"A study to assess the effectiveness of Structured Teaching Program on the level of knowledge regarding prevention of Stroke among the GNM 3rd year students at Era College of Nursing, Lucknow"

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ABSTRACT

A study to assess the Effectiveness of Structured Teaching Program on the level of knowledge regarding the prevention of Stroke among GNM 3rd year students at Era College of Nursing, Lucknow. This study was conducted using quantitative research approach at Era College of Nursing, Lucknow. Pre- experimental one group pre- test post- test design was used in study. The total sample size was 50 selected by convenient sampling techniques. The data was collected by administering structured knowledge questionnaire followed by structured teaching programme about prevention of Stroke. After one week post- test was done to assess the effectiveness of prevention of Stroke. The data obtain are tabulated and analysed using descriptive and inferential statistics. The statistical analysis of the data shown 36 (72%) that had adequate knowledge, 14 (28%) had moderate knowledge and (0.0%) had inadequate knowledge. The mean pre-test knowledge score 11.36 with standard deviation 3.462. After giving the structured teaching the mean score was increased to 17.54 with standard deviation 1.631. This knowledge score among GNM 3rd year students was statistically tested by structured teaching programme. The findings revealed that there was a significant improvement in knowledge of GNM 3rd year student in post-test after structured teaching programme. It had also seen that there was an association with post-test knowledge and selected demographic variables like- age, clinical experience with stroke patient, previous knowledge, source of information regarding prevention of Stroke.

Key word – Effectiveness, Structured Teaching Program, Prevention of Strok.

Introduction

Stroke is a medical emergency that occurs when blood supply to the brain is reduced due to either blockage or leakage of a blood vessel resulting in to damage of brain tissue. Stroke is an acute onset of neurological dysfunction due to an abnormality in cerebral circulation with resultant signs & symptoms which corresponds to involvement of focal areas of the brain.

Background

The American Heart Association (AHA), in conjunction with the National Institutes of Health, annually reports the most up-to-date statistics related to heart disease, stroke, and cardiovascular risk factors, including core health behaviours (smoking, physical activity, nutrition, sleep, and obesity) and health factors (cholesterol, blood pressure, glucose control, and metabolic syndrome) that contribute to cardiovascular health. The AHA Heart Disease and Stroke Statistical Update presents the latest data on a range of major clinical heart and circulatory disease conditions (including stroke, brain health, complications of pregnancy, kidney disease, congenital heart disease, rhythm disorders, sudden cardiac arrest, sub clinical atherosclerosis, coronary heart disease, cardiomyopathy, heart failure, valvular disease, venous thrombolytic, and peripheral artery disease) and the associated outcomes (including quality of care, procedures, and economic costs).

Methodology

This study was conducted using quantitative research approach at Era College of Nursing, Lucknow. Pre-experimental one group pre- test post- test design was used in study. The total sample size was 50 selected by convenient sampling techniques. The data was collected by administering structured knowledge questionnaire followed by structured teaching programme about prevention of Stroke. After one week post- test was done to assess the effectiveness of prevention of Stroke.

SECTION-1

DISTRIBUTION OF DEMOGRAPHIC CHARACTERISTICS OF GNM 3RD YEAR STUDENTS.

Table-01: Frequency and percentage distribution of samples according to their selected demographic variable.

N=50

Variables	Category	Frequency	Percentage
Age	18-20 years	22	44%
	21-24 years	26	52%
	25-28 years	02	04%
	29-32 years	00	00%
Clinical experience	Yes	30	60%
	No	20	40%
Previous knowledge	Yes	50	100%
	No	00	00%
Specify sources	Teacher	24	48%
	Parents	07	14%
	Mass media	09	18%
	Seminar/workshop	00	00%

Table 1: According to age among 50 samples of group, 22 (44%) were from18- 20 years age group, 26 (52%) were from 21- 24 years age group, 2 (4%) were from 25- 28 years age group. According to age among 50 sample of experimental group, 22 (44%) were from 18- 20 years of age group, 26 (52%) were from 21- 24 years of age group, 4 (8%) were from 25- 28 years of age group, 0 (0%) were from 29- 32 years of age group.

SECTION-2

Analysis of effect of Structure Teaching Programme on knowledge regarding prevention of Stroke.

Table-2 : Determine the effect of pre-test & post-test knowledge of score regarding prevention of stroke.

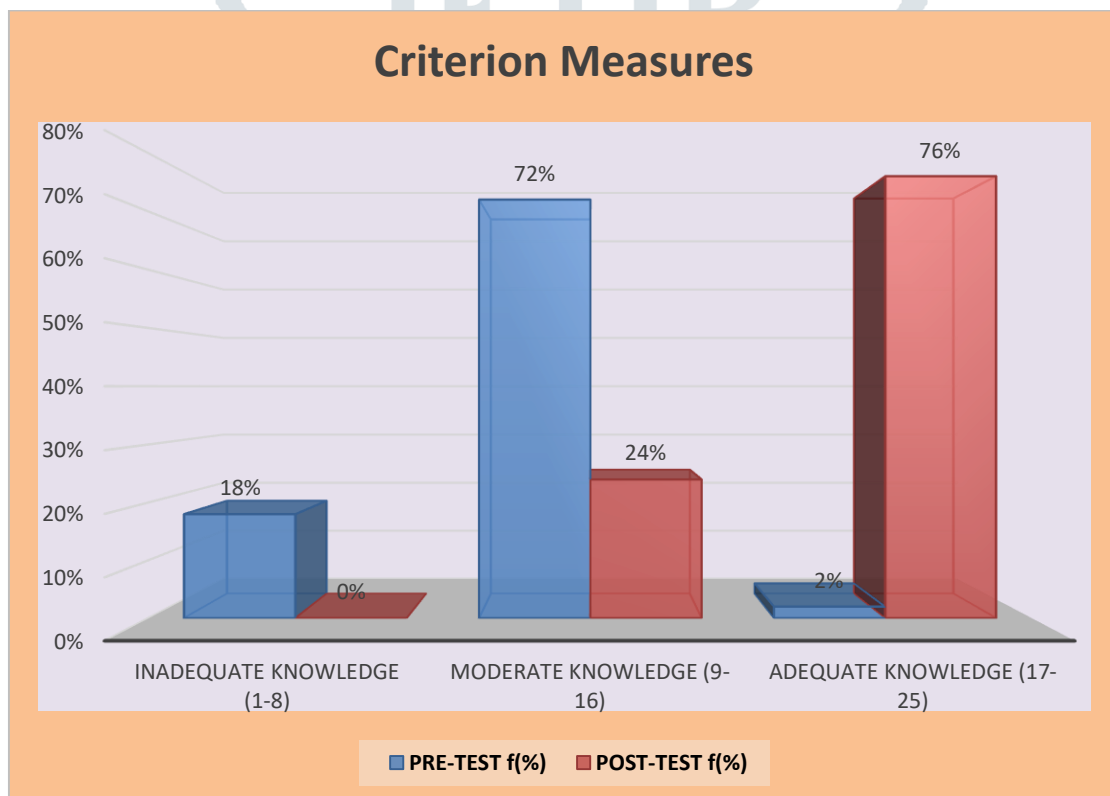| MEASURES CRITERIA OF KNOWLEDGE SCORE		
SCORE LEVEL (N=50)	PRE-TEST F (%)	POST-TEST F(%)
INADEQUATE KNOWLEDGE(1-8)	10(20%)	0(0%)
MODERATE KNOWLEDGE(9-16)	39(78%)	12(24%)
ADEQUATE KNOWLEDGE(17-25)	1(2%)	38(76%)
Maximum Score=25 Minimum Score=0		

Table 2 : Bar diagram depicts mean (17.54), SD (1.631%), Median score (17), Maximum score (22), Minimum score (15), Range (7) regarding prevention of stroke among GNM 3rd year students.

SECTION -3

ASSOCIATION OF PRE –TEST KNOWLEDGE SCORES WITH SELECTED SOCIO-DEMOGRAPHIC VARIALES

Table : 3

ASSOCIATION OF PRE-TEST KNOWLEDGE SCORES WITH SELECTED SOCIO-DEMOGRAPHIC VARIABLES							
Variables	**Category**	**Adequate knowledge**	**Moderate knowledge**	**Inadequate knowledge**	**Chi test**	**P value**	**Df**
Age	18-20 year	1	18	3	0.956	0.657	4
	21-24 year	0	20	6			
	25-28 year	0	1	1			
	29-32 year	0	0	0			
Clinical experience	Yes	0	24	6	0.731	0.625	2
	No	1	15	4			
Previous knowledge	Yes	1	39	10	0.317	1.000	1
	No	0	0	0			
Specify sources	Teachers	1	20	6	0.978	0.443	4
	Parents	0	13	0			
	Mass communication	0	6	4			
	Seminar/Workshop	0	0	0			

Discussion

This study was conducted using quantitative research approach at Era College of Nursing, Lucknow. Pre-experimental one group pre- test post- test design was used in study. The total sample size was 50 selected by convenient sampling techniques. The data was collected by administering structured knowledge questionnaire followed by structured teaching programme about prevention of Stroke. After one week post- test was done to assess the effectiveness of prevention of Stroke. The duration of the test ranged from 10-15 minutes for each students. The statistical analysis of the data shown 36 (72%) that had adequate knowledge, 14 (28%) had moderate knowledge and (0.0%) had inadequate knowledge. The mean pre-test knowledge score 11.36 with standard deviation 3.462. After giving the structured teaching the mean score was increased to 17.54 with standard deviation 1.631.

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