



EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE OF DIABETES MELLITUS AMONG DIABETIC PATIENTS

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ABSTRACT

The study investigated on level of knowledge on diabetes for diabetic patients admitted in Medical ward at selected hospitals, Chennai. The main objective of the study was to assess the effectiveness of structured teaching programme (STP) on knowledge of diabetes among diabetic patients. A quantitative evaluative research approach, Pre experimental design was used. A total number of 30 diabetic patients admitted in Medical ward, and who fulfilled the inclusion criteria were selected. After getting consent from the patients, the Pre-test was conducted (Day-1) by using structured knowledge questionnaire on diabetes mellitus and then STP was implemented. The Post test was conducted (Day-7) by the same questionnaire. The data were analysed using descriptive and inferential statistics. The findings showed that there is a significant mean difference between the Pretest and Post test scores of knowledge among diabetic patients. This indicates that STP was effective for improving level of knowledge on diabetes mellitus among diabetic patients.

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INTRODUCTION

Background and Significance

Diabetes mellitus is a serious chronic, non communicable disease that has reached epidemic Proportions and it is projected to become one of the world's main disablers and killers within the next twenty-five years. In the year 2000, it was estimated that, the number of adults with diabetics worldwide was 17.1 million and it will increase to at least 300 million by 2025. This "diabetes epidemic" "will persist and the global prevalence is increasing due to population growth, aging, urbanisation, and increasing prevalence of obesity and physical inactivity. The prevalence of diabetes mellitus in Malaysia was reported as 0.65% in 1960, and it is raised to 2-4% in the early 1980s; but by mid-1990s, the prevalence has increased to 8-12%'. Therefore, diabetes mellitus is a serious growing public health concern with an enormous human and economic burden in Malaysia and worldwide.

Diabetes mellitus (DM) is one of the most commonly fast growing non communicable disease threats to global public health. The alarming situation of consistent rise is not different in Saudi Arabia. In the past few decades, several major socioeconomic changes have taken place in Saudi Arabia. The growth and prosperity have brought significant changes in the lifestyle of the people.

Most notably, eating habits are less healthful, and the level of physical activity has declined. There is increased consumption of fast foods and sugar-dense beverages (e.g., sodas). Simultaneously, technological advances - cars, elevators, escalators, remotes, and smart phones - have led to a decrease in the level of activity. Furthermore, traditional dependence on locally grown natural products such as fruits, vegetables, and wheat has also changed. This has resulted in the dramatic increase in the diabetes prevalence. There is a need to carry out large-scale awareness programs, after identifying the appropriate means to spread the message to the general population. There is also a need to develop innovative tools and educational models that could impart DM knowledge in such a way to change the attitude and bring about reforms in their practices toward DM. Therefore, this study can be used as a baseline evaluation for the national diabetes awareness campaign and modify the approach towards education on diabetes

Objectives

1. To assess the level of knowledge of diabetes mellitus among diabetic patients before and after STP.
2. To assess the effectiveness of STP regarding diabetes mellitus among diabetic patients.
3. To find out the association between post-test knowledge scores and selected demographic variables among diabetic patients.

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Hypotheses

1. There is a significant difference between the pre-test and post-test knowledge regarding diabetes mellitus among diabetic patients.
2. There is significant association between the posttest knowledge score and selected demographic variables of diabetic patients.

RESEARCH METHODOLOGY

Research Approach

In the present study an evaluative approach was used.

Research design

Pre- experimental design with one group pre and post test.

O1(Day-1) – X – O2(Day-2)

O1- Pre-test assessment level of knowledge of diabetic patients

O2-Post-test assessment level of knowledge of diabetic patients

X – Structured teaching programme Variables

Independent Variable: Structured teaching programme

Dependent Variable: knowledge

Extraneous Variables: Age, Sex, Education, Occupation, Duration of illness, Mode of treatment and Duration of taking treatment.

Setting of the study

The study was conducted in selected at Mahalakshmi Hospital, Chennai. The patients who were diagnosed as diabetes and admitted in Medical ward were selected. About 30 Diabetic patients were selected for this study.

Population: In this study diabetic patients who were admitted in Medical ward were selected.

Target population: The patient diagnosed as diabetes mellitus in the age group of 30-70 years.

Sample: In this study patients diagnosed as diabetes mellitus were selected as samples.

Sample size: It consists of 30 Diabetic patients.

Sampling technique

In this study the purposive sampling technique was used.

Inclusion criteria for sampling

Diabetic patients were selected based on the criteria which is given below

- Who were present during data collection period
- Who can understand English or tamil.
- Who were willing to participate in the study
- Male and Female patients.
- Patients between 30-70 years.
- Patients admitted with Diabetes mellitus

Description of the tool

Demographic data which includes

Part-A: Age, Sex, Education, Occupation, Duration of illness, Mode of treatment, Duration of taking treatment.

Part-B: Structured knowledge questionnaire (20 multiple choice items) Each correct response carried 1 mark and incorrect response 0 marks. The total score was 20 and minimum score was 0.

Data Collection Procedure

A written permission was obtained from the Hospital authority. The study was conducted in selected Hospital, Chennai. In this study the patients were selected by purposive sampling technique and who fulfilled the inclusion criteria were included in the study. Totally 30 diabetic patients who admitted in Medical ward were selected. On 1st day, Pre -test was conducted by structured knowledge questionnaire. Then the structured teaching programme was given to diabetic patients. On 7th day, Post test was conducted by the same structured questionnaire.

Data Analysis: was interpreted based on the objectives of the study

Objective 1: To assess the level of knowledge of diabetes mellitus among diabetic patients before and after STP

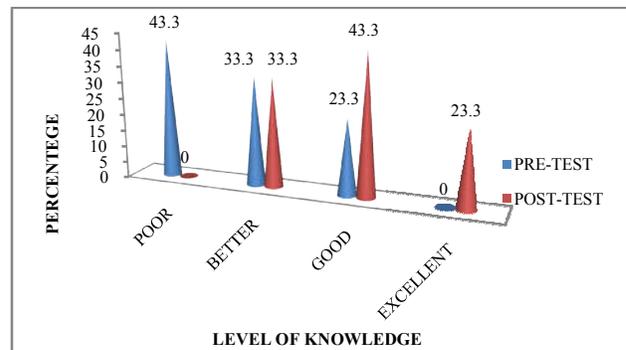


Fig 1 Frequency and percentage distribution of knowledge of diabetic patients

The above figure shows the frequency and percentage distribution of knowledge of diabetic patients. In Pre -test, 43.3% of the patients had poor knowledge, 33.3% had better knowledge and 23.3% had good knowledge with mean value of 6.66 and SD 4.05. In Post- test, 33.3% had better knowledge, 43.3% had good knowledge and 23.3% had excellent knowledge with mean value of 2.3 and SD of 3.80. The ‘t’ value of 5 .67 shows significant at p value 0.001. It shows that significant difference between pre- test and post-test. It proves that STP was effective in improving knowledge level of diabetic patients

Objective-2 To find out the association between post -test knowledge scores and selected demographic variables among diabetic patients It was found that there was significant association between Pre-test knowledge score and demographic variables like duration of illness, mode of treatment and duration of taking treatment. And it was found there was significant association of Post- test knowledge score and demographic variables like age, gender, occupation, duration of illness, mode of treatment and duration of taking treatment.

CONCLUSION

The findings show that there is a significant difference between Pre -test and Post-test knowledge scores. It shows that structured teaching programme is effective for diabetic patients.

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