



A STUDY TO ASSESS THE EFFECTIVENESS OF BOOKLET ON SELF-CARE ASPECTS AND MANAGEMENT OF PATIENTS UNDERGOING HAEMODIALYSIS IN SELECTED HOSPITALS OF AURANGABAD CITY.

HRUSHIKESH PRABHAKAR PATIL.¹

ASSOCIATE PROFESSOR,

DEPARTMENT OF MENTAL HEALTH NURSING,

JMF'S A.C.P.M COLLEGE OF NURSING, DHULE, MAHARASHTRA, INDIA.

Abstract

The background of the study was patients undergoing haemodialysis require adequate knowledge and skills related to self-care and disease management. Lack of knowledge can lead to complications and poor health outcomes. The objectives of the study to assess the effectiveness of a booklet on self-care aspects and management among patients undergoing haemodialysis. The methods of the study a quantitative research approach with a pre-experimental one-group pre-test and post-test design was adopted. The study was conducted among 60 patients undergoing haemodialysis in selected hospitals of Aurangabad city using convenience sampling. Data were collected using a self-structured questionnaire. The Results of the study revealed that in the pre-test, 48.33% of participants had poor knowledge, 50% had average knowledge and 1.66% had good knowledge. In the post-test, 6.66% had poor knowledge, 91.66% had average knowledge and 1.66% had good knowledge, showing improvement after the intervention. The conclusion of the study was educational booklet was effective in improving knowledge related to self-care and management among haemodialysis patients.

Keywords: *Haemodialysis, Self-care, Booklet, Patient education, Nursing*

Introduction

Chronic kidney disease is a major global health problem affecting millions of individuals. Haemodialysis is a life-saving treatment for patients with end-stage renal disease. Proper self-care practices such as fluid management, dietary control, medication adherence and prevention of complications are essential. Educational interventions such as booklets are cost-effective methods to improve patient knowledge and promote better health outcomes.

Statement of the Problem

A study to assess the effectiveness of booklet on self-care aspects and management of patients undergoing haemodialysis in selected hospitals of Aurangabad city.

Objectives

1. To assess the knowledge regarding self-care aspects and management of haemodialysis among patients undergoing haemodialysis.
2. To evaluate the effectiveness of the booklet on self-care aspects and management of haemodialysis.
3. To find the association between post-test knowledge scores and selected demographic variables.

Hypotheses

- H₀:** There will be no significant increase in the post-test knowledge score compared to the pre-test knowledge score.
- H₁:** There will be a significant increase in the post-test knowledge score compared to the pre-test knowledge score.

Methodology

A quantitative research approach with one-group pre-test and post-test design was used. The study was conducted in selected hospitals of Aurangabad city. A total of 60 haemodialysis patients were selected using convenience sampling technique. Data were collected using a self-structured questionnaire on haemodialysis self-care. After the pre-test, a booklet on self-care aspects and management was administered. Post-test knowledge was assessed after the intervention. Data were analyzed using descriptive and inferential statistics.

Results

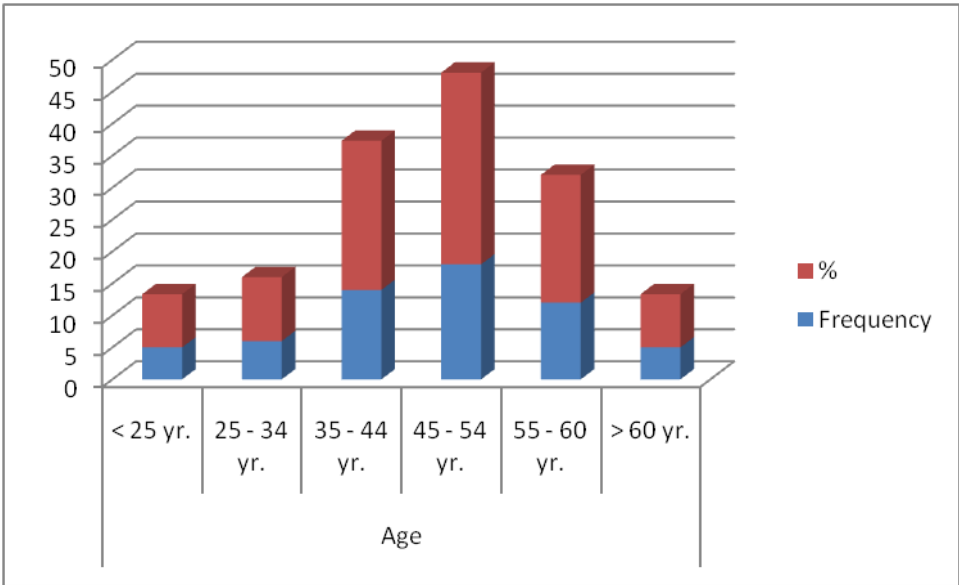
Table 1: - Frequency and percentage distribution of subjects based on age, gender, education, occupation.

Demographic Variable	Categories	Frequency	%
Age	< 25 yr.	5	8.33
	25 - 34 yr.	6	10.00
	35 - 44 yr.	14	23.33
	45 - 54 yr.	18	30.00
	55 - 60 yr.	12	20.00
	> 60 yr.	5	8.33
Gender	Female	32	53.33
	Male	28	46.67
Education	Illiterate	10	16.67
	Primary	8	13.33
	Secondary	16	26.67
	Higher secondary	17	28.33
	Graduate	9	15.00
	Post Graduate	0	0.00
Occupation	Self Employed	18	30.00
	Government	8	13.33
Unemployed		16	26.67
Retired		18	30.00
Other		0	0.00

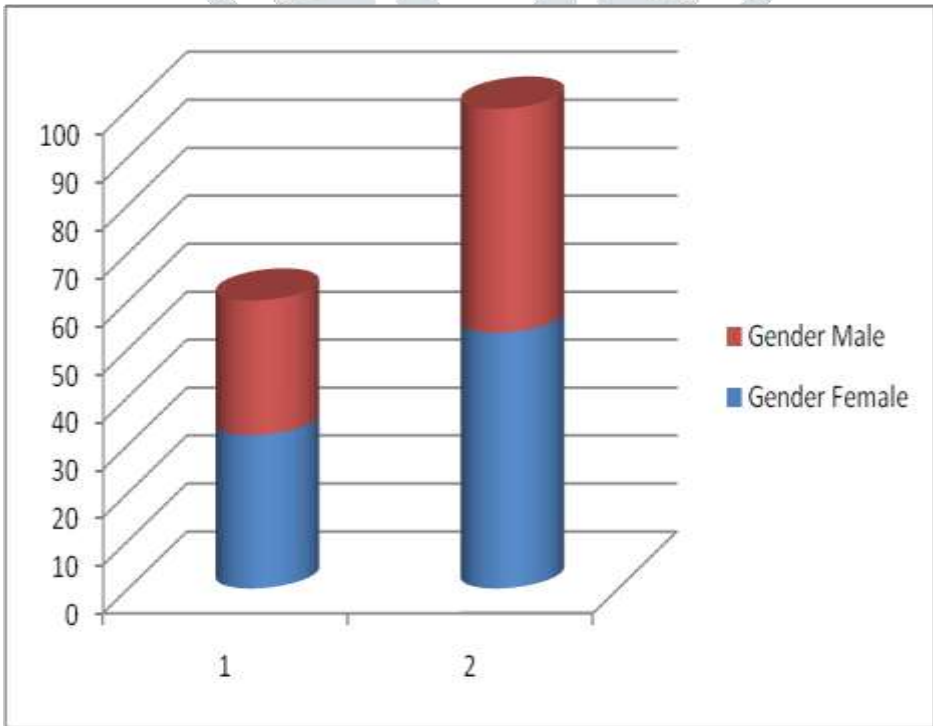
The table shows total sample consist of 60 patients with Hemodialysis. Majority of the patient with Hemodialysis 30% are belongs to age group 45 to 54 year, were in the age group of 55 to 60 year 20% patients, in age group of 35 to 44 year 23.33% patients, in the age group

of 25 to 34 year 10% patients, in the age< 25 age 8.33 patients with hemodialysis are present. 53.33% major patients with renal calculi were Females and 46.67% were Males in same group. In regarding with Education, the majority number of the patients with renal calculi 28.33%are belongs to Higher Secondary, 26.67% of people belongs to Secondary, 15% of people are with Graduate, 13.33% of people are belongs to Primary and 16.67 % Belongs to Illiterate. In regarding with Occupation majority of people are Self-employed which is near about 30.00%, 30% patients are Retired 26.67% of patients unemployed, 13.33% patients are Government Job.

FigureNo.1: Frequency and percentage distribution of subjects based on age.



FigureNo.2: Frequency and percentage distribution of subjects based on gender.



FigureNo.3: - Frequency and percentage distribution of subjects based on educational level.

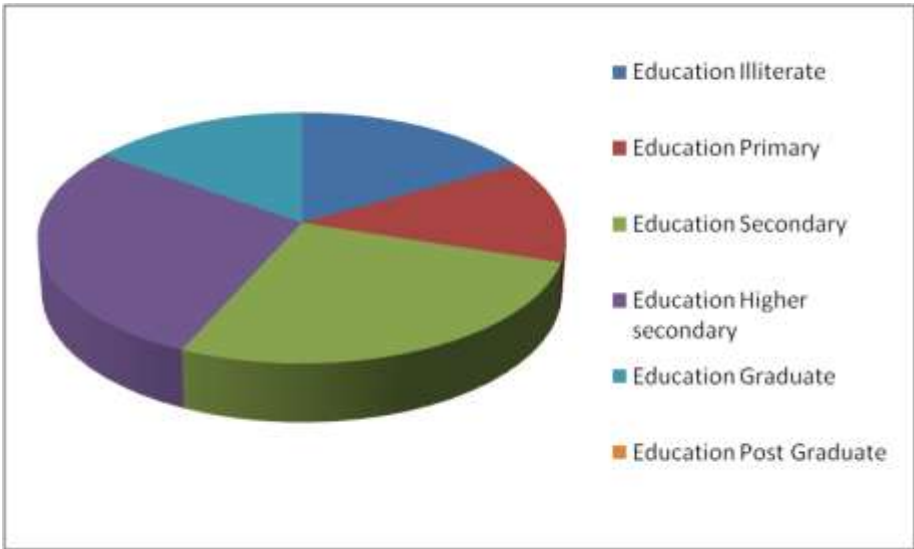


Table no. 2: Parameter wise Pre-test Knowledge scores of Respondents on Haemodialysis.

N=60

Sr. No	Level of knowledge			Frequency	Percentage
	Range		Inference		
1.	0-10	0 – 33.3%	Poor	4	6.66%
2.	11–20	33.3% - 66.6%	Average	55	91.66%
3.	21- 30	66.6% - 100%	Good	1	1.66%

The data presented in the table 4 and figure 13 reveals that majority 91.66% of the participants were having average knowledge and 1.66% participants were having good knowledge and 6.66% of the participants were having inadequate knowledge regarding Haemodialysis and its management.

Table 3: Distribution of Knowledge Scores (n = 60)

Knowledge Level	Pre-test (n)	Percentage	Post-test (n)	Percentage
Poor	29	48.33%	4	6.66%

Average	30	50.00%	55	91.66%
Good	1	1.66%	1	1.66%

The findings show a marked improvement in knowledge scores after administration of the booklet.

Discussion

The results of this study revealed that the educational booklet significantly improved knowledge regarding self-care and management among haemodialysis patients. Similar findings have been reported in previous studies, indicating that educational interventions are effective in enhancing patient knowledge and promoting healthy practices.

Conclusion

The study concluded that the booklet on self-care aspects and management was effective in improving knowledge among patients undergoing haemodialysis.

Recommendations

1. Similar studies can be carried out with a larger sample.
2. Different educational methods can be used to reinforce learning.
3. Community-based studies can be conducted.

References

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