



EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON MOTHERS' KNOWLEDGE TOWARDS THE PREVENTION AND HOME-BASED MANAGEMENT OF DIARRHEAL DISEASE AMONG UNDER-FIVE CHILDREN IN RURAL COMMUNITY IN REWA, MADHYA PRADESH

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ABSTRACT

Under-five age group is one of the vulnerable age group for developing the infectious disease . Globally, diarrhoea is the second most common cause of morbidity and mortality among them, following acute respiratory infection, and is also an important cause of malnutrition (WHO- 2 005) .Diarrhoea continues to plague the developing world resulting in more than 3 million deaths annually (WHO) 2008. Diarrhoeal infections are the fifth leading cause of death worldwide and continue to take a high toll on child health. The Government of India through its National CDD programme (Diarrhoeal Disease Control Programme) planned to reduce the infant mortality rate from 95 to 50 and pre-school mortality from 41.2 to 10 per 1000 by the year 2000 A.D.in India, National diarrhoea control program (CDD) was implemented from 1980 as a part of Sixth Five Year Plan (1980-85) with the primary thrust of improving the knowledge and practices of appropriate case management among caretakers and health care providers and primary objective of preventing deaths due to dehydration.

KEYWORDS: *Diarrheal disease, Under-five children, Structured teaching program, Rural communities, Mother's knowledge, Prevention and home-based management*

INTRODUCTION

The under-five age group is particularly vulnerable to infectious diseases, with diarrhoea ranking as the second most common cause of morbidity and mortality, following acute respiratory infections. This prevalent condition also plays a significant role in malnutrition, further exacerbating the health challenges faced by young children (WHO-2005). Despite medical advancements, diarrhoea continues to pose a considerable threat in the developing world, leading to more than three million deaths each year (WHO-2008). Diarrhoeal infections hold the unfortunate distinction of being the fifth leading cause of death globally, with children being disproportionately affected. Recognizing the critical need to address this issue, the Government of India initiated the National CDD programme (Diarrhoeal Disease Control Programme) with the goal of reducing infant mortality rates from 95 to 50 and pre-school mortality from 41.2 to 10 per 1000 by the year 2000.

In India, the National Diarrhoea Control Program (CDD) was introduced in 1980 as part of the Sixth Five-Year Plan (1980-85). Its primary focus was to enhance knowledge and encourage appropriate case management practices among caregivers and healthcare providers. The primary objective was to prevent deaths caused by dehydration due to diarrhoea.

PROBLEM STATEMENT

“Effectiveness of structured teaching programme on mothers’ knowledge towards the prevention and home-based management of diarrheal disease among under-five children in rural community in Rewa, Madhya Pradesh.”



OBJECTIVES

- To assess the knowledge on management of diarrhoea disease among the mothers of under children.
- To evaluate the effectiveness of teaching programme on management of diarrhoea among the mothers of under five children in pre-test and post-test.
- To associate between the level of knowledge on management of diarrhoea among the mothers of under five children with selected demographic variables.

HYPOTHESIS

- ❖ H1: There is a significant difference between pre and post test level of knowledge, of mothers regarding prevention and home-based management of diarrhoeal disease among under-five children before and after structured teaching programme.
- ❖ H2: There is a significant association of selected demographic variables and health related variables with pre and post test level of knowledge, practice and attitude regarding prevention and home-based management of diarrhoeal disease among under-five children.

ASSUMPTION

- ❖ Mother will have inadequate knowledge about management of diarrhoea.
- ❖ Teaching programme will enrich mother's knowledge in management of diarrhoea.
- ❖ Knowledge regarding management of diarrhoea will help to prevent the incidence of diarrhoea

CONCEPTUAL FRAMEWORK

The study is based on modified Pender's Health promotion model (1984). The study seeks to increase on individual level of wellbeing. The model focuses on aspects to individual cognitive perception factors, and participation on health promoting behaviours.

In this modified model the community nurse interacts to assess the level of knowledge on management of diarrhoea among the mothers of under five children.

MAJOR FINDING OF THE STUDY

- ❖ It is seen that among 60 mothers, 4(7%) were the age group of b/w (18-21) years. 23(38%) were between the age group of (21-24 years), 27 (45%) were the age group of 24-27 year, 6(10%) were between the age group of above 27 years.
- ❖ Regarding family type, out of 60 mothers, 18(30%) had nuclear family, 42(70%) belong to joint family.
- ❖ Occupation being next factor 58(97%) of them were home maker, 2(3%) of them were government employed and none of them was private employee.
- ❖ Regarding educational status, out of 60 mothers 18(30%) had primary education, 28(47%) had secondary education, 5(8%) had graduation and 9 (15%) was illiterate.
- ❖ Family income helps to find out of the economic status of the mothers. Among 60 mothers, 19(32%) of them had less than 3000 rupees, 26(43%) between 3001-4000 rupees, 10(17%) of them between 4001-5000 rupees and 5(8%) of them above 5000 rupees.
- ❖ Regarding type of house, out 60 mothers 28(47%) were having kutcha house, and 32(53%) were having concrete house.
- ❖ Source of water being next factor, 7(12%) of them were using well water, 11(11%) were using tap water and 42(70%) them were using hand pump.
- ❖ Regarding number of children in the family, 19(32%) had one child, 28(47%) of them had two children, 9(15%) had three children and 4(7%) of them had above three children.
- ❖ Regarding solid waste disposal, 3(5%) of them were disposing the waste in waste bin, 57(95%) of them were disposing the waste in open field.
- ❖ Next factor concerned with disposal of human excreta, 38(63%) used only open field and 22(37%) used sanitary latrine

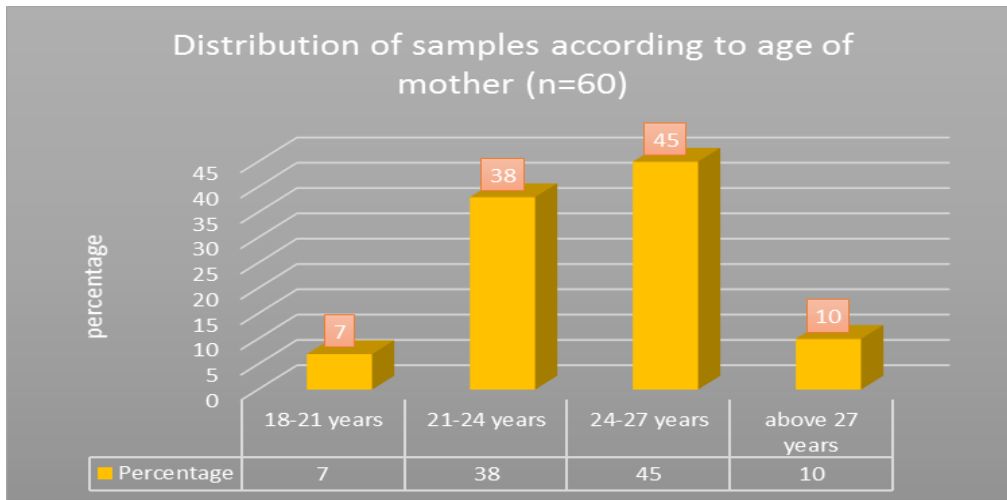


Figure 1 : bar diagram showing Distribution of samples according to age of mother (n=60)

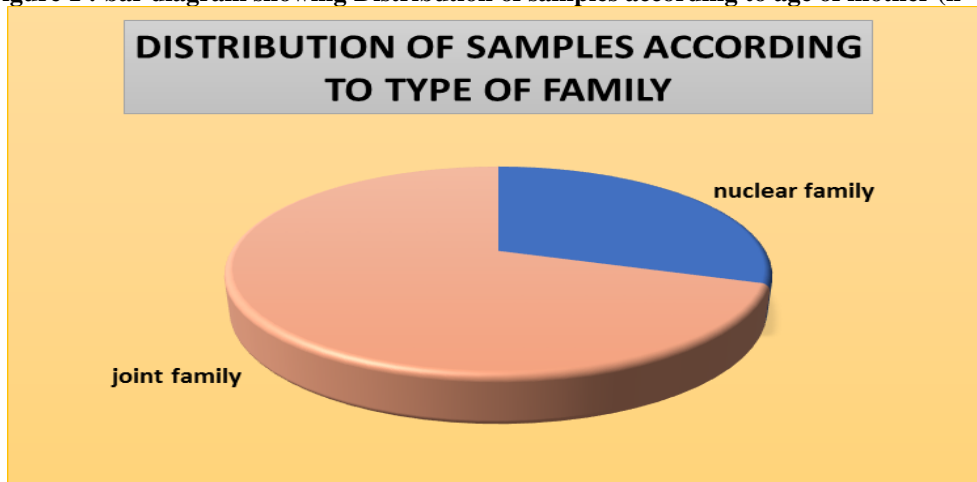


Figure 2 : Pie diagram showing Distribution of samples according to type of family (n=60)

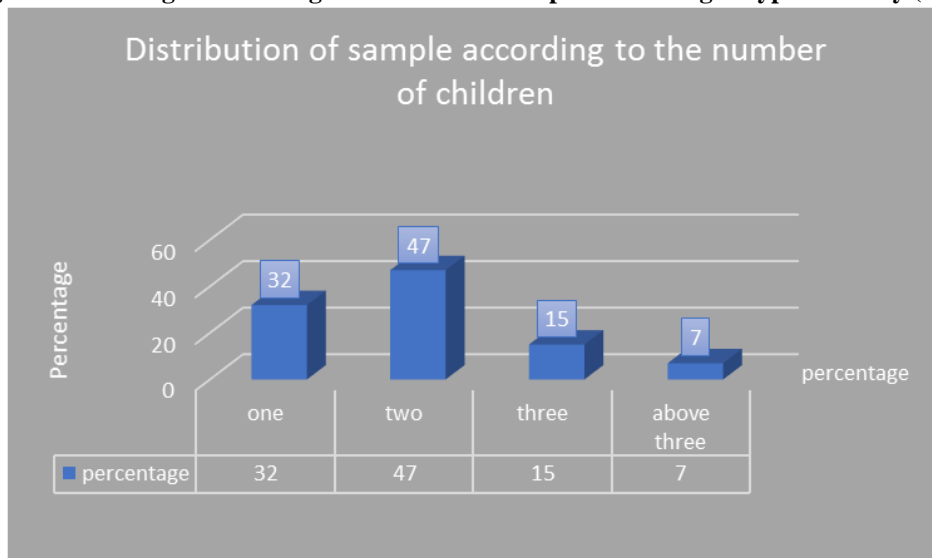


Figure 3 : Bar diagram showing Distribution of samples according number of children (n=60)



FINDING RELATED TO THE PRE INTERVENTIONAL LEVEL OF KNOWLEDGE SCORE

Pre interventional level of knowledge, 62% mothers had inadequate knowledge, 38% of the mothers had moderately adequate knowledge. The mean value in the pre interventional scores of the mothers of the under five children was 15.76 and the standard deviation was 3.65.

FINDING RELATED TO THE POST-INTERVENTIONAL LEVEL OF KNOWLEDGE SCORE.

The post-interventional level of knowledge score 78% have moderately adequate knowledge .22% had acquired adequate knowledge and no one had inadequate knowledge.

The mean value in the post interventional scores the mothers of under five children was 24.98 and the standard deviation was 3.82.

The mean post intervention knowledge score (24.98) (S.D 3.82) is apparently higher than the pre-intervention knowledge score (15.76) (S.D.3.65) which reveals that there was increase in knowledge level among mothers of under five children regarding prevention and home-based management of diarrheal disease among under-five children.

IMPLICATIONS OF THE STUDY

The study gives knowledge among Nurses in identifying the problem and complaints at an early stage, nurses have major role in any health care setting. So, Nurses should through knowledge about the assessment of dehydration, fluid calculation and should take up the important role of education and reinforcing the parents, family members, care takers about importance of knowledge on management of diarrhoea.

The implication of study can be seen in areas nursing practice, nursing education, Nursing administration, and Nursing research.

NURSING PRACTICE

The important role of nurses is to provide care and comfort to carry out specific Nursing function, the planned teaching programme, are to be scheduled in the community set up in fixed date, time for the mothers and care taker (Or) family members

The study implies that nurse should help the mothers to regain knowledge through teaching programme, although teaching skill that promote knowledge about management of diarrhoea which are important to mothers of under five children. It indicates the need for change that has to be introduced by nursing professional.

Before nurses can utilize, they practice they needed to have strong foundation in terms of education, not only as a role of student but also give importance to the newly appointed auxiliary Nurses, Midwife, Multipurpose Health Worker and village health workers who have close contact with the rural population.

- Orientation programme for new staff to acquire the concept and management of diarrhoea
- The present trend in health care delivery system emphasizes on preventive as well as curative measures.
- Updating the knowledge of Auxillary Nurse Midwife, Multipurpose health worker by proper and relevant in-service education about knowledge programme, refreshment course, workshop and seminar, emphasizing diarrhoea management.

NURSING ADMINISTRATOR

- Nurse administrators play an important role in plan and organize continuing nursing education programme for nursing personnel and motivate them in conducting programme on management of diarrhoea and it will be beneficial to community.
 - Nurse administrators can promote efficient team work, plan for manpower, money, material and methods to conduct education programme.
1. Finding of the study help nurse administrator to allocate resources to do further studies in nursing care of under five children with diarrhoea. It may include all ancillary personnel who provide supportive patient care services.
 2. The study finding will serve as a background for further study regarding management of diarrhoea among the mothers of under five children.
 3. The study gives knowledge among Nurses in identifying the problem and complication regarding diarrhoea.

NURSING EDUCATION

The study emphasizes on the encouragement of the staff Nurse to undergo continuing nursing programme, specialized courses (or) training regarding the care of diarrhoea to update their Knowledge. The leader in nursing care confronted to undertake the health needs



of the most vulnerable by effective organization and management. The nurse administrator should take active part in health policy, developing protocol, procedure and standing orders related to cure of diarrhoea.

- The nurse educator, whenever plan to provide instruction regarding care of under five years children with diarrhoea should provide opportunity to develop skill and attitude in handling the children with diarrhoea.
- The nursing educator can prepare the student to utilize teaching according to needs community. Nursing Administrator can arrange a mass health education programme to public to create Knowledge regarding prevention and management of diarrhoea.

NURSING RESEARCH

The present study provides scope for further study for further study for future researchers. Usage of research finding should become a part of the quality assurance evaluation to enhance individual performance as a whole.

RECOMMENDATIONS

Based on the research finding the following recommendations can be made.

- Similar study can be done with larger number of samples.
- A comparative study can be conducted between urban and rural community.
- A similar study can be carried out using different teaching strategies.

CONCLUSION

In pre-test, level of knowledge on mothers of under five children showed that 62% mothers had inadequate knowledge, 38% mothers had moderately adequate knowledge and none of mother had adequate knowledge. In post-test evaluation showed that 78% of mother had moderately adequate knowledge, 22% of mother had adequate knowledge and none of the mothers had inadequate knowledge. There was statistically $P < 0.05$ significant improvement in knowledge could be found in relation effectiveness of teaching programme.

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