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## **A study to assess the knowledge regarding care of terminally ill patients among staff nurses and nursing students in Narayana Medical College Hospital , Nellore**

**S Arundathi, K Padma, K Saroja and Dr. Indira S**

**Abstract**

**Background:** Terminal illness is progressive, irreversible illness that despite care focused medical treatment. Terminal illness is a disease that cannot be cured or adequately treated and that is responsibly expected to result in the death of patient within a short period of time.

Palliative or terminal care is highly effective in managing pain and physical symptoms and can improve adherence to medications. It can and should be delivered with curative treatment that begins at the time of diagnosis. But palliative care goes much further than physical care. It is a holistic approach that improves the quality of life for patients and their families by addressing the psychosocial, legal and spiritual problems associated with life threatening illness.

**Objective:** To assess the level of knowledge regarding care of terminally ill patients among staff nurses. To assess the level of knowledge regarding care of terminally ill patients among nursing students. To compare the level of knowledge regarding care of terminally ill patients among staff nurses and nursing students. To find out the association between level of knowledge regarding care of terminally ill patients among staff nurses. To find out the association between the level of knowledge regarding care of terminally ill patients among nursing students.

**Materials and Methods:** Quantitative approach, descriptive design and convenient sampling technique was followed which included 30 samples were used. Data was collected using structured questionnaire. Data analysis was done with SPSS.

**Results:** shows that among 15 staff nurses 2(13.3) have inadequate knowledge, 12(80%) have moderate knowledge and 1(6.7%) have adequate knowledge among 15 nursing students 8(53.4%) have inadequate knowledge, 7(46.6%) students have moderate knowledge

**Conclusions:** The study concluded that majority of the staff nurses have moderate knowledge and majority of nursing students have inadequate knowledge regarding care of terminally ill patients.

**Keywords:** Terminallyill, Palliativecare, holisticapproch

**Introduction**

Terminal illness is progressive, irreversible illness that despite care focused medical treatment. Terminal illness is a disease that cannot be cured or adequately treated and that is responsibly expected to result in the death of patient within a short period of time. Palliative or terminal care is highly effective in managing pain and physical symptoms and can improve adherence to medications. It can and should be delivered with curative treatment that begins at the time of diagnosis. But palliative care goes much further than physical care. It is a holistic approach that improves the quality of life for patients and their families by addressing the psychosocial, legal and spiritual problems associated with life threatening illness [1]. By 2020, the world health organization estimates that non-communicable diseases which have been the main cause of high morbidity and mortality in sub Saharan Africa. despite the importance of palliative care in which managing non-communicable diseases its limited development across Africa indicates many patients have not received formal palliatives services.

However, the development of palliative care, through effective, low cost approaches is a feasible after active response to the urgent needs of the sick and improve their quality of life. It is a major undertaking for health systems. Worldwide to deliver appropriate palliative care. There are serious deficits in this field in many countries and the need for palliative care will further increase as increasing numbers of older people with incurable chronic disease and multiple morbidities. A patient is considered terminally ill when their estimated life expectancy is six months or less [2, 3].

Palliative care is normal offered to terminally ill patients, regretless their overall disease management style. If it seems likely to help manage symptoms. Such as pain and improve quality of life. Hospice care which can be provided at home or in a long term care facility additionally proceeds emotional and spiritual support for the patient and loved ones complementary medicine approaches are massage. Acupuncture may release symptoms and other causes of suffering [4, 5].

### Need For the Study

Fifty eight million people die each year, according to the world health organization. 60 percent of people would benefit from palliative care.

Eight million people died from cancer in 2012 and this is projected to increase to 12 million by 2030 more than 50% of cancer patients experience pain.

Two million people died of AIDS in 2013 and 2.6 were newly infected with HIV, bringing the total number of HIV positive people to 33 million. Between 60 to 80 percent of patients with AIDS experience moderate to severe pain and can suffer from a range of symptoms, which palliative care help to alleviate. Palliative care be delivered in a variety of settings including Hospitals, outpatient clinics. Residential hospices, nursing Homes, community Health centers and at Home low and middle income countries account for six percent of morphine are worldwide while having about half of all cancer patients and 95 percent of all New HIV infections. Thirty two countries in Africa have almost no morphine availability at all in United States our a third of patients, from children to the elderly are not adequately treated for pain [6].

Cancer is currently the cause of 12% of all deaths worldwide. The aim of our study is to perform Epidemiologic Research such as care control studies on cancer patients. The study is conducted in Mahatma Gandhi memorial Hospital. Which is a 1200 bedded multidisciplinary tertiary Care government Hospital for radiation treatment on daily basis. The study has been done by collecting the data for the time period of 5 years, from January 2010 – June 2012 form medical record department of Hospital. Total number of patients registered during the years January 2010 – June 2012 were 1571 with male – 49.53% female – 50.47% in the Ratio of 1: 1.005 [7].

It also rated each of forty countries on availability of painkillers on a scale of one to give again, India scored abysmally, receiving a one the lowest score of all since every other country received at least a two. The most prevalence aged for males is 60-70 years with 25-85% of patients and for females 40-50 years age [8].

### Materials and Methods

#### Sampling and data collection

**Quantitative research approach**, descriptive design was used to assess the knowledge regarding Care of terminally ill patients

among staff nurses and nursing students in Narayana Medical College Hospital, Nellore. Non-probability convenient sampling was used. Staff nurses and nursing students who were eligible, can understand regional language, who were available during data collection and voluntarily willing to participate in the study. Who are sick, who are on leave were excluded. Prior Permission was obtained from ethical clearance committee Participants signed an informed consent and were told they could withdraw from the study at any time for any reason.

### Description of Tool

#### Part I

Deals with demographic variables of staff nurses include age, gender, educational qualification, year of experience, area of working, source of information, attended any CNE programme. Demographic variables of nursing students include age, educational qualification, year of course, source of information, attended any CNE programme.

#### Part II

It deals with structured questionnaire to assess the knowledge regarding Care of terminally ill patients among staff nurses and nursing students. It consists of 30 multiple choice questions. Each question gives success answer as 1 score. If not answering gives 0 score.

**Score Interpretation:** The score was interpreted as follows:

Inadequate knowledge: 0-10

Moderately adequate: 11-20

Adequate knowledge: 21-30

#### Data analysis

Data was analysed by using descriptive and inferential statistics. Frequency, percentage, mean, standard deviation and chi-square test were done.

#### Results

The results shows that to age among Staff nurses 12(80%) were between 21-25 years and 6(40%) nursing students were between 21-23years. With regards to gender among Staff nurses 12(80%) were females. With regards to educational qualification among Staff nurses 12(80%) were B.sc(N) and 8(53.3%) were nursing students. With regards to year of course among nursing students 7(46.7) were 4<sup>th</sup> year B.Sc (N). With regards to year of experience among Staff nurses 9(60%) were < 1year experience. With regards to source of information among Staff nurses 10(60.66%) were got information from attending CNE programme and among nursing students 7 (46.7) were got information from internet. With regards to CNE programme among Staff nurses 6(40%) were attended and among nursing students 7(46.66%) were attended CNE programme. With regards to level of knowledge among staff nurses 1(6.7%) were having adequate knowledge. With regards to Socio demographic variables among staff nurses such as area of working showing significant association between the level of knowledge and among nursing students such as source of information showing significant association between level of knowledge.

**Table 1:** Frequency and percentage distribution of level of knowledge among staff nurses and nursing students.

(n=30)

Knowledge level	Staff nurse		Nursing students	
	f	%	F	%
Inadequate	2	13.3	8	53.4
Moderate	12	80	7	46.6
Adequate	1	6.7	0	-
Total	30	100	30	100

**Table 2:** comparison of mean and standard deviation of level of knowledge regarding care of terminally ill patient between staff nurses and nursing students

(n=30)

Category	Mean	Standard Deviation
Staff nurses	19.13	2.41
Nursing students	15.8	3.6

This table shows that mean knowledge score of staff nurses is 19.13, the standard deviation is 2.41 and mean knowledge score of nursing students is 15.8 and standard deviation is 3.6.

### Discussion

The discussion of the present study was based on the findings obtained from the descriptive and inferential statistical analysis of collected data. It is presented in the view of the objectives of the study. The study related to assess the knowledge regarding terminally ill care among staff nurses and nursing students. shows that among 15 staff nurses 2(13.3) are inadequate knowledge 12(80%) were moderate knowledge and 1(6.7%) were adequate knowledge. among 15 nursing students 8(53.4%) were inadequate knowledge, 7(46.6%) nursing students were moderate knowledge. With regards to Socio demographic variables among staff nurses such as area of working showing significant association between the level of knowledge and among nursing students such as source of information showing significant association between level of knowledge.

### Conclusion

The study concludes that majority of the staff nurses have adequate knowledge and majority of nursing students have moderate knowledge regarding care of terminally ill patient.

### Recommendations

1. A similar study can be conducted on large number of sample in different settings.
2. The experimental study can be conducted on same study.

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