

STRUCTURED TEACHING PROGRAMME ON REHABILITATION OF COPD PATIENTS AMONG STAFF NURSES

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Abstract

COPD is primarily a disease of the adult. The prevalence of COPD reported in different population based studies from India is highly variable. The respective range for female subjects varies from 1.33% to 4.9% from North and from 2.55% to 2.7% from South India. For epidemiological assessment, the rounded-off median prevalence rates were assessed as 5 percent for male and 2.7 percent for female subjects of over 30 years of age **MHVI, (2010)**. In view of the high prevalence rate of this disease, a pre-experimental one-group pretest posttest approach was adopted to assess the effectiveness of STP on knowledge and practice of nurses regarding rehabilitation of COPD patients. 30 staff nurses were selected by purposive sampling. Structured knowledge questionnaire and an observational checklist were used for collection of data. Structured teaching programme was administered on rehabilitation of COPD patients and diaphragmatic breathing exercise was demonstrated to the staff nurses.

The mean posttest knowledge score (11.4) and mean posttest practice score (5.6) were higher than the mean pretest knowledge scores (7.5) and mean pretest practice score (3.8). The computed 't' test value for knowledge score was $t_{29}=25.97$, $p \leq 0.001$ and practice score $t_{29}=9.85$, $p \leq 0.001$ showed highly significant difference suggesting that the structured teaching programme was effective in increasing the knowledge and improving the practice regarding rehabilitation of COPD patients among staff nurses. Staff nurses of surgical ward had good knowledge i.e. 66.66% as compared to staff nurses working in medical ward and Intensive Care Unit.

It was concluded that staff nurses have inadequate knowledge and practice regarding rehabilitation of COPD patients. Structured teaching programme is effective teaching strategy to increase their knowledge and improve their practices.

Keywords: Rehabilitation, Effectiveness, Knowledge, Practice, Structured Teaching Programme (STP), Chronic Obstructive Pulmonary Disease (COPD)

Background

COPD is chronic obstructive lung disease affecting 5% of Indians, most of whom are men, and is currently the fourth leading cause of death worldwide and, according to World Bank Global Predictions, by 2020 it will be the 3rd largest cause of death. **Lalita, (2009)**

Tobacco smoke, which is a mixture of over 4000 chemical constituents, is the most important cause of COPD. Amongst males, tobacco smoking is responsible for more than 80% of patients. Both cigarette and 'bidi' smoking are equally responsible. Pipe and 'hookah' smoking are also important in causing COPD. There is no reliable

information on smoking associated COPD in women in whom the overall prevalence of smoking is very low. Besides active tobacco smoking, exposure to smoking from others i.e. passive smoking, better termed as Environmental Tobacco Smoke (ETS) exposure, may also play a contributory role especially in nonsmoker individuals including women. **Vaishali, (2010)**

India has 17 million persons living with COPD, a number that is estimated to rise to 22 million by 2016. Currently, there is no data on the total number of deaths caused by COPD. **Ministry Of Health and Family Welfare (2010)**

Need of the Study

Chronic obstructive pulmonary disease (COPD) is one of the most frequent causes of death in the India. **Troosters, M. (2005)**, conducted a Pulmonary rehabilitation programme aiming at improving exercise capacity,

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