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A Study to Assess the Effectiveness of Self Instructional Module on Knowledge Regarding Home Care Management of Diabetes Selected Urban Area at Gwalior

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Abstract

Diabetes is the most common chronic disease among Indian population. It is Present in up to 18% of persons older than 65, compromising more than 40% of all Persons with Diabetes in United States. Over 200 million people in the U.S. have Diabetes, but many cases are preventable and there are important steps we can take to Lower the risk

Keywords: Knowledge, effectiveness, home care management, self-instructional module

INTRODUCTION

Diabetes refers to diabetes mellitus (or) less often, to diabetes insipidus. Diabetes Mellitus and diabetes insipidus share the name “diabetes” because they are both condition Characterized by excessive urination (polyuria).The word “diabetes” is borrowed from the Greek word meaning “a siphon”. The 2nd century A.D. Greek physician, Aretus the Cappadocia named the condition “diabetes”. He has explained the clients with it had polyuria and passed water like a Siphon. “kinds health organization defined diabetes mellitus (some time called “sugar Diabetes” is a condition that occurs when the body can’t use glucose (a type of sugar).

Need of the study

We need energy to carry out any activity by the body. Our body converts Glucose into working power and remains active. Digestive process converts Carbohydrates from our food into glucose. As the proportion of glucose in the blood Increases, immediately pancreas gland situated behind the stomach releases hormones Known as insulin. It converts glucose in the form of power and stores the extra Glucose in the cells of liver and muscles. Thus the quantum of glucose in the blood Remains balanced. In the current health care environment, there will be no administrative movement Toward improving quality of diabetes care unless there is a related profit incentive or a Care deficit related penalty. Evidence based improved method and tools for achieving Optional glycaemic control are now available.

Statement of problem

“A STUDY TO ASSESS THE EFFECTIVENESS OF SELF INSTRUCTIONAL MODULE ON KNOWLEDGE REGARDING HOME CARE MANAGEMENT OF DIABETES SELECTED URBAN AT GWALIOR”

Objectives of study

- To assess the level of knowledge regarding Home Care Management Of Diabetes among Patients
- To determine the effectiveness of self instructional module regarding home care Management of Diabetes among patients.
- To find out the association between post test knowledge score of patents with Selected demographic variables

Operational Definition

Assess: It refers to gathering the information on knowledge regarding home care Management of Diabetic among diabetes patients.

Effectiveness: It refers to the outcome of self instructional module in improving The knowledge of diabetes patients regarding home care management.

Patients: Patients are the individuals who are suffering from chronic diabetes Mellitus.

Self-instructional module: It refers to an informational booklet, which include Meaning, causes, clinical manifestation, diet and exercise include home care management Also.

Diabetes: Diabetes is a syndrome caused by an imbalance body's insulin supply

CONCEPTUAL FRAMEWORK:-

The conceptual framework used for this study was derived from General system Theory, which was developed in the year 1968 by Ludwig Van.Bertalanff.Ken summarize In his general system theory, there are three components that are “input” through out and “output”. Input refers to matter. Energy that enters into the system through its boundary. “Throughput” refers to processing where system transforms the energy and Matter. “output” refers to matter, energy that is processed through the system .The feed Back is environmental of system

Input:- In this study the investigator has considered ,input as the pretest assessment of Knowledge regarding home care management of diabetes among the patients by Structured knowledge questionnaire.

Throughput:-Process is the activity phase .Here the investigator implement self instructional Module or regarding home care management of diabetes among the patients selected from The urban area of GWALIOR.

Output:- Output from a system is energy matter or information given out by the system as Results of its processes .In the present study output includes the result either gains in Knowledge regarding the home care management of diabetes among the given Samples. The gained knowledge was measured through post-test.

REVIEW OF LITERATURE:-

Review of the literature is a systematic search of the published work to gain Information about a research topic. It is a compilation that provides the grounds works To be further study. The review is Organized under the following heading

Part A; Literature related to general knowledge causes of diabetes

Part B: Literature related to incidence.

Part C : Literature related to Prevention and Home Management.

Part A; Literature related to general knowledge causes of diabetes:-

A “study conducted to evaluate the effectiveness of the structured group Education program on biomedical ,psychosocial and lifestyle measures among type 2 Diabetes patient .The intervention group showed significantly positive association Between change in perceived personal responsibility and weight loss at 12 months .The Conclusion was that the structured education program for patients with type 2 diabetes Resulted in greater improvements in weight loss and smoking cessation and positive Improvements in belief about illness.

Part B: Literature related to incidence:-

The WHO estimated 30 million people worldwide had diabetes mellitus in 1985. A decade later, the global burden of diabetes mellitus was estimated to be 135 million. In The year 2006 it was 246 million. This is likely to increase at least 366 million by 2030. Around 3.2 million deaths every year are attributable to complications of diabetes; six Deaths every minute. The top 10 countries, in numbers of sufferers are India, China, USA, Indonesia, Japan, Pakistan, Russia, Brazil, Italy, and Bangladesh. At present in India 41 million patients suffering with diabetes mellitus and this number will reach 79.4 Million by 2030. In Mangalore by 2004 it was 2002 cases, 2005 – 1624 cases, 2006 -1834 And in the year 2007 it was 1554 case found newly.

Part C : Literature related to Prevention and Home Management:-

A quasi experimental “study was conducted for trail used a wait list variant Of a stepped wedge design to enroll 362 adult health plan members with diabetes. In Addition to usual primary care ,intervention participants received 27 weekly calls in Their preferred language with rotating queries and response triggered education about Self care, medication adherence ,safety concerns, psychological issues, and preventive Services

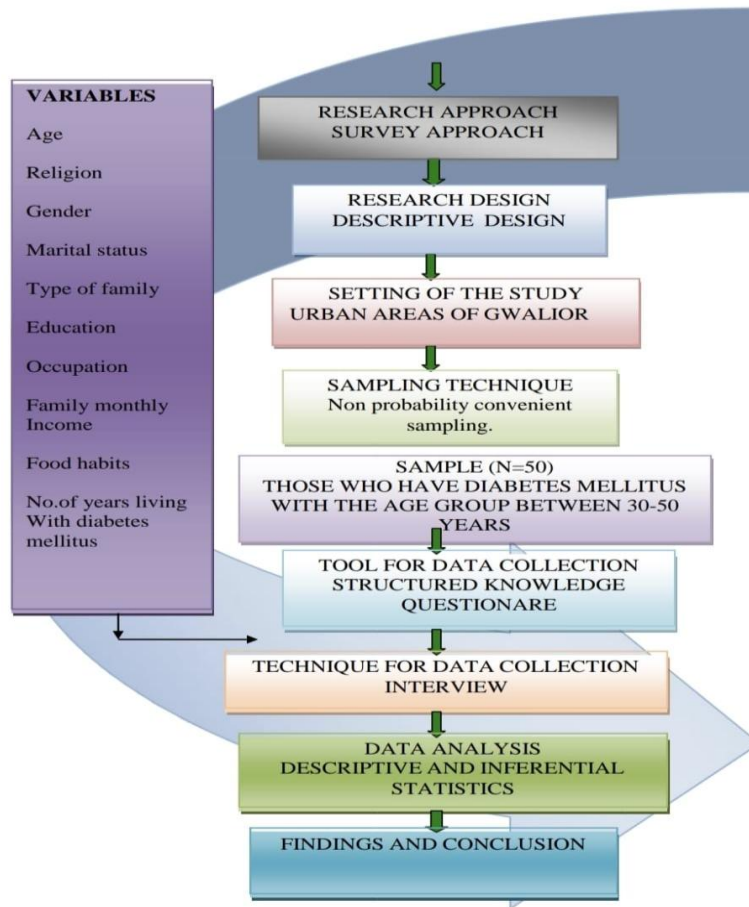
RESEARCH METHODOLOGY:-

Research methodology is a diligent and systematic inquiry/investigation in to a Subject in order to discover/revise facts, theories, applications, etc. This chapter explains the methodology followed “To assess the effectiveness of Self instructional module. “**A STUDY TO ASSESS THE EFFECTIVENESS OF SELF INSTRUCTIONAL MODULE ON KNOWLEDGE REGARDING HOME CARE MANAGEMENT OF DIABETES AMONG PATIENTS IN SELECTED URBAN AREAS AT GWALIOR.”**

RESEARCH DESIGN:-

Research design refers to plan for organization of scientific investigation. Pre Experimental design was used

for the study with single group pre test post test design. The schematic representation of research study design used by the research investigation Is given below.



	Pre- test	Treatment	Post-test
One group	Day 1	X	Day seven

Table -1 systematic representation of pre – experimental design. Key

01 –Pre test knowledge score before SIM

X –Treatment variables (SIM)

02 – Post test knowledge score after 7 days of administering SIM

SAMPLING TECHNIQUES

Non probability convenient sampling technique will be used.

CRITERIA FOR SAMPLE SELECTION

INCLUSION CRITERIA

- Patients who are willing to participate

- Patients who are available during the period of data collection
- Patients in the age group of 30 -50 years.
- Patients who can understand Hindi.

EXCLUSION CRITERIA

- Patients who are not willing to participate in the study
- Patients who cannot understand Hindi

DESCRIPTION OF THE TOOL

Tool will be developed based professional experiences and guidance of experts. Tool consists of,

Section A- consists of demographic variables like age, educational status, religion, marital status, dietary pattern, family income etc.

Section B- consists of structured knowledge questionnaire to assess the knowledge regarding home care management on diabetes mellitus.

STRUCTURED KNOWLEDGE QUESTIONNAIRE

A score of one was awarded to a correct response while a score of zero will be awarded to incorrect response of structured knowledge questionnaire.

ETICAL CONSIDERATION

- Written permission was obtained from the ethical committee of Sophia Nursing College in GWALIOR
- A written permission was obtained from the principal of Sophia Nursing College, GWALIOR.
- Written permission was obtained from. SECRETARY, Sheetal Mansion, GWALIOR
- Written consent was obtained from the participant.

DATA ANALYSIS AND INTERPRETATION

The data collected were analysed according to the plan for data analysis, which include as both descriptive and inferential statistics. The findings have been organized and presented under following headings.

SECTION A: distribution of socio demographic variables of diabetic patients.

SECTION B: distribution of pre-test level of knowledge regarding home care management of diabetes.

SECTION C: distribution of post-test level of knowledge of diabetic patients.

SECTION D: comparison of pre-test and post-test level of knowledge to determine the effectiveness of self-instructional module.

SECTION E: Association between the level of knowledge and selected socio demographic variable of diabetic patients.

SECTION A: Distribution of socio demographic variables of diabetic patients.

Table 1: Frequency and percentage distribution of socio demographic variables of patients with diabetes
N=50

S/NO	SOCIO DEMOGRAPHIC VARIABLES	FREQUENCY (N=50)	PERCENTAGE (%)
1.	Age in years:	12	24.0
	a) 30yrs-35yrs	12	24.0
	b) 36yrs-40yrs	17	34.0
	c) 41yrs-45yrs	09	18.0
	d) 46yrs-50yrs		
2.	Gender:	23	46.0
	a) Male	27	54.0
	b) female		
3.	Type of family:	11	22.0
	a) joint family	30	60.0
	b) nuclear family	07	14.0
	c) extended family	02	04.0
	d) broken family		
4.	Religion.	15	30.0
	a) Hindu	16	32.0
	b) Muslim	19	19.0
	c) Christian		
5.	Educational qualification:	08	16.0
	a) Primary school	13	26.0
	b) High school	16	32.0
	c) Higher secondary	13	26.0
	d) Graduate & above		
6.	Marital status:	12	24.0
	a) married	18	36.0
	b) un married	12	24.0
	c) widow	08	16.0
	d) separated		
7.	Occupation:	15	30.0
	a) Govt. Employee	14	28.0
	b) Private Employee	11	22.0
	c) Labour	10	20.0
	d) House Wife		
8.	No of years living with diabetes mellitus?	11	22.0
	a) 1-2 Years	11	22.0
	b) 3-4 years	16	32.0
	c) 5-6 years	12	24.0
	d) 7 years & above		
9.	Food habits:	16	32.0
	a) vegetarian	17	34.0
	b) non vegetarian	17	34.0
	c) mixed		
10.	Family Income for Month:	23	46.0
	a) Less than 10,000	27	27.0
	b) More then 10,000		

CONCLUSION: -

This chapter presents the conclusion drawn from the findings, implications, suggestions and recommendations.

A study was conducted to assess the effectiveness of self instructional module on knowledge regarding home care management of diabetes ,in this study descriptive survey design was used by taking 50 samples through Non- probability Convenient Sampling.. The data was collected using self-administered inventory.

Data was analyzed and interpreted by applying respective statistical methods. This chapter deals with the conclusion. The conclusion was drawn on the basis of the findings of the study were as follows.

The scores of sample regarding the level of knowledge regarding the home care management shows that 6 (12 %) of them had inadequate knowledge regarding the home care management, and 20 (40%) have got moderately adequate knowledge, 24 (48%) of them have got adequate knowledge regarding the home care management of the diabetes.

SUMMARY: -

This chapter deals with the summary of the study and its major findings, along with implication and recommendations. The present study was concerned with the effectiveness of self-instructional module on knowledge regarding home care management of diabetes among selected urban area in GWALIOR.

Declaration of Conflicting Interests

The authors declare no potential conflicts of interest with respect to the research, authorship and publication of this article.

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