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Effectiveness of structured teaching programme on primary management of epilepsy among relatives of admitted patient: One group pre-test post-test research study

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Abstract
Background: Epilepsy is a group of syndromes characterized be unprovoked, recurring seizure. Epileptic syndrome is classified by specific pattern of clinical features, including age, at onset, family history and seizure type.
Aim: The study aimed to assess the effectiveness of structured teaching programme on primary management of epilepsy among relatives of admitted patient.
Materials and Methods: the study consist of – Quantitative study with one group pre-test post-test design which consisted of 70 relatives of admitted patient in Rahman Hospital Pvt. Ltd, Guwahati, Assam. A demographic variable and structured knowledge questionnaire on primary management of epilepsy was developed. Statistical methods used for the analysis were descriptive and inferential statistics.
Results: the finding revealed that majority of the relatives of the admitted patient (38.57%) belonged to the age group of 31 - 40 years, (60%) were male, (70%) were Islam, (35.71%) completed secondary education, (48.57%) were doing own business, (80%) were from rural area, (55.71%) were husband/ wife, (45.71%) were ill for a week.
Conclusion: Based on the findings, it is concluded that the structured teaching programme on primary management of epilepsy improved the knowledge on primary management of epilepsy among relatives of admitted patient.

Keywords: Assess, effectiveness, structured teaching programme, relatives

Introduction
The word Epilepsy derived from the Greek word "Epilambanein" and means "to be seized." This was used to connote both the disease and the single attack. The term signifies the magical thinking of that time that people with epilepsy were considered unclean or evil, and created the stigma related to epilepsy. Epilepsy is not just one condition, but a group of many different 'epilepsies' with one thing in common: a tendency to have seizures that start in the brain.

Methodology
The objectives of the study were to assess the knowledge regarding the primary management of epilepsy among relatives of admitted patient. To assess the effectiveness of structured teaching programme regarding primary management of epilepsy among relatives of admitted patient. To determine the association between pre-test knowledge score and selected demographic variables. The research approach chosen for the study was a quantitative one group pre-test and post-test research design. The study was conducted among relatives of admitted patient in Rahman Hospitals Pvt. Ltd. Formal permission was obtained from each participant. Every participant was assured of his/her privacy and confidentiality.

Sample size
The sample size was 70 relatives of admitted patient in Rahman Hospitals Pvt. Ltd

Sampling technique
Non-probability purposive sampling technique.

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Tool for data collection
The tool used in the study were.

Section I: Demographic variables.

Section II: Structured knowledge questionnaire
For the complete analysis of data in the study, descriptive and inferential statistical methods were used.

Method of data collection
A demographic variables and structured knowledge questionnaire regarding primary management of epilepsy were used for the collection of data in the study.

Procedure for data collection
Formal permission was obtained from the concerned authorities of Rahman Hospitals Pvt Ltd. The data were collected at Rahman Hospitals Pvt. Ltd, Guwahati, Assam from 6th October, 2021 to 25th October, 2021. The investigator had given a self-introduction, explained the purpose of the study and ascertained the willingness of the subjects to participate in the study. The subject was assured and confidentiality of the information provided by them and informed consent was obtained. The subject was given a structured knowledge questionnaire on primary management of epilepsy for a time period of 15-20 minutes to complete the questionnaire. After assessing the knowledge, a structured teaching on primary management of epilepsy was given for a period of 45 minutes. Re-assessment of the knowledge was done after the 7th day on the 8th day of the pre-assessment.

Data analysis
The data were analyzed and interpreted in accordance with the objectives of the study by using descriptive and inferential statistical methods. Frequency and percentage distribution methods were used for the analysis of demographic variables in the study.

Results

Table 1: Frequency and percentage distribution of relatives of admitted patient according to demographic variables n = 70

Sl. No	Demographic Variables	Groups	Frequency	Percentage
1.	Age in years	20 – 30	23	32.9%
		31 – 40	27	38.6%
		41 – 50	9	12.9%
		50 and above	11	15.7%
2.	Gender	Female	28	40%
		Male	42	60%
		Transgender	0	0%
3.	Religion	Hinduism	13	18.6%
		Islam	49	70%
		Christianity	6	8.6%
		Others	2	2.9%
4.	Educational status	Illiterate	18	25.7%
		Primary education	14	20%
		Secondary education	25	35.7%
		Graduate & above	13	18.6%
5.	Occupation	Service holder	15	21.4%
		Own business	34	48.6%
		Retired	1	1.4%
		Unemployed	20	28.6%
6.	Geographic area	Urban	14	20%
		Rural	56	80%
7.	Relationship with the patient	Husband/wife	39	55.7%
		Daughter/son	21	30%
		Niece/nephew	9	12.9%
		Others	1	1.4%
8.	Duration of illness	Days	27	38.6%
		Weeks	32	45.7%
		Months	6	8.6%
		Year	5	7.1%

Table 2: Frequency and Percentage distribution of pretest knowledge and posttest knowledge on primary management of epilepsy among relatives of admitted patient n = 70

Level of Knowledge	Score	Pre – Test Frequency	Percentage	Post – Test Frequency	Percentage
Poor	<50%	34	48.57%	0	0%
Average	50% - 75%	31	44.28%	13	18.57%
Good	75% - 100%	5	7.14%	57	81.43%

Table 3: Range of scores, mean and standard deviation on primary management of epilepsy among relatives of admitted patient n=70

Knowledge Score	Range of Score	Mean	S. D
Pre – test knowledge	2 – 6	8.61	4.02
Post – test knowledge	10 – 20	13.33	2.32

Table 4: Comparison (Paired 'T' – Test) Of Before and After the Implementation of Structured Teaching Programme on Primary Management of Epilepsy n=70

Knowledge Score	Mean	't'	df	p- value
Pre – test knowledge	8.61	13.64	69	0.001**
Post – test knowledge	13.33			

**Significant at 0.05 level of significance, tabulated t value = 2.00

Discussion

The study revealed that a structured teaching programme on primary management of epilepsy was effective which showed that the mean knowledge score of relatives of admitted patient after implementation of structured teaching programme was significantly higher than the mean of the knowledge score before implementation of planned teaching programme on primary management of epilepsy (t=13.64, p=0.001)

Similar findings were reported by ArulJothi V, who conducted a study on the effectiveness of Structured teaching Program on Knowledge, Attitude and Practices on Home care management of epilepsy among the family members of patients with epilepsy. The study revealed that pre- test level of knowledge 48% had inadequate knowledge, 16% of them had moderately adequate knowledge and only 36% of the family members had the adequate knowledge. After STP, 84% had adequate knowledge, 16% of them had moderately adequate knowledge and no one had inadequate knowledge. This study strongly proved that effectiveness of Structured Teaching Programme.

Similar study was carried out by George J shows that the mean knowledge score in pre-test was 11.5 and SD was 3.59 and in post-test mean was 24.41 and SD 3.2. The study proved that the structured teaching program was significantly effective in improving the knowledge of mothers of under five children regarding management of febrile convulsion

Conclusion

From the findings of the present study the following conclusion were draw:

Mean knowledge score after implementation of structured teaching programme on primary management of epilepsy was significantly higher than the mean knowledge score before implementation of structured teaching programme.

Therefore, from the findings of the study it was clearly concluded that the structured teaching programme on primary management of epilepsy was quite effective among the relatives of admitted patient.

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