



ISSN Print: 2394-7500
ISSN Online: 2394-5869
Impact Factor: 8.4
IJAR 2022; 8(8): 48-49
www.allresearchjournal.com
Received: 19-06-2022
Accepted: 24-07-2022

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Effectiveness of planned teaching program on knowledge regarding the risk factors and prevention of lung cancer: Quasi-experimental one group pre-test post-test research design

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Abstract

Background of the Study: Today world is in the grip of numerous, ferocious diseases. One of the prevalence is Cancer. Lung cancer is a disease which is characterized by uncontrolled cell growth in the tissues of the lungs.

Aim of the Study: To assess the effectiveness of planned teaching program regarding the risk factors and prevention of lung cancer among patients.

Materials and Methods: The study was a Quasi-experimental one group pre-test post-test research design which consists of 60 patients who are admitted in general medical ward in R.R hospital, Bangalore. Structured knowledge questionnaire was developed in order to assess the knowledge regarding the risk factors and prevention of lung cancer. A time limit of 30 minutes was taken to each sample for pre-test and followed a planned teaching program for 30-45 minutes. The post-test was conducted by researcher after a period of one week using the same tool. The tools used for data analysis in this study were descriptive and inferential statistics.

Results: The findings of the study revealed that before implementation of planned teaching program, majority 37 (57%) of patients had average knowledge, 23 (43%) patients had poor knowledge. But after implementation of the planned teaching program, majority 57 (95%) patients had good knowledge (above 75%) and 3 (5%) patients of them scored average knowledge (50-75%) regarding the risk factors and prevention of lung cancer.

The Mean and Standard Deviation of the level of knowledge before implementation of planned teaching program regarding the risk factors and prevention of lung cancer among patients is 13 ± 1.89 and mean and standard deviation of the level of knowledge after implementation of planned teaching program was 26.73 ± 1.40 . There was highly significant between the mean level of knowledge scores before and after implementation of planned teaching program ($t=58.34$, $df = 59$) at a 0.05 level of significance. Hence, the accepted research hypothesis was H1 and null hypothesis H01 was rejected in this study. Therefore, it was concluded that planned teaching program was found effective to enhance the knowledge regarding the risk factors and prevention of lung cancer.

Conclusion: Based on the research findings, it was concluded that the planned teaching program gained and improved the knowledge regarding the risk factors and prevention of lung cancer.

Keywords: Effectiveness, planned teaching program, knowledge, lung cancer, patients

Introduction

In India trachea, bronchus and lung cancers are the most common cancers found among men population. At a rate of 85 age-adjusted disability adjusted life years (DALYs) per 100,000 populations, lung cancer accounts for 7% of total cancer disability adjusted life years in India^[1]. The leading cause of lung cancer is the long-term inhalation of tobacco smoke. Non-smokers account for 15% of lung cancer cases, and these cases are often attributed to a combination of genetic factors, radon gas, asbestos, air pollution and passive smoke^[2].

Methodology

The objective of the study was to assess the effectiveness of planned teaching program on knowledge regarding the risk factors and prevention of lung cancer. The study was based on quasi-experimental one group pre-test post-test research design.

It was conducted among patients who are admitted in general medical ward in R.R hospital, Bangalore. Formal permission was obtained, privacy and confidentiality of each patient was maintained.

Sample size

The size of the sample was 60 patients who are admitted in general medical ward in R.R hospital, Bangalore.

Sampling technique

Non-probability purposive sampling techniques were used for the study.

Tools for data collection

The tool consisted of two sections:

Section A- Demographic data

Section B- Structured Knowledge Questionnaire

Methods of data collection

A Structured knowledge questionnaire on knowledge regarding the risk factors and prevention of lung cancer was used for the data collection in the study.

Procedure for data collection

The data was collected in one month from patients who are admitted in general medical ward in R.R hospital,

Bangalore. A total number of 60 patients were selected through Non probability purposive sampling technique. Proper orientation was given to the samples about the aim of the study, nature of questionnaire and adequate care was taken for confidentiality and identity.

The pre-test was conducted by using structured questionnaire that consists of Section A- Demographic data and Section B- MCQ. A time limit of 30 minutes was taken to each sample for pre-test. The pre-test was conducted in the small auditorium. After completion of pre-test the researcher gave introduction and followed a Planned Teaching Programme for 30- 45 minutes by using LCD. After Planned Teaching Programme their doubt were cleared. The post-test was conducted by the researcher after a period of one week using the same tool. The same procedure was followed for all the 60 samples.

Data analysis

The data were analysed and interpreted as stated in the objectives of the study by using descriptive and inferential statistics. Paired 't' test was used to compare the effectiveness of planned teaching program.

Results

Samples' description according to their pre-test and post-test level of knowledge

Table 1: Distribution of samples according to their pre-test and post-test level of knowledge (N=60)

Level of knowledge	Pre test		Post test	
	Frequency (f)	Percentage (%)	Frequency (f)	Percentage (%)
Poor (<44%)	23	43 %	0	0 %
Average (45-74%)	37	57 %	3	5 %
Good (>75%)	0	0%	57	95 %

Table 2: Comparison of pre-test and post-test knowledge level of patients regarding risk factors and prevention of lung cancer. (N=60)

Sl. No	Knowledge Score	Mean	Mean Difference	Standard Deviation	't' value
1	Pretest	13.31	13.42	1.89	58.34
2	Posttest	26.73		1.40	

(Significant at 0.05 levels) (Table value= 2.00)

Discussion

The study showed that the planned teaching program regarding knowledge on risk factors and prevention of lung cancer was found effective ($t= 58.34$, $p < 0.05$). Similar findings were disclosed by Prakash M Naragal *et al.* [3], who conducted a study on effectiveness of a planned teaching programme regarding cervical cancer showed that there was significant increase in the knowledge regarding cervical cancer and its prevention ($t= 10.2$, $p < 0.08$).

The similar findings reported by Kumari Nutan [4], revealed that mean pre-test knowledge score about cervical cancer is 9.65 and post-test mean knowledge score is 17.87, structured teaching programme was found to be efficacious in enhancing and improving the knowledge related to cervical cancer.

Conclusion

The findings of the study concluded that knowledge regarding the risk factors and prevention of lung cancer was highly effective after implementation of planned teaching program. Therefore, it was proven that the application of planned teaching program amplify the knowledge among patients of lung cancer.

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