and post-test knowledge score regarding post covid complications among staff nurses.

## DELIMITATION

1. Study was limited to written response on knowledge among staff nurses regarding post covid complications.
2. The study included only staff nurses working in selected hospital Haryana.

## PROJECTED OUTCOME

The study findings will help to improve the knowledge of post covid complications and minimizes its prevalence.

## REVIEW OF LITERATURE:

The review of literature for this study was organized under following headings.

1. Studies on prevalence of post covid complications.
2. Studies conducted on knowledge regarding post covid complications.
3. Studies conducted under the banner of WHO regarding post covid complications.

## Research Methodology:

The research approach used for this study was Quantitative research approach. A pre experimental research design was adopted with one group pre-test and post-test method. The study was conducted at Asian institute of medical sciences Faridabad Haryana. The researcher obtained the formal permission from the nursing superintendent, Asian institute of medical sciences Faridabad.

## POPULATION

### Target population

All staff nurses working at Asian institute of medical sciences Faridabad Haryana

### Accessible Population

Staff nurses working in medical wards, covid wards and emergency departments at Asian institute of medical sciences Faridabad Haryana.

## SAMPLING TECHNIQUE:

Non Probability, Purposive sampling technique was used to select 40 samples in this study.

## CRITERIA FOR SAMPLE SELECTION:

The samples were selected based on the following inclusion and exclusion criteria

### Inclusion criteria

- Staff nurses who have attended the covid patients
- Staff nurses who are available at the time of data collection
- Staff nurses who are able to understand Hindi or English

### Exclusion criteria

- Not willing to participate in the study
- Not able to participate due to their busy duty schedule.

## VARIABLES:

### Independent Variables

In this study, self-instruction module regarding post covid complications was the independent variable.

### Dependent Variable

In this study, the level of knowledge regarding post covid complications among staff nurses was dependent variable.

### Section A

It was about demographic profile such as age, gender, educational qualification, and place of posting.

### Section B

A self-structured questionnaire which consists of 25 multiple choice questions regarding post covid complications. There was one correct answer and 3 distracters for each question. For every correct answer a score of one awarded and for every wrong answer a score of zero awarded. The total possible score was 25. The total score of each subject was calculated and converted into percentage and interpreted as follows:

In adequate -	( $\leq$ 50%)
Moderately Adequate -	(50-76%)
Adequate -	( >76%)

## RELIABILITY OF THE TOOL

The tool was tested to ensure the reliability. It has been administered on 5 staff nurses working in covid ward during the pilot study. Reliability of the tool was established by test re-test method and the reliability was  $r=0.8$ . Hence the tool was reliable.

## DATA COLLECTION PROCEDURE:

The collection of data for the final study was carried out in the month of November 2021. Data was collected from 40 staff nurses working at Asian institute of medical sciences Faridabad Haryana. Purposive sampling technique was used to select sample. A written permission was taken from the nursing superintendent, Asian institute of medical sciences Faridabad Haryana.

## Results:

### Score grading comparison between pre and post-test

Grade	Pre-test		Post-test	
	Number	%age	Number	%age
Inadequate	39	97.5	0	0
Moderately adequate	1	2.5	11	27.5
Adequate	0	0	29	72.5

In the pre-test series 39 (97.5%) staff nurse had inadequate knowledge and 1 (2.5%) had moderately adequate knowledge and no one had adequate knowledge regarding post covid and after the introduction of Self Instruction Module on knowledge regarding post covid complications among staff nurse, most of the staff nurses i.e. 29 (72.5%) showed adequate knowledge and moderately adequate knowledge increased to 11(27.5%) and no one showed inadequate knowledge in post-test analysis. This means that there was a high significant improvement in the knowledge regarding post covid complications with a p-value of <0.000

### Total Pre-test & Post test scores with percentage

Pre-test		Post-Test	
score	%age	Score	%age
422	36.37	926	79.82

In the pre-test the total score achieved by the study group was 422 out of 1160 which is 36.37% and the score improved to 926 which is 79.82% in the post-test analysis. This shows a significant improvement of knowledge by 43.45%. This means that there was a significant improvement in the knowledge of the subjects after the introduction of self-instruction module.

For the comparison of the pre-test and post-test level of knowledge regarding post covid complications among staff nurses, the normality of the data was checked so that appropriate test can be used.

### Checking the normality of pre-test and post-test score

	KOLMOGOROV-SMIRNOV TEST				SHAPIRO-WILK TEST			
	Statistics	d.f	P value	Interpretation	Statistics	d.f	P value	Interpretation
<b>Pre-test</b>	0.101	40	0.200	Normally distributed	0.982	40	0.770	Normally distributed
<b>Post-test</b>	0.277	40	0.000	Not Normally distributed	0.867	40	0.000	Not Normally distributed

After analysis it was evident that the post test data is not normally distributed, so we used alternative of paired t test i.e. Wilcoxon Signed rank test to compare pretest and posttest level of knowledge.

Z Value	P value	Interpretation
-5.533	0.000	Highly significant

From the above table it is evident that there was a significant improvement in knowledge regarding post covid complications among staff nurses in selected hospital Haryana after the introduction of Self Instruction Module with  $z = -5.533$ ,  $p < 0.000$

Hence the above findings suggested that the planned teaching programme was effective and it increased the knowledge among the staff nurses regarding post covid complications. So null hypothesis (H<sub>0</sub>) is rejected and Hypothesis (H<sub>1</sub>) is retained.

### CONCLUSION:

This study concluded that the self-instruction module on knowledge regarding post covid complications among the staff nurses working at Asian institute of medical sciences Faridabad Haryana was effective in improving knowledge of staff nurses.

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