



“A Study To Assess The Effectiveness Of Information Booklet On Knowledge Among Caretakers Regarding The Care Of Patient Receiving Antipsychotic Drugs In Tertiary Care Hospital Of The City.”

First & corresponding Author: Bhosle Priti Sunil, Designation: Tutor, Organization: College of Nursing, District Hospital, Ahmednagar.

ABSTRACT:

Problem statement: “A study to assess the effectiveness of Information Booklet on knowledge among caretakers regarding the care of patient receiving antipsychotic drugs in tertiary care hospital of the city.”

Background: Health especially, mental health, is one of the most important possessions of an individual and it needs to be cherished, promoted, and conserved to the maximum. Around 450 million people worldwide are suffering from some mental or behavioral disorder according to the WHO, of which schizophrenia, bipolar disorder, depression, and alcohol use disorders are important causes for years lived with disability. According to the evidence available, in India, about 190–200/1000 population have a psychiatric or mental disorder, this accounts for about 20% of the whole population. The major issues faced in India regarding mental health are lack of mental health workforce, financial aid, stigma, and caregiver burden. The family plays a very vital role in the care of a mentally ill patient. A caregiver has been defined as “a family member, who has been staying with the patient for more than a year and has been closely related with the patient's daily living activities, discussions, and care of health. Caregivers often have to sacrifice their own wants and undertake a lot of stress and are very much ignored. Caregiving drains one's emotions and hence caregivers undergo a lot of depression as compared to the general population. The WHO states caregiver burden as “the emotional, physical, financial demands and responsibilities of an individual's illness that are placed on the family members, friends, or other individuals involved with the individual outside the health-care system. It includes taking care of personal hygiene of the patient and emotional support such as listening, counselling, giving company, and informational caring such as how to alter the living environment of the patient.

Material and Method: Quantitative research approach, 100 samples were collected by using non-probability convenience sampling technique. A study conducted on caretakers of patient receiving antipsychotic drugs in tertiary care hospital of the city. Demographic variables collected as age, gender, educational level, occupation, type of family, relationship with patient, duration of taking antipsychotic drugs and whether the caretakers cared for patient with psychiatric illness before. By using the self-structured questionnaire on caretakers of patient receiving antipsychotic drugs, pre-test and post-test conducted.

Result: The mean post test score 20.24 (1.670) was higher than the mean pre-test scores 12.21 (3.331). These scores indicates that the Information Booklet was effective. The significant difference between two tests were tested by using paired 't test'. The level of significance was set at the computed 't' value ($p < 0.05$), indicated that there was a significant difference in the knowledge among caretakers of patient receiving antipsychotic drugs. The mean difference 21.548 between pre-test and post-test knowledge score among the caretakers of patient receiving antipsychotic drugs was found to be significant. Means Information Booklet is effective to increase knowledge among caretakers of patient receiving antipsychotic drugs. Majority 30% were in the age group 31-40 years, 26% in the age group of 51-60 years, 22% in 18-30 years and 41-50 years respectively. Majority caretakers were males 51% and females were 49% and no transgender. Majority of caretakers 44% completed their secondary education, 24% completed higher secondary education, 18% completed graduate / professional / diploma, 11% completed their primary education and only 3% were postgraduate and above. Majority of the caretakers 48% were unemployed, 28% were doing service and 24% were self-employed. Majority of them were living in nuclear family (71%), 28% living in joint family and only 1% in separated family. Highest percentage (30%) of the caretakers were spouse, 16% caretakers were father and children respectively, 15% caretakers were mothers, 12% caretakers were in other category (friend etc.), and 11% were siblings. Majority 35% psychiatric patients were receiving antipsychotic drugs in the last 10 years and above, 27% psychiatric patients were receiving antipsychotic drugs since less than one year and 19% were receiving since 1-5 years & 5-10 years respectively.

Conclusion:

This study concluded that there is improvement in the level of knowledge among caretakers of patient receiving antipsychotic drugs which indicates that the Information Booklet is effective. The development of Information Booklet will help the caretakers of patient receiving antipsychotic drugs to enhance their knowledge regarding antipsychotic drugs.

Keywords: Assess, Information Booklet, caretaker, antipsychotic drugs.

Introduction:

Mental illness is one of the leading diseases all over the world. Families are an integral part of the care system for persons with a mental illness. Educating and training caretakers regarding antipsychotic drugs can increase compliance with discharge plans and prevent re-admissions. So, it is very important that caregivers receive sufficient knowledge as to how to care for their relatives who are on antipsychotic drugs. Information Booklet is an effective teaching strategy for giving information to caretakers regarding meaning and definitions, common antipsychotic drugs, indications and contraindications, side effects, precautions,

role of the caretakers at home.¹

According to the World Health Organization (WHO), mental health disorders are one of the leading causes of disability worldwide. Three of the ten leading causes of disability in people between the ages of 15 and 44 are mental disorders, and the other causes are often associated with mental disorders. Both retrospective and prospective research has shown that most adulthood mental disorders begin in childhood and adolescence. This highlights the importance of gaining understanding of the magnitude, risk factors, and progression of mental disorders in youth.²

Need for the study:

Many of the caregivers are ignorant about the importance of medication, side effects and continuity of follow-up. They are unprepared to care for their relatives who are just discharged from hospital or who need a long-term treatment and supervised care. Caregiver's stress, burden, and sense of being overwhelmed by the care giving roles have been linked to patients' persistent behavioral problems and caregiver's perceived or actual inability to handle them.

Providing care for a family member with mental illness is a progressively overwhelming experience for the people giving care to them. They are the people who are always with the patient and their role is very important. Relatives are usually involved in caring for the patients who are receiving antipsychotic drugs. Thus, it is essential that all caregivers understand the medication, side effects, precautions, and the caregiver's role. Investigators have proved that educating caregivers on the importance of compliance to antipsychotic drugs, side effects and their role in caring for mentally ill patients can reduce relapse. So, their role is important in caring for their mentally ill relatives.

Materials and method: Quantitative research approach, 100 samples were collected by using non-probability convenience sampling technique. A study conducted on caretakers of patient receiving antipsychotic drugs in tertiary care hospital of the city. Demographic variables collected as age, gender, educational level, occupation, type of family, relationship with patient, duration of taking antipsychotic drugs and whether the caretakers cared for patient with psychiatric illness before. By using the self-structured questionnaire on caretakers of patient receiving antipsychotic drugs, pre-test and post-test conducted.

Inclusion criteria

1. Caretakers whose age between 18 to 60 years.
2. Caretakers of patient receiving antipsychotic drugs.
3. Caretakers of patient receiving antipsychotic drugs who are able to understand English/ Marathi.

Exclusion criteria:

1. Caretakers of patient receiving antipsychotic drugs who are not available at the time of data collection.
2. Caretakers who are diagnosed with psychological disorders.
3. Caretakers who do not want to participate in the study.

Development and description of the tool:

Appropriate tool was selected by the investigator after extensive literature review from the various text books, internet search, guidance, and discussion with experts in the field of medical, nursing, psychiatry, pharmacology, and statistics.

Section A: It consists of demographic data of caretakers of patient receiving antipsychotic drugs. The data consists of 8 items. That is age, gender, educational level, occupation, type of family, relationship with patient, duration of taking antipsychotic drugs and whether the caretakers cared for patient with psychiatric illness before.

Section B: It consists of self- structured questionnaire on knowledge of caretakers of patient receiving antipsychotic drugs, which consists of 25 items which are meaning and definitions, common antipsychotic drugs, indications and contraindications, side effects, extrapyramidal symptoms, precautions, role of the caretakers at home.

Section C: It consists of Information Booklet on knowledge for caretakers on care of patient receiving antipsychotic drugs in selected hospitals of the city.

Review of literature provided adequate content for the tool preparation.

Analysis and interpretation of the Data:

Section I: Description of Sociodemographic data of caretakers of patient receiving antipsychotic drugs

Section II: Effectiveness of Information Booklet on knowledge among caretakers regarding the care of patient receiving antipsychotic drugs in tertiary care hospital of the city

Section III: Hypotheses testing

Effectiveness of Information Booklet on knowledge among caretakers regarding the care of patient receiving antipsychotic drugs in tertiary care hospital of the city. Hypothesis testing was done by using Paired 't' test and chi-square test.

Section – I

TABLE 1.1 Description of Sociodemographic data of caretakers of patient receiving antipsychotic drugs
(n=100)

SN	Demographic Variable	Frequency	Percentage (%)
1	Age		
A	18-30	22	22
B	31-40	30	30
C	41-50	22	22
E	51-60	26	26
2	Gender		
A	Male	51	51
B	Female	49	49
C	Transgender	00	00
3	Educational Qualification		
A	Primary	11	11
B	Secondary	44	44

C	Higher secondary	24	24
D	Graduate /Professional /Diploma	18	18
E	Postgraduate and above	3	3
4	Occupation		
A	Service	28	28
B	Self employed	24	24
C	Unemployed	48	48
5	Type of Family		
A	Nuclear family	71	71
B	Joint family	28	28
C	Separated family	1	1
6	Relation with patient		
A	Father	16	16
B	Mother	15	15
C	Spouse/ husband	30	30
D	Sibling	11	11
E	Children	16	16
F	Specify other if any	12	12
7	How long your patient is receiving antipsychotic drugs?		
A	> 1 year	27	27
B	1-5 years	19	19
C	5-10 years	19	19
D	10 years and above	35	35
8	Have you taken care of mentally ill person before?		
A	Yes	24	24
B	No	76	76

In the above table, Section I shows description of Sociodemographic data of caretakers of patient receiving antipsychotic drugs. Majority of the caretakers were in the age group of 31 to 40 years (30%) and 26 % in the age group of 51-60 years. Most of the caretakers were (51%) male and (49%) were female. Highest percentage (44%) of caretakers had secondary education, (24%) of caretakers completed their HSC and (18%) had graduate, (11%) caretakers had primary education & only (3%) had post-graduation. Most of the (48%) of caretakers were unemployed, (28%) of the caretakers were doing service and (24%) caretakers were self-employed. Most of the caretakers (71%) were from nuclear family and (28%) of the caretakers were from joint family. Highest percentage (30%) of caretakers of the patient receiving antipsychotic drugs were spouse/ husband and (16%) of the caretakers were father and children relation with patient. Majority (76%) of the caretakers not taken care of mentally ill person before and (24%) of the caretakers had taken care of mentally ill person before.

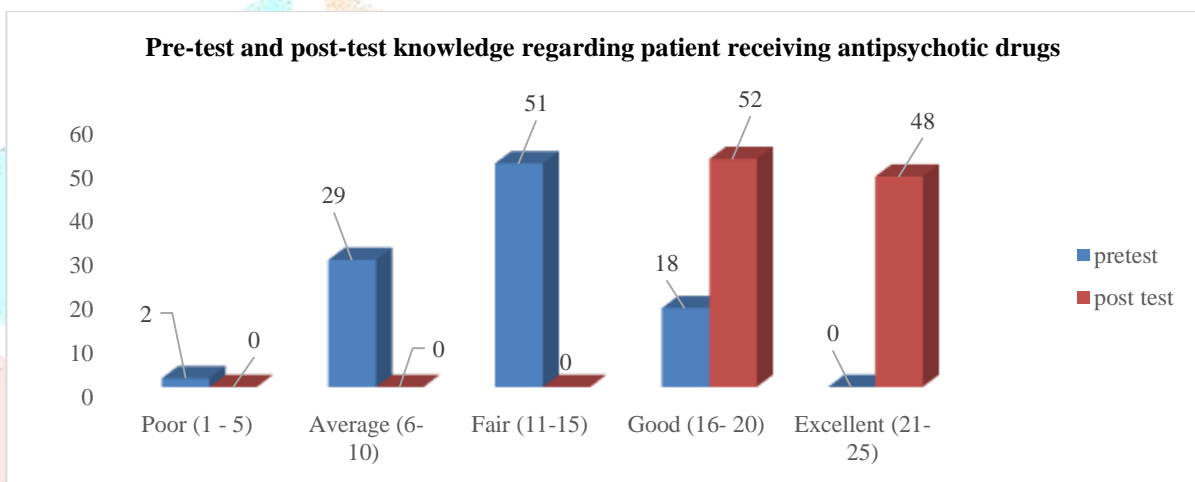
Section II

Effectiveness of Information Booklet on knowledge among caretakers regarding the care of patient receiving antipsychotic drugs. (n =100)

Table No: 1.2

Frequency and percentage wise distribution of pre-test and post-test knowledge among caretakers regarding the care of patient receiving antipsychotic drugs.

SN	Knowledge Score	Pretest		Posttest	
		Freq	%	Freq	%
1	Poor (1 - 5)	02	02	00	00
2	Average (6- 10)	29	29	00	00
3	Fair (11-15)	51	51	00	00
4	Good (16- 20)	18	18	52	52
5	Excellent (21-25)	00	00	48	48



Highest percentage in pre-test (51%), had Fair knowledge, and only (2%) of them had poor knowledge and in post-test (52%) of the respondents had good knowledge and (48%) of the respondents had excellent knowledge. Hence it can be interpreted that information booklet was effective in improving the regarding patient receiving antipsychotic drugs of caretaker

Table No: 1.3

Paired 't' value of pre and post-test knowledge regarding care of patient receiving antipsychotic drugs. (n =100)

SN	Group	Mean	SD	't' value	P Value	Level of significance
1	Pre-test	12.21	3.331	21.548	<0.0001	Significant
2	Post-test	20.24	1.670			

table value = 2.132 at $p = \leq 0.05$

t value was calculated to analyze the difference in pre-test and post-test knowledge score of caretakers. Highly significant difference was found between pre and post-test knowledge score of caretakers (21.548). Hence the stated null hypothesis is rejected as it is interpreted that there was significant difference between

pre-test and post-test knowledge score of caretakers regarding care of patient receiving antipsychotic drugs.

Nursing implication:

The present study findings have implications for nursing practice, nursing education, nursing administration and nursing research.

1. Nursing practice:

Nursing profession has been undergoing many evolutions in the recent years. This study provides description of effectiveness of Information Booklet on knowledge among caretakers regarding the care of patient receiving antipsychotic drugs. Nurse should enhance their professional knowledge in practice, since the basic nursing education provide the nurse in depth knowledge about pharmacology, antipsychotic drugs. The study can be used as evidenced based practice by various specialties in nursing during their individual practice in clinical and educational areas. Also, it will be helpful in providing knowledge regarding antipsychotic drugs, extrapyramidal symptoms, and home care management to general population.

2. Nursing education:

Nurse educators will emphasize on evidence-based practices while imparting knowledge to nursing students. Including the entire nursing education programs that are Auxiliary nurse midwifery, General Nurse Midwifery, Basic B.Sc. Nursing and M.Sc. Nursing. The study can be used in the practical teaching by the Nurse Educators to teach the students about antipsychotic drugs, what are extrapyramidal symptoms, & its management.

3. Nursing administration:

The nursing administration can use the result of the study to enhance the practical knowledge of staff nurses at in-service education programme.

4. Nursing research:

The study will have further body of knowledge to nursing research and will help to carry-out more such broad-based researches in the field of psychiatry, pharmacology, Community health nursing and various other fields to bring about overall concept of antipsychotic drugs, its action, side effects and identification & management of extrapyramidal symptoms. The researcher can use this study as literature for his study. Study findings can be utilized as Review of Literature.

Recommendation:

1. A similar study can be conducted with experimental research design having control group and experimental group.

2. A similar study can be conducted on nurses.

A similar study can be conducted on nursing students.

2. A similar study can be conducted on mentally ill patients.

3. A similar study can be conducted to assess attitude regarding antipsychotic drugs.

4. Similar kind of study can be conducted for a large group to generalize and validate the research findings.

5. The similar study can be conducted as a comparative study between government and private psychiatric hospital.

Delimitations

1. The study is limited only to the tertiary care hospitals.
2. The study is conducted among small number of population (100).
3. The study is limited to only caretakers of patient receiving antipsychotic drugs.
4. The study is limited to assessment of knowledge aspect only.
5. The study is limited confined to caretakers who were willing to participate.

Conclusion:

The study was conducted to assess the effectiveness of Information Booklet on knowledge among caretakers regarding the care of patient receiving antipsychotic drugs in tertiary care hospital of the city. This study concluded that there is improvement in the level of knowledge of caretakers regarding antipsychotic drugs which indicates that the Information Booklet is effective. The study shown that those caretakers who cared of mentally ill person before gained more knowledge than others (mean difference score was 8.605) which is highly significant. The development of information booklet helped the caretakers to enhance their knowledge regarding the care of patient receiving antipsychotic drugs.

References :

1. Sharma Dinesh Kumar, Vyas Himanshu, Doss k, Jeenath Justin. A study to assess the effectiveness of Informational Booklet (IB) for caregivers regarding the care of patients receiving antipsychotic drugs. *International Journal of nursing education and research*. 2016;4(1).
2. Suresh K. Sharma. *Nursing Research and Statistics*, 3rd edition. Elsevier publication 2017.
3. B. T Basavanthappa, *Nursing Research*, Jaypee Brothers, New Delhi, 2003;304-306.
4. Fain J. Reading, Understanding, and applying Nursing Research. 3rd ed. New Delhi: Jaypee Brothers; 2009.53-54
5. R Sreevani. *A Guide to Mental Health and Psychiatric Nursing*; 3rd edition.
6. Carla Abi Doumit, Chadia Haddad, Michel Sofia. Knowledge, attitude, and behaviors towards patients with mental illness. 2019 Sep 16;14(9): e0222172.
DOI: 10.1371/journal.pone.0222172
7. Amy Lewins et al. (2022) conducted a study on family members' perspective on reducing and discontinuing antipsychotic medication.
<https://doi.org/10.1080/09638237.2022.2069710>
8. Nobu Hiro Nagai et al. Patients' perspectives towards pharmacotherapy to be directly influenced by their motivation and understanding of the treatment. 2020.
<http://www.dovepress.com/aims-and-scope-neuropsychiatric-disease-and-treatment-d3-j3>
9. Wai Tong Chien, Sau Fong Leung, Frederick KK Yeung, Wai Kit Wong. Current approaches to treatments for schizophrenia spectrum disorders. 2013; 9:1463-81.
DOI: 10.2147/NDT.S49263
10. Giuseppe Rossi, Sonia Frediani, Roberta Rossi & Andrea Rossi. Long-acting antipsychotic drugs for the treatment of schizophrenia. 2012 Aug 21 ;12:122.
DOI: 10.1186/1471-244X-12-122