



PILOT STUDY TO EVALUATE EFFECT OF PLANNED TEACHING PROGRAM ON KNOWLEDGE REGARDING FOOT CARE AMONG DIABETIC PATIENTS

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ABSTRACT

A quasi experimental study was conducted to evaluate the effect of planned teaching program on knowledge regarding foot care among diabetic patients. One group pre-test post-test design was used. The sample size for the study was 10. The planned teaching program was effective in increasing the knowledge of diabetic patients regarding foot care.

Key words:

Foot care, Diabetes mellitus, and teaching program.

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INTRODUCTION

India has the largest diabetic population of 50.8 million that could reach an epidemic proportion by 2030. Diabetic foot infection is one of the dreaded complications of diabetes. People with diabetes can develop a variety of foot complaints, which can result in severe cases to an amputation of toe, foot, or leg.

Fortunately, most of these complications can be prevented with careful foot care. If complications do occur, daily attention will ensure that they are detected before they become serious. It may take time and effort to build good foot care habits, but self care is essential in fact when it comes to foot care, the patient is a vital member of the medical team. Hence the investigator took keen interest in evaluating the effect of planned teaching program on knowledge regarding foot care among diabetic patients.

MATERIALS & METHODS

A quasi experimental, one group pre test post test design was adopted for the study. Samples were selected using non probability convenient sampling technique. The sample size for the study was 10. All the patients diagnosed with diabetes mellitus & willing to participate in the study were included. The patients who were having diabetic foot ulcer were excluded from the study. The consent form was taken from all the patients who participated in the study.

Planned teaching program regarding diabetic foot care was developed with careful review of literature and the content validity was done with experts in the field. The tool consisted of two sections, section one consisted of demographic variables and section two consisted of twenty questionnaires with a maximum score of twenty. The reliability of the tool was calculated using Karl's co relation coefficient technique. The calculated r valued was 0.81. The content validity of the tool was done with experts in the field. The data was collected from the samples by giving pre test on day one and then immediately planned teaching regarding diabetic foot care was given to the patients. The post test was conducted after 7 days following pre test.

RESULTS

The data was analysed using descriptive & inferential statistics. The analysis was based on the objectives of the study. The demographic data was analysed using frequency and percentage. The effect of planned teaching program was analysed using mean, median, standard deviation and paired student t-test. Maximum numbers of patients i.e. 60% were in the age group of 41 to 50 years. Most of the patients were males i.e. 60%. Maximum numbers of the patients (90%) were educated up to 10th standard (S.S.L.C). Majority of the patient's family income ranged from Rs.5000 to Rs.10000 per month. The mean of pre test was 7.86 and post test was 15.7. The standard deviation was 1.8753 and the calculated t value was 23.07. Therefore the planned teaching program on knowledge regarding diabetic foot care was effective in increasing the knowledge of diabetic patients.

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Table 1 Frequency & Percentage distribution of demographic variables

N=10

S.No	Demographic Variables	Frequency	Percentage
	Age		
1	a) 41 – 50 years.	06	60%
	b) 51 – 61 years.	02	20%
	c) 61 years & above	02	20%
	Gender		
2	a) Male	06	60%
	b) Female	04	40%
	Education		
3	a) 10 th std (S.S.L.C)	09	90%
	b) 12 th std (H.S.C)	01	10%
	Family Income		
4	a) Less than Rs.5000	01	10%
	b) Rs. 5000 to 10000	07	70%
	c) Rs.10000 to 15000	01	10%
	d) Rs.15000 & above	01	10%
	Source of information on		
5	foot care		
	a) Yes	03	30%
	b) No	07	70%

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Table 2 Mean, Standard deviation & t value of Pre test & Post test

N= 10

Group	Mean	Standard Deviation	t- Value	P Value
Pre test	7.86			
Post test	15.7	1.8753	23.07	0.001

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