EFFECTIVENESS OF SELF INSTRUCTION MODULE ON KNOWLEDGE OF NURSING PERSONNEL REGARDING ASSESSMENT AND MANAGEMENT OF CHRONIC KIDNEY DISEASE

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Abstract

Chronic kidney disease (CKD) is a progressive and irreversible damage of kidneys which disturbs the homeostasis of all systems of the body. There are numerous physiological and psychosocial manifestations associated with CKD and its treatment. Nurse can significantly enhance the client's quality of life through provision of an ongoing education and reinforcement while monitoring the patient's progress and compliance with treatment regimen. Therefore, an evaluative study with pre-experimental approach and one group pretest -posttest design was conducted on 50 nursing personnel working in Sher-e-Kashmir Institute of Medical Sciences Srinagar from1st July to 20th Sept.2012 to find out the effectiveness of 'Self-instructional module' regarding assessment and management of CKD. The tool (Self structured questionnaire) and intervention (Self instructional module) were formulated from extensive review of literature and validated from experts. Reliability of the questionnaire was tested by Split-half method (r=0.874). Pilot study was conducted on ten staff nurses to refine the methodology and find practicability and feasibility of the tool and SIM. A purposive sampling technique was used to collect data after obtaining formal permission from head of the institution and consent from study subjects. Major findings of study revealed that pre-test knowledge score was 62.06% of the total score (Mean18.62+0.11,SD = 2.49) revealed good knowledge while as post-test knowledge score was 94.4% (Mean 28.32+ 1.04;SD =3.74) revealed excellent knowledge and effectiveness was 32.34.%. Total Mean of post-test knowledge score was significantly higher than total Mean of pre-test knowledge score. Area wise distribution of knowledge score revealed significant increase in post test scores in all five aspects of knowledge questionnaire as indicated by 't' values. A significant association was found between professional education and work experience of study subjects with their pre-test knowledge score (p^2= 10.201and 17.83 at $p \leq 0.05$). Thus, it was inferred that the Self instructional module was very effective and while the gain in knowledge score is commendable, there is still room for improvement.

Key Words: Chronic kidney disease (CKD), End-stage renal disease (ESRD), Glomerular filtration rate (GFR), Self-instruction module (SIM)**,** Knowledge.

Introduction

Chronic kidney disease (CKD) is, irreversible deterioration in renal function in which the body's ability to maintain metabolic, fluid and electrolyte balance fails, resulting in azotemia, which disturbs the homeostasis of all systems of the body. It can progress to end-stage renal disease (ESRD or Stage-5 CDK) in which GFR falls to 15 ml/min/1.73 m2 (normal GFR is 125 ml/min/1.73 m2). The kidney function in ESRD is no longer adequate to sustain life and renal replacement therapy i.e. dialysis or transplantation becomes necessary to maintain life.

Crews. DR et.al. (2010)[1], Bruce. JW et.al (2010)[2] reported Chronic Kidney disease as a global health problem & 9th leading cause of death in the United States with increasing incidence of hypertension and diabetes affecting approximately 26. 3 million people. As cited by **Xue JL, Ma JZ, Louis TA, Collins AJ. (2009); Kowitz GM, Krishna JR , Singh A (2009)[3]**, Chronic Kidney Disease is a target organ injury occurring in association with co-morbid diabetes,