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## A study to evaluate the effectiveness of structured teaching program on knowledge regarding selected psychiatric emergency management among health care workers in selected hospitals at Tumkur

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### Abstract

**Introduction:** Emergency is a situation or a set of unforeseen circumstances which need immediate intervention. Psychiatric emergency is a stress induced pathologic response that physically endangers the affected individual or others or that significantly disrupts the functional equilibrium of individual or his or her environment and calls for immediate intervention whereas medical emergency is one which endangers the life of individual. Psychiatric emergency need active urgent intervention as they are harmful not only to the patient but also to the society.

**Methods Research Approach:** Evaluative research approach. Research design used was one group pretest and post-test design. The conceptual framework based on theory of Goal Attainment model was used for the study which is designed by Imogene. M. King's (1958). The setting for this study was the selected areas of District hospital and Shridevi hospital. Convenient Sampling technique was used for 60 health care workers working in selected hospital at the time of data collection in selected hospitals at Tumkur. The tool developed which includes,

**Section-I:** demographic variables,

**Section-II:** Consisted of Structured Questionnaire. Level of Knowledge on selected psychiatric emergency management among health care workers.

**Section-III:** evaluate the Effectiveness of STP by Comparing Pre and Post Test Knowledge Score.

**Section-IV:** Association between the demographic variables and the knowledge on selected psychiatric emergency management among health care workers in post test. Tool for assess the knowledge using structured questionnaire. Inferential statistics used were paired 't' test to compare pre and post test knowledge scores chi-square test was used to find out the association between selected variables with pre test knowledge scores. Tool validity was done and tool found reliable. Study found feasible after pilot study.

**Results:** It has been observed that in this study pretest and post-test design was used. The population for the present study comprised Health care workers of selected hospitals. Total 60 samples were taken, Sample was collected through the use of convenient sampling technique. To ensure reliability of tool data of the structured knowledge questionnaire was analyzed by split half method and the reliability coefficient was calculated using Spearman Brown Prophecy formula. The reliability co-efficient of the tool was found to be 0.93. Hence the tool was found to be valid, reliable and feasible.

**Section I:** Description of sample characteristics.

**Section II:** Assess the level of knowledge on health care workers regarding selected psychiatric emergency management.

**Section III:** Evaluate effectiveness of structured teaching program by comparing pre and posttest knowledge score.

**Section IV:** Association between the demographic variables and knowledge of health care workers regarding selected psychiatric emergency management in posttest. The content validity was determined by experts.

**Conclusion:** The study findings showed that there was a significant increase in the knowledge of health care workers after administration of STP regarding selected psychiatric emergency management. Hence it was concluded that STP has been an effective method to increase knowledge of health care workers regarding selected psychiatric emergency management.

**Keywords:** Effectiveness, psychiatric emergency, management

### Introduction

On the basis of the above references, Psychiatric emergency service settings are typically transitory in nature and only exist to provide dispositional solutions and to stabilize life-threatening conditions. Once stabilize, patients suffering chronic conditions may be transferred to a setting which can provide long term psychiatric rehabilitation.

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The introduction and efficacy of psychiatric medication as a treatment option in psychiatry has reduced the utilization of physical restraints in emergency settings, by reducing dangerous symptoms resulting from acute exacerbation of mental illness or substance intoxication.

### Research Design

The research design selected for the study was pretest and post-test design was used.

### Research Setting

The present study was conducted in the selected District hospital and Shridevi hospital at Tumkur.

### Population

The population of the present study is health care workers working in selected hospital at Tumkur.

### Sample

In the present study the samples are health care workers working in selected hospital at Tumkur.

### Sample size

The Sample size consisted of 60 health care workers.

### Sample technique

In the present study the sample was collected through convenient sampling technique.

### Criteria for selection of sample

#### Inclusion Criteria

1. Health care workers between 20 to 60 years of age.
2. Health care workers in selected hospitals at Tumkur.
3. Health care workers who are willing to participate in the study.
4. Health care workers who are available at the time of data collection
5. Both male and female health care workers are study included in the study

#### Exclusion Criteria

1. Health care workers who are not available and sick during the time of data collection.
2. Who are not co-operative to the study.
3. Health care workers with ANM and M. Sc nursing qualification

### Development of tool

Review of literature provided adequate content for the tool preparation:

1. Personal experience, consultation with experts and discussion with peer group.
2. Development of blue print.
3. Construction of the demographic Performa and questionnaire.
4. Pre-testing of the tool.
5. Content validity.
6. Reliability.

### Description of the tool

In this study the tool consisted of:

- **Section A:** Demographic Performa
- **Section B:** Structured knowledge questionnaire

- **Section C:** Compare the significant differences between pretest & posttest knowledge score of health care workers regarding selected psychiatric emergency management.
- **Section D:** Association between the demographic variables and posttest knowledge of health care workers regarding selected psychiatric emergency management.

### Validity

The tools and content were given to experts. Based on the suggestions given by the valuator. After considering the experts suggestions and modifications, the tool was finalized.

### Reliability of the Tools

The data of the structured knowledge questionnaire was analyzed by split half method and the reliability coefficient was calculated using Spearman Brown Prophecy formula. The reliability co-efficient of the tool was found to be 0.93. Hence the tool was found to be valid, reliable, and feasible.

### Ethical consideration

- Researcher had obtained approval from appropriate review boards to conduct the study.
- Researcher had taken formal permission from health care worker to conduct study.
- Only the samples who had signed the consent form are included in the study.
- Confidentiality of the data is maintained strictly.

### Plan for data collection

- Ethical committee clearance
- Written permission was obtained from the medical superintendent of Govt hospital and Shridevi hospital, Tumkur.
- Consent from health care worker in selected hospital at Tumkur.
- The investigator approached the health care worker of selected samples, informed them regarding the objectives of the study and obtained their informed consent after assuring the confidentiality of the data.

### Pilot study

The pilot study was conducted on 03-12-2012 to 10-12-2012 in district hospital at. They were also assured of the confidentiality of their responses. Knowledge of health care workers was assessed by using structured knowledge questionnaire. The STP was administered. The post-test was conducted on the 7th day. The collected data was analyzed using descriptive and inferential statistics. The significance of difference between the pre-test and post-test score was found by paired 't' test. The difference was found to be highly significant. The mean posttest knowledge scores of the respondents were found to be significantly higher than their mean pretest scores.

### Findings of Pilot Study

#### Data analysis and interpretation

Sample characteristics in frequency and percentage of health care workers. Paired t test, are used to compare the level of knowledge on selected psychiatric emergency management in pre-test and post-test. Chi Square test is used to associate the socio demographic variable with the level of knowledge.

## Result

### Section I: Frequency and percentage distribution of selective Demographic Variables

Age distribution of health care workers. that 33. 33% health care workers are in the age group of 21-30 years, 25% health care workers are in the age group of 31-40 years, 25% health care workers are in the age group of 41-50 years and 16. 67% health care workers are in group of more than 50 years. 75% health care workers were female. Similarly remaining 25% health care workers were male. marital status distribution of health care workers. It is observed that 66. 67% were married, 26. 67% were unmarried and 6. 67% were divorce/widow. family of health care workers. It is observed that 46. 66% belongs to nuclear family, 31. 67% belongs to joint family 13. 33% were extended family. 25% health care workers were Christian, 58. 33% of health care workers were Hindu, 10% were Muslim, 6. 67% health. 40% were GNM, 38. 33% were BSc. and 21% were post basic BSc. 40% are getting information from health professional, 33. 33% getting information from mass media, 18. 33% getting information from journals and 8. 33% are getting information from neighbors or friends. 40% of health care workers are having 0-5 years of experience, 25% have 6-10 years of experience, 23. 33% have 11-15 years-experience and 11. 67% have >15 years-experience.

### Section II: To assess the existing knowledge on health care workers regarding selected psychiatric emergency management

Knowledge regarding selected psychiatric emergency management is inadequate in 35% of subjects and moderate in 61. 67% and adequate in 3. 33% subjects in pre-test. area wise pre-test score of health care workers on psychiatric emergency management. Over all mean is 16. 48 and standard deviation is 1. 86 and mean percentage is 51. 5% in pre-test. Assess the post test knowledge score of health care workers regarding selected psychiatric emergency management. the post test knowledge score of health care workers regarding selected psychiatric emergency management knowledge in post-test in which 76. 67% have adequate knowledge, 23. 33% have moderate knowledge on selected psychiatric emergency. Over all Mean is 24. 48 and SD is 1. 15 and Mean percentage is 76. 5% in post-test on selected psychiatric emergency management in health care workers.

### Section III: To compare the significant differences between pre test & post test knowledge score of health care workers regarding selected psychiatric emergency management

Distribution of differences between pre test & post test score, 76. 67% have adequate knowledge and 23. 33% have moderate knowledge in post test on selected psychiatric emergency management. Over all Pre test and post test Mean knowledge on selected psychiatric emergency management among health care workers. Significant at 0. 05% level.  $t(0.05, 59 \text{ df}) = 2$ . enhancement of Mean, SD, Mean% Table 19 and Figure 20 shows the distribution of enhancement in Mean with 7. 64, SD with 0. 71 and Mean% with 25.

### Section IV: Association between the demographic variables and post-test knowledge of health care workers regarding selected psychiatric emergency management

34 health care workers were below median and 26 health care workers were above median. Calculated  $\chi^2$  Value was found to 7. 73, which is less than value with  $p\text{-value} < 0.05$ . accept null hypothesis. there is no significant association between age, post-test knowledge of health care workers. 34 health care workers were below median and 26 health care workers were above median. Calculated  $\chi^2$  Value was found to be 10. 61, greater than value with  $p\text{-value} < 0.05$ . accept research hypothesis. there is significant association between gender post-test knowledge of health care workers. 34 health care workers were below median and 26 health care workers were above median. Calculated  $\chi^2$  Value found to be 1. 16, less than value with  $p\text{-value} < 0.05$ . accept null hypothesis. there is no significant association between marital status and post test knowledge of health care workers. describes outcomes chi-square test. Calculated  $\chi^2$  Value found 18. 42, which is more than table value with  $p\text{-value} < 0.05$ . accept research hypothesis significant association between the type family, post test knowledge of arthritis patients. 34 health care workers were below median and 26 were above median. Calculated  $\chi^2$  Value found to be 10. 24, is more value with  $p\text{-value} < 0.05$ . accept research hypothesis, there is significant association between Religion and post test knowledge of health care workers. chi-square test. Calculated  $\chi^2$  Value was found 8. 67, more than table value  $p\text{-value} < 0.05$ . accept Research hypothesis. Significant association between the types of hospital and post test knowledge health care workers. Association between Experience in psychiatric. Calculated  $\chi^2$  Value found 15. 15, table value with  $p\text{-value} < 0.05$ . accept Research hypothesis, significant association between the source of information and post test knowledge health care workers. Calculated  $\chi^2$  Value was found 15. 37, more than value with  $p\text{-value} < 0.05$ . accept Research hypothesis, significant association between the experience in psychiatric emergency ward and post test knowledge of health care workers.

## Conclusion

It indicates the importance of frequent teaching and education programs to update the knowledge on psychiatric emergency management. After the administration of STP, the post test scores showed an increase in knowledge, hence it was concluded that STP was an effective method to improve knowledge.

## Discussion

Study evaluates effectiveness of structured teaching program on knowledge regarding selected psychiatric emergency management among health care workers in selected hospitals at Tumkur. A pre-experimental pre-test, post-test design used to assess the effectiveness of structured teaching program on knowledge regarding selected psychiatric emergency management among health care workers. Knowledge questionnaire used to collect data. Structured teaching program was administered to find out the effectiveness. The investigator utilized the convenient sampling technique to select the subjects. Pre-test conducted

prior administration of STP and post-test was conducted after a week, using the same interview schedule as employed for pre-test.

### Limitations

1. The study was confined to small number of subjects and was conducted on convenient sampling, studying in different selected hospitals, which limits the generalization of findings.
2. A structured knowledge questionnaire was prepared for data collection, which restricts the amount of information that can be obtained from the respondents.

### Recommendations

1. A similar study can be replicated on a larger sample with different demographic characters.
2. An Experimental study can be under taken with control group.
3. A Similar study can be conducted using other strategies like SIM, booklets and pamphlets.
4. A Similar study can be conducted among other health care professionals.

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