



**"A STUDY TO ASSESS THE EFFECTIVENESS OF VIDEO ASSISTED TEACHING WITH REINFORCEMENT HANDBOOK ON KNOWLEDGE REGARDING SELF-CARE MANAGEMENT AMONG HEMODIALYSIS PATIENTS AND ALSO ON SELF-CARE BEHAVIOR OF PATIENTS IN SHRI VINOBA BHAVE CIVIL HOSPITAL, DADRA & NAGAR HAVELI."**

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### ABSTRACT

**Background:** One of the greatest challenges that will face by the health system globally in the 21st century will be the increasing burden of chronic kidney diseases. Self-care management becomes an inevitable and significant task for them. **Aim:** The aim of the study was to assess the effectiveness of VAT with reinforcement handbook on knowledge patient and their self-care behavior among hemodialysis. **Methods:** An evaluative approach with one group pretest post -test design was adopted for the study. The study was conducted in SVBCH, Silvassa among 70 hemodialysis patients using convenience sampling method. **Results:** The results of the study revealed that the posttest mean knowledge scores of patient (18.6), and the self-care behavior of patients (11.5) found higher than the pretest mean (13.1, and 103.6) scores and the obtained 't' values (patient- 11.02, patient's self-care behavior-7.99, were greater than the table value 1.995 and it found to be highly significant at  $p < 0.05$ . Hence the intervention was effective in improving knowledge and self-care behavior. The knowledge scores and the self-care behavior scores of hemodialysis patients found positively correlated (0.3). There was a significant association between hemodialysis patient pretest knowledge & educational status. There was no significant association between patient pretest self-care behavior & selected demographic variables. **Conclusion:** The study results confirmed that the knowledge regarding self-care management of hemodialysis patient significantly increased among patients after administration of video assisted teaching with reinforcement handbook. Self-care behavior also increased among patients along with the knowledge of patients.

**KEYWORDS :** Assess, effectiveness, patients, self-care behavior, self-care management, knowledge, video assisted teaching, reinforcement handbook.

### INTRODUCTION:

One of the greatest challenges that will face by the health system globally in the 21st century will be the increasing burden of chronic kidney diseases. Self-care management becomes an inevitable and significant task for them. 30 million people or 15% of US adults are estimated to have CKD<sup>1</sup>. World widely the people aged 65 years to 74 years, it is estimated that one in five men, and one in four women, have chronic kidney disease<sup>2</sup>. According to Dr. Rajan Mathur, at least 16% of the population suffers from CKD in India<sup>8</sup>. Approximately 91% of patients diagnosed with end stage renal disease choose to perform hemodialysis as treatment<sup>5</sup>. Self-management becomes an inevitable and significant task that a CKD patient faces daily, from making food choices to taking prescribed medications. Relatively little is known about the experiences of CKD patients, but it is thought that engaging CKD patients in self-management behaviors early in the course of the disease may help delay progression and lead to other health benefits<sup>7</sup>.

In 2016 a through literature search was done in India it showed average crude and age adjusted incidence rates in Bhopal as 151 and 232 per million populations respectively. The study done in Delhi showed the prevalence of chronic kidney disease is 0.785% or 7852/million adult population. Review concluded that non communicable diseases are increasing day by day. Chronic Kidney Disease is one of the major causes of mortality in India and the common causes of CKD are Hypertension and Diabetes Mellitus. A study conducted by Mr. Hargovind Trivedi revealed that the prevalence of CKD is higher among semi urban population. So much concentration is needed to teach the patients in those areas<sup>10</sup>. The census report from hemodialysis centre, SVBCH, Silvassa, Dadra and Nagar Haveli revealed a gradual increase in number of ESRD patients and hemodialysis every year. The average number of dialysis per patient per year has been increased from 19.7 in 2012 to 107 in 2017.<sup>3</sup> If dialysis patients members are better supported, educated and cared for, these negative consequences of hemodialysis can be prevented Or At Least Can Be Reduced.

### Methodology & Materials:

A quantitative evaluative approach with pre-experimental one group pretest post test design was considered to be appropriate for the study. Study conducted at hemodialysis center of SVBCH, Silvassa. Convenient sampling techniques used to select 70 hemodialysis patients. Data collected using structured knowledge questionnaire and self-reporting rating scale for self care behavior assessment. Informed consent taken from hemodialysis patients. Soon after pretest, video assisted teaching given to the hemodialysis patients. Video assisted teaching given with the help of laptops and LCD television screens in the units. First reinforcement was given with the same video on 7<sup>th</sup> day then 2<sup>nd</sup> reinforcement given with information handbook on 14<sup>th</sup> day. Post test conducted on 21<sup>st</sup> day.

### RESULTS

**Table-1:- Frequency and percentage distribution based on demographic variable of hemodialysis patients**

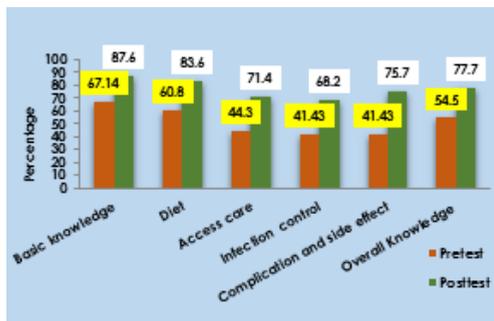
Demographic variables	Categories	F	P
Age In Years	15 -25	4	5.7
	26-35	11	15.7
	36- 45	20	28.5
	46-55	18	25.7
	56-65	10	14.4
	66-75	7	10
Gender	Male	54	77.2
	Female	16	22.8
Education	Profession Or Honors	1	1.4
	Graduate Or Post Graduate	19	27.2
	Intermediate Or Diploma	14	20
	High School Certificate	13	18.6
	Middle School Certificate	12	17.1
	Primary School Certificate	10	14.3
	No Formal Education	1	1.4

Marital Status	Married	58	82.9
	Unmarried	9	12.8
	Divorce	1	1.4
	Separated	2	2
Occupation	Profession	1	1.4
	Clerical/ Shop Owner	6	8.7
	Skilled Worker	2	2.8
	Semi- Skilled Worker	2	2.8
	Un Skilled Worker	1	1.4
	Un Employed	44	62.8
	Retired	3	4.3
	House Wife	11	15.8
Income ( in rupees)	>41430	15	21.4
	20715 -41429	9	12.9
	15536-20714	14	20
	10357-15535	15	21.4
	6214-10356	8	11.4
	2092-6213	6	8.6
Duration Of Illness	< 1	9	12.8
	1 – 5	48	68.6
	5 – 10	10	14.3
	>10	3	4.3
Years Of Undergoing Dialysis	< 1	17	24.3
	1 – 5	46	65.7
	5 – 10	6	8.6
	>10	1	1.4
Source of Financial Expenditure	Self	9	12.9
	Sponsored	61	87.1

**Table-2:- : Comparison of the pretest and post test score showing the effectiveness of VAT with reinforcement handbook on knowledge regarding self-care management among patients**

Pretest		Posttest		t' test calculated value	Inference
Mean	SD	Mean	SD		
13.1	3.7	18.6	2.7	11.02	S

The obtained' value 11.02 was greater than the table value 1.9 and it found to be highly significant at p<0.05 level of significance. Hence the developed VAT with reinforcement book was effective in increasing the knowledge level of hemodialysis patients.

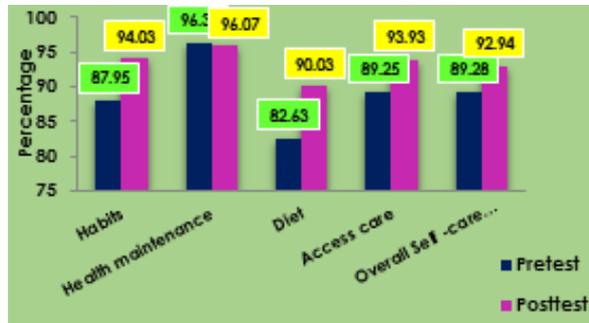


**Fig:1 Comparison of the pretest and post test score on knowledge regarding self care management among hemodialysis patient**

**Table-3:- : Comparison of the pretest and post test score showing the effectiveness of VAT with reinforcement handbook on self-care behavior of hemodialysis patient**

Pretest		Posttest		t test calculate d value	Inference
Mean	SD	Mean	SD		
103.6	7.29	111.5	4.71	7.99	S

The obtained't' value 7.99 is greater than the table value 1.9 and found to be highly significant at the level of p<0.01. Hence the developed VAT with reinforcement book was effective in increasing self-care behavior of hemodialysis patients.



**Fig :2 Comparison of the pretest and post test score on self-care behavior of hemodialysis patient**

**Table:4:- Correlation between the knowledge score and the self-care behavior of hemodialysis patients**

Test	Variable	r' Value	Inference
Pretest knowledge	Pretest self-care behavior	0.3	Weakly positive correlation
Posttest knowledge	Pretest self-care behavior	0.1	Weakly positive correlation

**Findings related to the association between selected demographic variables and pretest level / self-care behavior score**

There was a significant association between hemodialysis patient pretest knowledge & selected demographic variable (education). There was no association between patient pretest self-care behavior & selected demographic variables.

**CONCLUSION:**

The study results confirmed that the knowledge regarding self-care management of hemodialysis patient significantly increased among patients after administration of video assisted teaching with reinforcement handbook. Self-care behavior also increased among patients along with the knowledge of patients and established the video assisted teaching with reinforcement handbook as effective in improving knowledge and self-care behavior. The study's findings can be used by hospital policy makers to instigate the effectiveness of mandatory training for CKD patients to ease their burden, and improve care giving outcomes, thus improving the patients' health and quality of life.

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