



“ASSESS THE EFFECTIVENESS OF STRUCTURE TEACHING PROGRAM ON CARDIAC REHABILITATION IN TERMS OF KNOWLEDGE AND SKILLS AMONG STAFF NURSES OF SELECTED HOSPITAL OF VADODARA.”

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1. *Abstract* : **PROBLEM STATEMENT**:- “Assess The Effectiveness Of Structure Teaching Program On Cardiac Rehabilitation In Terms Of Knowledge And Skills Among Staff Nurse Of Selected Hospital Of Vadodara City, Gujarat.” **OBJECTIVES OF THE STUDY**:- □ To assess the pretest regarding cardiac rehabilitation knowledge and skills among the staff nurses. □ To evaluate the effectiveness of structure teaching programme on cardiac rehabilitation. □ To associate the pretest knowledge and skills with their demonstration variables.

MATERIAL AND METHOD:- A Quasi- experimental approach was used for this study. One group pre-test, post-test design was used in the study. Study was conducted on 60 samples in selected hospitals to assess the knowledge and skills regarding cardiac rehabilitation care with non-probability (convenient sampling) technique was adopted for sample selection. Data collection done by administering structure knowledge questionnaire for assess the knowledge and observational checklist for assess skills.

RESULTS:- In the demographic data of samples, that out of 60 samples under study, according to age majority 51(85%) were belonged to the 20-30 years, 8(13.3%) belonged to the 31-40 years, 1(1.7%) belonged to more than 41-50 years and 0(0%) belonged to above 50 years of age group. Data on qualification of staff nurses showed that maximum 29(48.4%) were qualified with GNM, 0(0%) were qualified with ANM, 26(43.3%) were qualified with B. Sc(N), 5(8.3%) were qualified with M.sc (N), 0(0%) were qualified with ANM. As per Working experience, majority 0(0%) had less than 1 year of experience, 50(83.3%) had 1-5 years of experience, 10(16.7%) had 6-10 years of experience, 0(0%) had above 10 years of experience. There were no staff nurse had more than 10 years of experience, as per attend workshop, seminar, Inservice and training regarding cardiac rehabilitation care, majority 52(86.7%) were no attended, 8(13.3%) were attended seminar, workshop, in-service and training regarding cardiac rehabilitation care. In pre-test out of 40(66.7%) were average knowledge score, 20(33.3%) were poor knowledge score, none of them good knowledge score. Where as in posttest 51(85%) were good knowledge score, 9(15%) were average knowledge score and none of them poor. The mean difference of 8.26 and calculated 't' value($t=26.68$) was greater than tabulated 't' value($t=2.00$) which was statistically proved. Thus, the Structure teaching programme was effective and null hypothesis was rejected and research hypothesis was accepted. In pre-test out of 60 samples, 0(0%) were good skills score, 40(66.7%) were average skills score and 20(33.3%) were poor skills score, Where as in post-test 51(85%) were good skills score, were as in post – test 9(15%) average skills score and none of them poor skills score post-test skill score was higher than mean pre-test skills score with mean difference of 7.50 and calculated 't' value($t=30.86$) was greater than tabulated 't' value($t=2.00$) which was statistically proved. Thus, the Structure teaching programme was effective and null hypothesis was rejected and research hypothesis was accepted The post-test knowledge mean score was 8.26 and post-test skills mean score 7.50 and total number of samples was 60 and there was significance moderate correlation 0.76 between post-test knowledge score and post-test skills score of samples.

CONCLUSION:- In pre-test out of 60, 40(66.7%) were average knowledge score, 20(33.3%) were poor knowledge score, none of them good knowledge score. Where as in post-test 51(85%) were good knowledge score, 9(15%) were average knowledge score and none of them poor. The mean difference of 8.26 and calculated 't' value($t=26.68$) was greater than tabulated 't' value($t=2.00$) which was statistically proved. Thus, the video assisted teaching programme was effective and null hypothesis was rejected and research hypothesis was accepted.

In pre-test out of 60 samples, 4(6.7%) were good skills score, 56(93.3%) were average skills score and 0(0%) were poor skills score, Where as in post-test 60(100%) were good skills score, None of them average skills score and none of them poor skills score post-test skills score was higher than mean pre-test skills score with mean difference of 7.50 and calculated 't' value($t=30.86$) was greater than tabulated 't' value($t=2.00$) which was statistically proved. Thus, the structure teaching program was effective and null hypothesis was rejected and research hypothesis was accepted.

The post-test knowledge mean score was 16.20 with mean percentage 8.26% and post-test skills mean score was 18.96 with mean percentage 7.50% and total number of samples was 60 and there was significance moderate correlation 0.76 between posttest knowledge score and post-test skills score of samples.

In the association there was significant association between pre-test knowledge score with qualification, working experience of staff nurse in selected hospital There was no significant association between pre-test knowledge score and age, attend seminar, Inservice education, workshop and collect information cardiac rehabilitation care.

KEY WORDS: - Effectiveness, Structure teaching program, knowledge, Skill of Staff nurse.

I. RESEARCH METHODOLOGY

Research methodology indicates the general pattern of organization the procedure for gathering valid and reliable data for an investigation.

3.1 Population and Sample

Target population is the entire population in which a researcher is interested and to which he or she would like to generalize the research study. The need for defining a population for a research project arises from the requirement to specify the group to which results of the study are applied. In this study, target population is considered as all staff nurse in selected hospitals of Vadodara city.

3.2 Data and Sources of Data

The following criteria were used for the selection of sample for the study.

INCLUSION CRITERIA:

- Staff nurse who are working in selected hospital in Vadodara city.
- Staff nurse who are willing to participate at the time of this study.
- Staff nurse who are available at the time of data collection.

EXCLUSIVE CRITERIA:

- Staff nurse who are not willingly to participate in research study.

3.3 Theoretical framework

Some theoretical models that could inform this study include:

1. LUDWIG VON BERTALANFFY-GENERAL SYSTEM THEORY

The conceptual framework of the present study is based on general system model of theory approach with input, throughput, output and feedback which was first introduced by Ludwig Von Bertalanffy This study is done particularly to prepare structure teaching program to evaluate its effectiveness in terms of gain in knowledge and skills.

3.4 Statistical tool

This section elaborates the proper statistical/econometric/financial models which are being used to forward the study from data towards inferences. The detail of methodology is given as follows.

3.4.1 Descriptive Statistics

The obtained data were analyzed by using the descriptive and inferential statistics.

The mean post-test knowledge score (39.47) was significantly higher than the mean pre-test knowledge score (24.10) with the mean difference (15.37). There was a significant difference between pre-test and post-test knowledge score at $p < 0.05$. The results of the study revealed that the planned teaching program was significantly effective in improving the knowledge of staff nurses. Conclusion: Hence, the study concluded that Staff nurses were having inadequate knowledge and structured teaching programme was effective in enhancing their knowledge regarding cardiac rehabilitation care.

Hence, it was proved that the structure teaching program was effective in increasing knowledge and improved in skills among staff nurse in selected hospital.

IV. RESULTS AND DISCUSSION

4.1 Results of Descriptive Statics of Study Variables

In the demographic data of samples, that out of 60 samples under study, according to age majority 51(85%) were belonged to 20-30 years, 8(13.3%) belonged to 31-40 years, 01(1.7%) belonged to more than 41-50 years and 0(0%) belonged to more than 50 years of age group. Data on qualification of staff nurses showed that maximum 29(48.4%) were qualified with GNM, 0(0%) were qualifies with ANM, 26(43.3%) were qualified with B. Sc(N), 5(8.3%) were qualified with M.sc(N). As per Working experience, majority 0(0%) had less than 1 year of experience, 50(83.3%) had 1-5 years of experience, 10(16.7%) had 6-10 years of experience. There were no staff nurse had more than 10 years of experience. as per attend workshop, seminar, Inservice and training regarding IV cannulation, majority 52(86.7%) were no attended, 8(13.3%) were attended seminar, workshop, in-service and training regarding cardiac rehabilitation care, as per collect information.

In pre-test out of 60, 40(66.7%) were average knowledge score, 20(33.3%) were poor knowledge score, none of them good knowledge score. Where as in post-test 51(85%) were good knowledge score, 9(15%) were average knowledge score and none of them poor. The mean difference of 8.26 and calculated 't' value($t=26.68$) was greater than tabulated 't' value($t=2.00$) which was statistically proved. Thus, the video assisted teaching programme was effective and null hypothesis was rejected and research hypothesis was accepted.

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In the association there was significant association between pre-test knowledge score with qualification, working experience of staff nurse in selected hospital There was no significant association between pre-test knowledge score and age, attend seminar, inservice education, workshop and collect information cardiac rehabilitation care.

Regarding cardiac rehabilitation in the association there was significant association between pre-test skills score with age, working experience of staff nurse in selected hospital. There was no significant association between pre-test skills score with qualification, attend seminar, in-service education, workshop and collect information regarding cardiac rehabilitation care from social media.

Effectiveness of structure teaching programme on knowledge and skills Regarding cardiac rehabilitation among staff nurses N=60

Effectiveness	Pre-test Mean±SD	Post-test Mean±SD	Mean D	t value	df	p value
Knowledge	7.93±2.09	16.20±1.93	8.26	26.68	59	0.001*
Skills	11.46±1.75	18.96±1.17	7.50	30.86	59	0.001*

*P<0.05 level of significance
NS-Non significance

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