

Effectiveness of Structured Teaching Programme on Knowledge of Self care management of Arthritis among elderly in selected villages of Haryana.

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ABSTRACT

Arthritis affects 15% people i.e. over 180 million people in India. This prevalence is higher than many well known diseases such as diabetes, AIDS and cancer. Arthritis is a chronic and inflammatory disease, which mainly affects the joints and concerned with high morbidity in the patients. Joint pain is a very common complaint among the elderly which may lead to functional limitations, decreased quality of life, and increased health care costs. It often named as “Silent thief”, “king of human miseries” and “Great crippler”. Both environmental and genetic factors may contribute to the development of joint pain. In this study researcher imparted structured teaching Programme on Self care management of arthritis to hundred elderly and the results showed that there is an increase in knowledge level after administration of STP.

INTRODUCTION

A child develops and matures into an adult. The person begins a decline in function that leads to various physical problems and one of them is arthritis. Arthritis is a problem of joints the point at which two or more bones are connected is called joint. In all joints the bones are kept from grinding against each other by padding called cartilage. Bones are joined to bones by strong elastic bands of tissue called ligaments. Tendons are tough cord of tissue that connected muscle to bone. Muscle work in opposing pair to bend and straighten joints.

Arthritis is a common condition in older adults, especially in women. The degree to which the mobility of older adults is impaired depend upon extend of the disease and joint affected. In this disease there are changes in joints range of motion and stability and amount of pain experience. Arthritis have no cure but recently developed pharmacological agent can decrease pain and swelling and therefore increase joint motion. Nursing interventions are aimed to preventing and promoting comfort,

functional ability and safety. Education about self-care technique, joint protection and exercise for flexibility and strength is also important.

India is undergoing an epidemiologic, demo-graphic and health transition. The expectancy of life has increased, with consequent rise in degenerative disease of aging and life styles. Nevertheless diseases are still dominating and constitute a major health problem. Among all the other diseases, arthritis is on the rise globally.

The researcher find out by his own experience during the practice in community field, that arthritis affects people especially the older one by many ways, it causes depression, anxiety, felling of helplessness, limitation in daily activities, job limitation, difficulty in participating in daily activities and it cause financial load on patient due to cost of treatment and also wages loss because of disability and they have lack of knowledge about Arthritis. This evidence promotes and intended to do this research on elderly people.

Objectives of the Study

1. To assess the level of Knowledge among elderly regarding the Self care management of Arthritis before the structured teaching Programme
2. To assess the level of Knowledge among elderly regarding the Self care management of arthritis after the structured teaching Programme

Review of Literature

Literature related to incidence of arthritis.

An epidemiological study was conducted in the nine sectors of urban and seven villages of rural areas in Chandigarh among 362 elderly of more than 65 years to detect the correlation of arthritis in geriatric population. The samples were interviewed and were assessed clinically. Arthritis was present in 50.2% of the elderly aged 65-74 years, where as it was 97.7% in elderly aged 84 years or older. arthritis was more in females as compared to males (70.1% Vs 41.6%).

A descriptive epidemiology of arthritis was conducted to estimate arthritis prevalence and incidence rates by age and sex in a geographically defined 4 million people of Canada, by collecting the data from all visits to health professionals and hospital admissions covered by the medical services plan. The study revealed that the overall prevalence of arthritis in 2010 was 10.8%: 8.9% in men and 12.6% in women. Prevalence was higher in women in all age groups. It also showed that rates increased with age between 50 and 80 years.

A cross sectional study in UK, 1675 adults were clinically assessed by research therapists to detect the correlation of age and gender significance in the development of arthritis in the general population, using plan radiography of the knees. There were 943 women of age 24-64 years who were initially free of arthritis and followed over 10 years till 2008 out of which 5.8% developed arthritis in the hips, 7.3% in the knees and 5.6% in the hands. The incidence for hand arthritis was significantly higher among women (5.6%) compared to men (2.5%). The study supports a detrimental effect of age on arthritis among general population and incidence is more among women.

2. Literature related to knowledge regarding arthritis.

A study was conducted to assess the knowledge of people about self care management of arthritis which included 205 participants, with 114 in the intervention group and 91 in the control group. The 4 weeks trial was followed by an 8-week follow-up assessment. The outcome measures included assessments of arthritis, self-efficacy, pain beliefs, pain days and disability days. At post-intervention, significant differences were found in pain beliefs and pain days. At 8-week follow-up, there was a significant improvement in arthritic pain and other symptoms and pain beliefs. The study supports the hypothesis that a self care management programme enhances knowledge related to self-efficacy and pain beliefs. Thus the study concludes that people wants to be more aware about self care management of osteoarthritis.

A study was conducted to assess the knowledge of the geriatric people regarding awareness of self care management of arthritis through exercise which includes a total

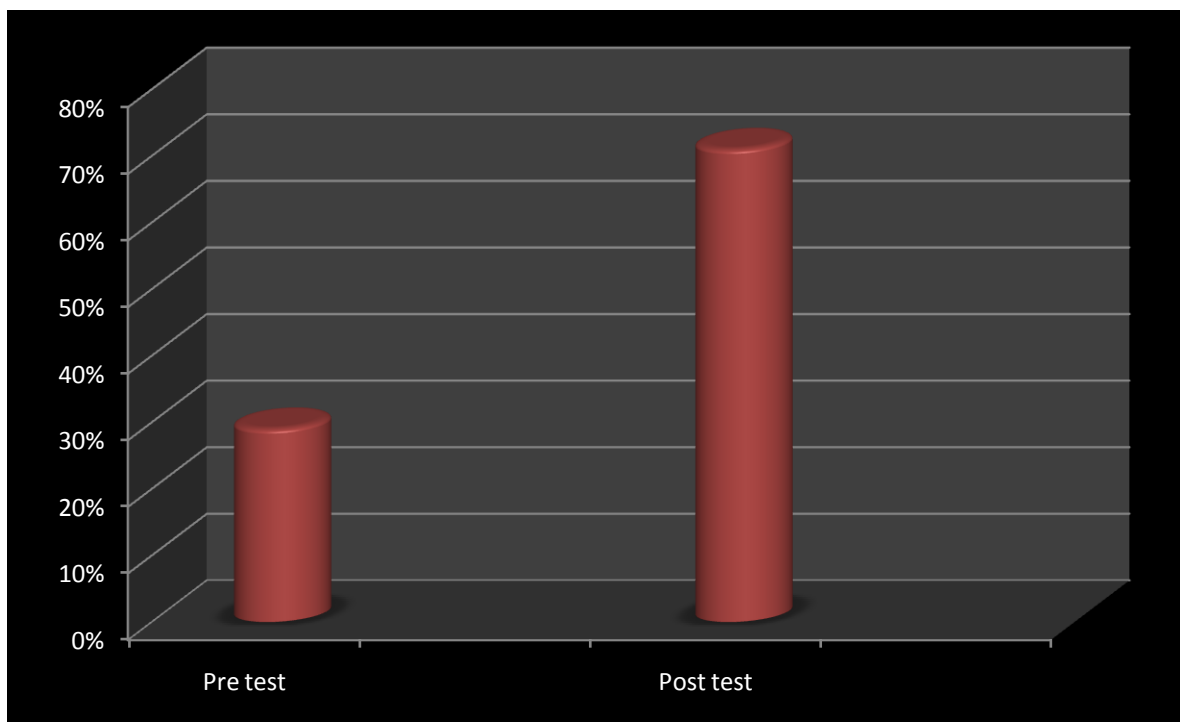
of 347 participants completed 24 PACE Ex programs. Questionnaires were administered to the participants. On the post test, participants showed statistically significant improvements in their self-efficacy to manage their condition. Thus the study concludes that this mode of exercise programmes will improve their knowledge level for improving self care.

Methodology

One group pretest post test design was adopted. A sample of 100 elderly who met the inclusion criteria was selected for the study. Convenient sampling technique was used for the study. This section consists of socio demographic data of the individuals and another section consists of Questionnaire regarding the Self caremanagement of arthritis in elderly. Informed consent was taken from the subjects. Data was collected with a structured questionnaire. The structured teaching programme contains information regarding self care management of arthritis post test was conducted after a period of seven days using the same structured questionnaire. The data was analysed by using descriptive and inferential statistics.

Results

Comparison of level of knowledge of elderly regarding the Self caremanagement of Arthritis.



Discussions

The overall findings of the present study showed majority of the elderly people had inadequate knowledge regarding the Self caremanagement of arthritis before obtaining STP. This study also showed that the overall knowledge had increased after structured teaching Programme and thus STP was Effective. This type of educational programme can bring elderly awareness about the Self caremanagement of arthritis. The pretest knowledge of the elderly group was 29% and post test knowledge was 71%.

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