

EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME REGARDING HOME CARE MANAGEMENT OF STROKE PATIENTS BY CARE GIVERS

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Abstract

Stroke is a major cause of mortality worldwide and commonly occurs amongst elderly (**World Health Organisation, 2008**). A nurse is essentially a teacher in whichever field she may be working. If patients and caregivers were taught about their disease condition and management, they could actively participate in achieving their own health goals (**Smith, 1989**). Therefore, a pre-experimental study was conducted to assess the effectiveness of structured teaching programme regarding home care management of stroke patients by care givers. The sample consisted of 20 caregivers of Stroke patients who were admitted in one of the private hospitals of Indore, (M.P.) One group pre-test- posttest research design was adopted. Purposive sampling technique was used to select the samples. Pretest was conducted by Observational checklist to observe the practice, following which structured teaching was administered with demonstration of home care management (includes procedures in 3 sessions i.e.1st session - hygiene care, 2nd - catheter care and Ryles tube feeding, and 3rd- exercises). Post-test was conducted on the 7th day by using the same tool. Pretest practice score of care givers regarding home care management of stroke patient showed that 11 (55%) care givers scored average and 9 (45%) scored poor. The Wilcoxon test was applied and the findings of pretest and post test practice scores regarding Ryle's tube feeding with catheter care (2.53) at $p \leq 0.05$ was found statistically significant which showed, there is marked improvement in practices of care givers whose stroke patient had both Ryle's tube and urinary catheter.

Key Words: Structured teaching programme, Home care management, Stroke, Caregiver, Effectiveness.

Background

A stroke or "brain attack" occurs when brain cells die because of inadequate blood flow. When blood flow is interrupted, brain cells are robbed of vital supplies of oxygen and nutrients. About 80% of strokes are caused by the blockage of an artery in the neck or brain; the remaining by burst blood vessels in the brain that causes bleeding into or around the brain (**Smeltzer Suzanne c., 2008**). Stroke is a leading cause of mortality and morbidity in developing and developed countries. Stroke causes chronic disability in adults and may leave its survivors with a variety of neurological deficits which may affect communication, vision, cognition, ambulation, perception, bowel and bladder control, and other activities of daily living (**McBride, 2004**).

The goal of restoring motion is to reduce impairments and enhance functional performance for activity of daily living and work and leisure activities. Disability in an individual affects the family physically, emotionally and psychologically which often puts constraints on their social roles and activities.

Need of the Study

Dai, Yin.Chin. (2009) conducted a study to identify the evidence of the effectiveness of skills training interventions directed to informal caregivers of stroke survivors in improving patient's activity of daily living. Intervention was consisting of skills training in basic nursing and helping with activities of daily living, facilitation of personal care techniques or to standard care. All interventions started during or shortly after discharge from hospital. Comparison group received only standard stroke care. Findings suggested that skills training interventions directed to informal caregivers have contributed significantly to impact on patient activity of

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