

# A Study to Assess the Effectiveness of Planned Teaching Programme on Knowledge Regarding Palliative Care among Staff Nurses

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## ABSTRACT

The study was carried out to assess effectiveness of planned teaching programme on knowledge regarding palliative care among staff nurses. Convenient sampling was used to select 150 staff nurses from selected hospitals, Anand. The questionnaire consisted of demographic data of the participants and knowledge questionnaire on palliative care. Lesson plan was developed with the help of subject experts. Pre-test was administered on the first day and planned teaching programme was executed on the same day. The post-test had been taken after 7 days of pre-test. Results: Data was analyzed using IBM SPSS Statistics 20. The findings of the study revealed that there was a significant difference found between pre and post test knowledge score  $t=29.5(p < 0.00)$ , hence the planned teaching programme was effective in improving nurse's knowledge. Conclusions: As palliative care is an important aspect of nursing care, nurses need to be educated on palliative care and informed about changes that are happening in this area.

*Key-words: Planned teaching programme, Palliative care*

## INTRODUCTION

Palliative care is a health care specialty that is both a philosophy of care and an organized, highly structured system for delivering care to persons with life-threatening or debilitating illness from diagnosis till death and then into bereavement care for the family<sup>1</sup>. Palliative care improves health care quality in three domains: the relief of physical and emotional suffering, improvement and strengthening of the process of patient–physician communication and decision-making, and assurance of coordinated continuity of care across multiple healthcare settings such as hospital, home, hospice, and long-term care<sup>5</sup>.

Palliative care focuses primarily on anticipating, preventing, diagnosing and treating symptoms

experienced by patients with a serious or life threatening illness & helping patients & their families make medically important decisions<sup>5</sup>.

Palliative care does not depend only on prognosis as the ultimate goal of palliative care is to improve quality of life or both the patient and family, regardless of diagnosis. As the end of life approaches, the role of palliative care intensifies and focus is on aggressive symptoms management and psychosocial support to the patient and family<sup>3</sup>.

According to Worldwide Palliative Care Alliance (WBPC) although more than 100 million people across the world benefited from hospice and palliative care, annually less than 8% of those in need access it<sup>6</sup>. Although India ranks at the bottom of the quality of the death index in overall score, it is estimated that in India around 7 million people are diagnosed with cancer every year, around 80% of all cancer are diagnosed in the advanced stage when treatment is less effective and palliative care become absolutely essential. Every hour more than 60 patients die in India from cancer and in pain. In India the total number who needs palliative care

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is likely to be 6 million people, but less than 1% has access to it<sup>1,2</sup>.

Nurses play a significant role in the care of the dying, critically ill as well as the terminally ill clients. Lack of knowledge about palliative care is an obstacle to nurses as conventional training in nursing does not provide specialized and unique training in palliative care as it is not part of their curriculum. **Sorifa B** et al (2015) conducted a descriptive study to assess the knowledge & practice of staff nurses on palliative care in selected hospital of Guwahati city, Assam. Self administered structured questionnaire was used to collect data from 100 staff nurse. It was found that maximum 79% had inadequate knowledge, 21% had moderately adequate knowledge & no one had adequate knowledge on palliative care. According to the levels of practice maximum 48% practice adequately where as 43% practice moderately adequate and only 9% practice inadequately. The correlation ( $r= 0.30$ ) indicates that there is a positive correlation between knowledge and practice scores of palliative care by the staff nurses. The study concluded that the nurses had poor knowledge & practice regarding palliative care<sup>7</sup>.

Palliative care is important for patients who are suffering from life threatening condition and nurses play vital role in giving care to that patient so, it is necessary to assess knowledge of nurses regarding palliative care and improve their knowledge regarding palliative care. Nurses will be able to render effective palliative care when they are knowledgeable about the concept of palliative care, able to identify the symptoms and the needs of the patient.

## SUBJECTS AND METHOD

A pre experimental, one group pre test- post test

**Table 1: Frequency and percentage distribution of staff nurses according to their demographic variables**

Background variables	Frequency	Percentage
<b>Age</b>		
20-30	94	62.67
31-40	20	13.33
41-50	24	16.00
51-60	12	8.00

design adopted for the study. 150 staff nurses were selected using convenient sampling using the inclusion criteria. Questionnaire consisted of demographic data of the participants and knowledge questionnaire on palliative care. Lesson plan on palliative care was developed with the help of subject experts. The participant information sheet containing details of purpose, participant selection, voluntary participation, procedure and protocol, risk, benefits, confidentiality was distributed to the participants and informed consent was obtained. Pre-test on 1st day and then planned teaching programme was executed on the same day. The post-test had been taken after 7 days of pre-test.

## RESULTS

The demographic characteristics of the samples (Table-1) shows that majority (66.67%) of the staff nurses were in the age group 20 to 30 years and 84% were females. Majority (96.0%) of them were GNM. (71.33%) of participants had experience of 2 to 10 years. Majority (70%) of participants had not attended any palliative class and (26%) of participants were working in medical ward. In pre test only two participants had good knowledge where as in post test 141 participants had good knowledge.

The obtained pre-test mean score (Table-2) was 13.193 (SD- 3.2017) and obtained post-test mean score was 22.240 (SD- 1.8123). The findings of the study revealed that there was a significant difference found between pre and post test knowledge score (Table-3)  $t=29.5(p = 0.00)$ , hence the planned teaching programme was effective in improving nurse's knowledge.

**Cont... Table 1: Frequency and percentage distribution of staff nurses according to their demographic variables**

<b>Gender</b>			
Male		24	16.00
Female		126	84.00
<b>Area of working</b>			
Medical ward		39	26.00
Surgical ward		21	14.00
ICU		33	22.00
OPD		14	9.33
Emergency		3	2.00
Oncology		14	9.33
Orthopedic		7	4.67
<b>Year of experience</b>			
2-10yr		107	71.33
11-20yr		13	8.67
21-30yr		28	18.67
31-40yr		2	1.33
<b>Education</b>			
GNM		144	96.00
Basic Bsc		5	3.33
Post basic Bsc		1	0.66
<b>Any class on palliative care</b>			
Yes		45	30
No	45	105	70

**Table 2 : Pre and post test knowledge of staff nurses regarding palliative care.**

Sr.No.	Category	Pre test		Post test	
		Frequency	Percentage	Frequency	Percentage
1	Adequate	2	1.33%	141	94%
2	Moderate	70	46.66%	9	6%
3	Poor	78	52%	0	0%

**Table 3: comparison between pre and post test knowledge score of nurses regarding palliative care.**

Variables	Number	Mean	SD	SE Mean	T value	P value
Pre-test	150	13.193	32017	0.26142	29.579	0.000
Post-test	150	22.240	1.8123	0.14797		

## DISCUSSION

From the present study findings, it is revealed that more than half of the participants (52%) had poor knowledge, (47%) had moderate knowledge and (1%) had adequate knowledge regarding palliative care. The study findings are in consistent with the study findings of Das AG (2015) on knowledge and attitude of staff nurses regarding palliative care. More than half of the subjects (69%) had moderate knowledge, (20%) had adequate and only (11%) have poor knowledge regarding palliative care<sup>8</sup>.

The mean post test knowledge score (22.24) of the present study was higher than mean pre test knowledge score( 13.19) with the mean difference of( 9.047). Difference between pre test and post test knowledge was statistically tested and it was found significant. The results were consistent with the findings of the study conducted by David A (2010) to assess the effectiveness of information booklet regarding palliative care among the nurses. The Mean pre test score was 12.71, and mean post test score was 21.78, which showed that the information booklet was effective in improving the nurses' knowledge regarding palliative care<sup>4</sup>.

## CONCLUSION

The planned teaching Programme was found to be effective in enhancing nurses' knowledge. Participants gained significant knowledge after exposed to the Planned Teaching Programme. There should be regular in-service training for the nurses so they can be up-to-date with the changing trends which in turn improve the patient outcome. As palliative care is an emerging concept in India, Nurses need to be trained and educated on the various dimensions of palliative care and the concept need to be incorporated in the nursing curriculum so that the nurses can be molded according to the changing trends.

**Ethical Clearance** - Taken from Institutional

ethical committee, HM Patel Centre for Medical Care and Education, Karamsad

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**Conflict of Interest** - Nil

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