# "THE EFFECTIVENESS OF SELF INSTRUCTIONAL MODULES ON KNOWLEDGE & ATTITUDE REGARDING HOME CARE OF POST HEMODIALYSIS PATIENT"

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**ABSTRACT:**

Kidney disease also increases risk of having heart and blood vessel disease. These problems may happen slowly over a long time. Early detection and treatment can often keep chronic kidney disease from getting

worse Research Approach : In this study Pre-experimental research approach was selected to assess the effectiveness of Self instructional modules on knowledge and attitude regarding home care of post hemodialysis patient. Research Design: In this study pre-experimental one group pre test and post test only research design was used. Sample: The sample of present study consists of 60 patients with post hemodialysis. Sampling Technique: In the present study non probability purposive sampling technique is used. Sample Size : In the present study 60 patients with post hemodialysis in B.M. Shah Hospital, Bhilai(C.G.) It was conducted among 10 samples for a period of one week. The pilot study was conductedfrom 22/08/2022 to 04/09/2022 to assess the feasibility of the study and to decide analysis plan. The pre-test result of this study showed that the hemodialysis patients had inadequate knowledge and attitude. Self instructional modules was given for 45 minutes and the post-testwas conducted on the 7thday. The post-test score showed a significant increase in the knowledgeand attitude regarding the home management of hemodialysis patients. The pilot study revealed that the present study was feasible to conduct. Reliability:- Items of the tool were coded and the reliability was calculated by using "Split half method". The score was 0.09. This tool was highly reliable.

**Key Words**: H: Hypothesis, DF: Degree of Freedom

## BACKGROUND OF THE STUDY

Chronic kidney disease includes conditions that damage kidneys and decrease their ability to keep healthy by filtering wastes from blood. If kidney disease worsens, wastes can build to high levels in blood and make you feel sick. Kidney disease also increases risk of having heart and blood vessel disease. These problems may happen slowly over a long time. Early detection and treatment can often keep chronic kidney disease from getting worse. When kidney disease progresses, it may eventually lead to kidney failure, which requires dialysis or a kidney transplant to maintain life.

## NEED FOR THE STUDY:-

Stated that modification of lifestyle habits like smoking cessation, exercise, moderate alcohol consumption, and weight loss in obese people will slow the progression of chronic kidney disease. Diet is considered 0ne of the treatment of chronic kidney disease. Dietary advice includes information about energy, protein, sodium ,phosphate, potassium, and fluid. The overall aim is to prevent malnutrition, hyperkalemia, hyperphosphatemia, and obesity and to aid in the treatment of hypertension and alleviate the uremic symptom, a balanced healthy diet to meet individual nutritional requirements.

Therefore the above fact and studies created an insight in the investigator`s mind. By improving the knowledge regarding lifestyle modification on chronic kidney disease, the incidence of complication could be reduced. It may enhance the changes in the health care delivery system. The overall aim of the present study is to assess the effectiveness of video assisted teaching programmed on knowledge and attitude regarding lifestyle modification among patients with chronic kidney disease.

## PROBLEM STATEMENT:-

**"A STUDY TO ASSESS THE EFFECTIVENESS OF SELF INSTRUCTIONAL MODULES ON KNOWLEDGE & ATTITUDE REGARDING HOME CARE OF POST HEMODIALYSIS PATIENT IN B.M. SHAH HOSPITAL & RESEARCH CENTER BHILAI (C.G.)"**

## OBJECTIVES

- ☐ To assess the pre test & post test knowledge score regarding home care of post hemodialysispatient.
- ☐ To assess the pre test & post test attitude score regarding home care of post hemodialysispatient.
- ☐ To assess the effectiveness of Self instructional module regarding home care of posthemodialysis patient.
- ☐ To findout the correlation between knowledge and attitude score regarding home care ofpost hemodialysis patients.
- ☐ To findout the association between pretest knowledge and attitude score with their selected sociodemographic variables.

## HYPOTHESIS

### At 0.05 Level Of Significant

- H0:-There will be no significant difference between pre test and post test knowledge scoreregarding home care of post hemodialysis patients.

- H1:- There will be significant difference between pre-test and post-test knowledge scoreregarding home care of post hemodialysis patients.

- H2:- There will be significant difference between pre-test and post-test attitude scoreregarding home care of post hemodialysis patients.

- H3:- There will be significant association between pre-test knowledge score with theirselected socio demographic variables.

- H4:- There will be significant correlation between knowledge and attitude score regardinghome care of post hemodialysis patients.

### OPERATIONAL DEFINITIONS:-

- **ASSESS:-** In this study, to assess the knowledge & attitude of home care of posthemodialysis patient

- **EFFECTIVENESS**:- In this study, the outcome through Self instructional module whichwill improve the knowledge among patient regarding home management of hemodialysis.

- **KNOWLEDGE**:- In this study , knowledge refers to acquiring information about home caremanagement of hemodialysis patient.

- **HEMODIALYSIS** :- In this study , hemodialysis refers treatment to filter wastes & waterfrom blood.

- **ATTITUDE**:- In this study, attitude refers to a way of thinking or feeling about home caremanagement of hemodialysis.

- **SELF INSTRUCTIONAL MODULES**:- In this study , it is the written material based ondiet modification , care of arteriovenous fistula , activity restriction etc.

### LIMITATIONS :-

The limitations of present study as follows:-

- The study was limited to a sample size of 60.

- The study was limited to the post hemodialysis patients.

- The study is limited to only through the verbal responses through self structuredquestionnaire & checklist method.

- This study was limited to the post hemodialysis patients at B.M. Shah Hospital &Research Center Bhilai (C.G.)
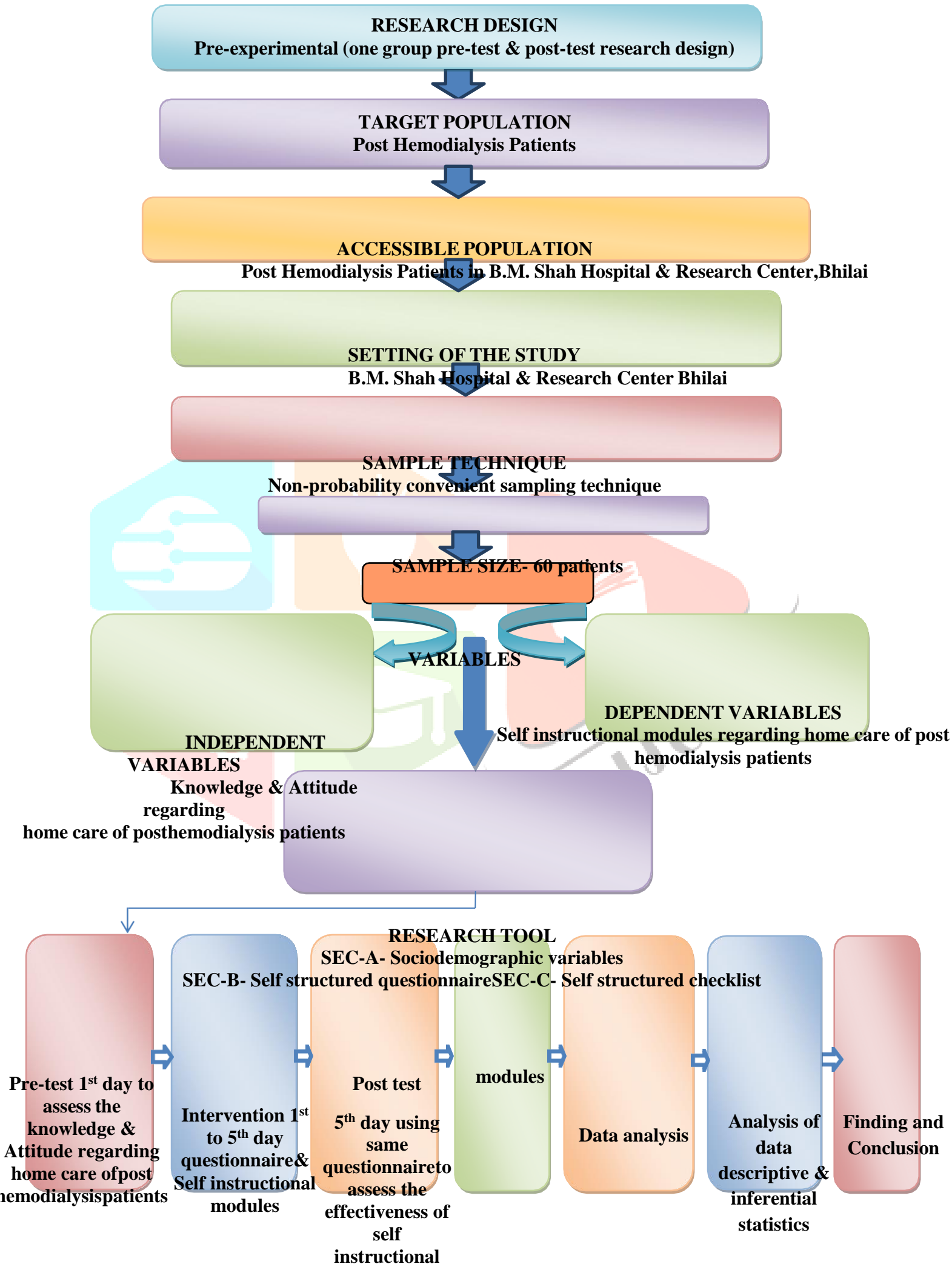
RESEARCH METHODOLOGY

**RESEARCH APPROACH**

In this study Pre-experimental research approach was selected to assess the effectiveness of Self instructional modules on knowledge and attitude regarding home care of post hemodialysis patient.

**RESEARCH  DESIGN**

In this study pre-experimental one group pre test and post test only research design was used.

**RESEARCH DESIGN**
Pre-experimental (one group pre-test & post-test research design)

**TARGET POPULATION**
Post Hemodialysis Patients

**ACCESSIBLE POPULATION**
Post Hemodialysis Patients in B.M. Shah Hospital & Research Center,Bhilai

**SETTING OF THE STUDY**
B.M. Shah Hospital & Research Center Bhilai

**SAMPLE TECHNIQUE**
Non-probability convenient sampling technique

**SAMPLE SIZE- 60 patients**

**VARIABLES**

**INDEPENDENT VARIABLES**
Knowledge & Attitude regarding
home care of posthemodialysis patients

**DEPENDENT VARIABLES**
Self instructional modules regarding home care of post hemodialysis patients

**RESEARCH TOOL**
**SEC-A- Sociodemographic variables**
**SEC-B- Self structured questionnaireSEC-C- Self structured checklist**

Pre-test 1st day to assess the knowledge & Attitude regarding home care ofpost hemodialysispatients

Intervention 1st to 5th day questionnaire& Self instructional modules

Post test 5th day using same questionnaireto assess the effectiveness of self instructional

modules

Data analysis

Analysis of data descriptive & inferential statistics

Finding and Conclusion

Report        writting

Fig. 3.1-  SCHEMATIC REPRESENTATION OF RESEARCH METHODOLOGY

## RESEARCH VARIABLES

### INDEPENDENT VARIABLES

The Independent variable was self instructional modules regarding home care of post hemodialysis patients.

### DEPENDENT VARIABLES

The dependent variables were knowledge and attitude regarding home care of post hemodialysis patient.

## POPULATION

### TARGET POPULTION

In the present study the target population consist of post hemodialysis patients.

### ASSESSIBLE POPULATION

In present study sample was 60 post hemodialysis patient from B.M. Shah Hospital Bhilai(C.G.).

## SAMPLE

The sample of present study consists of 60 patients with post hemodialysis.

## SAMPLING TECHNIQUE

In the present study non probability purposive sampling technique is used.

## SAMPLE SIZE

In the present study 60 patients with post hemodialysis in B.M. Shah Hospital, Bhilai(C.G.)

## CRITERIA FOR THE SELECTION OF SAMPLING:-

### INCLUSION CRITERIA

- Patient who are hemodialysis treatment on day care basis.
- Patient who can understand English or Hindi.
- Those patient who are willing to participate in the study.

### EXCLUSION CRITERIA

- Patients receiving hemodialysis.
- Patients who are suffering from any other disease.
- Patient those who are on other therapy.
- Patients who are critically ill.

The researcher had developed a structured questionnaire after reviewing of the literature to assess the knowledge and attitude regarding the home care of post hemodialysis patient.

It consists of 3 sections.

**Section -A: Socio Demographic Variable**

Deals with the socio demographic variables such as age, sex, type of education, type of occupation, marital status, religion, income, type of diet, place of residence, socio-economic status, type of family, sources of knowledge, family history of hemodialysis.

**Section B: Self structured Questionnaire**

Deals with 60 self structured questionnaire regarding the kidney disease & hemodialysis.

**Criteria measurement (scoring):-**

| KNOWLEDGE | SCORE |
|---|---|
| BELOW AVERAGE | 1-7 |
| AVERAGE | 8-16 |
| GOOD | 17-23 |
| EXCELLENT | ABOVE 23 |

**Section- C: Self structured checklist**

Deals with 20 statements to assess the attitude regarding home care. Both positive and negative statements are formed based on modified attitude scale. **Criteria measurement (scoring):-**

| ATTITUDE | SCORE |
|---|---|
| BELOW AVERAGE | 1-20 |
| AVERAGE | 21-40 |
| GOOD | 41-60 |
| EXCELLENT | 61-80 |

**CONTENT VALIDITY:-**

Content validity was established by requesting to experts, nursing experts in the field of nursing specialist, and one statistic to go through the developed tool and give the valuable suggestions. Their suggestions of experts were incorporated in the tools and then noted in the final copy for the present study.

The tool was given to 7 experts in the field of nursing and medicine for content validity. All comments and suggestion given by experts were duly considered and corrections were made after discussion with the research guide. The modifications were incorporated in the preparing of final tool.

**PILOT STUDY:-**

It was conducted among 10 samples for a period of one week. The pilot study was conducted from 22/08/2022 to 04/09/2022 to assess the feasibility of the study and to decide analysis plan. The pre-test result of this study showed that the hemodialysis patients had inadequate knowledge and attitude. Self instructional modules was given for 45 minutes and the post-test

was conducted on the 7thday. The post-test score showed a significant increase in the knowledge and attitude regarding the home management of hemodialysis patients. The pilot study revealedthat the present study was feasible to conduct.

## RELIABILITY:-

Items of the tool were coded and the reliability was calculated by using "Split half method". The method of split half is used to test internal consistency of the tool by using the Karl Pearson formula:- $r = \Sigma$ $(x - \bar{x})(y - \bar{y})$

$$\sqrt{\Sigma (x - \bar{x})2 - \Sigma(y - \bar{y})2}$$

The score was 0.09. This tool was highly reliable.

## DATA COLLECTION PROCEDURE:-

Formal permission was obtained from the B.M.Shah Hospital & Medical Research Center,Bhilai(C.G.)

The study was carried out for a period of four weeks from 1/10/ 2022 to 30/10/2022. Confidentiality and anonymity of the subjects were maintained. Informed consent was obtained from the respondent and the respondent was selected on the basis of the selection criteria. On the first day, demographic data were collected by a structured questionnaire and pre-test was conducted to assess the knowledge and attitude regarding home care of post hemodialysis patients by using a questionnaire. After the pre-test, self instructional modules was given for 45 minutes about home care of post hemodialysis patient. The patients were encouraged to clarify their doubts. Post-test was conducted on the 5thday by using the same questionnaire to assess the effectiveness of self instructional modules on improving the knowledge and attitude regarding home care. At the end of the session, booklets were distributed to the patients, those who have participated in the teaching programme.

## PLAN FOR DATA ANALYSIS:-

Data were analyzed by using descriptive and inferential statistics. Descriptive statistics were used to analyze the frequency, percentage, mean, standard deviation. Inferential statistics, was used to assess the effectiveness of self instructional modules on knowledge and attitude regarding home care of post hemodialysis patients. Karl Pearson's Co-efficient was used to assess the relationship between knowledge and attitude of self instructional modules on post hemodialysis patient with and the $\chi 2$ test was used to find out the association between the selected demographic variables with the pre-test knowledge and attitude scores.

## SUMMARY

The chapter deals with the research approach, research design, target population, accessible population, setting of the study, sample, sampling technique, sample size, sample selection criteria, description of the tool, content validity of tool, reliability of tool, pilot study and procedure of data collection, plan for data analysis, ethical consideration.

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