

“Study to assess the awareness regarding post Covid-19 possible health issues and its management among post Covid-19 patients at selected villages of Udaipur district (Raj.) and to develop a self-instruction module”

Mr. Rajat Joshi¹, Mr. Kamlesh Joshi²

(Community Health Nursing Department, Geetanjali College of Nursing/ Geetanjali University, India)

(Associate Professor, Geetanjali College of Nursing/ Geetanjali University, India)

Abstract:

Background: Most people who get coronavirus disease 2019 (COVID-19) recover within a few weeks. But some people, even those who had mild versions of the disease, might have symptoms that last a long time afterward. These ongoing health problems are sometimes called post-COVID-19 syndrome, post-COVID conditions, long COVID-19, long-haul COVID-19, and post-acute sequelae of SARS COV-2 infection (PASC). Researcher conducted a “Study to assess the awareness regarding post Covid-19 possible health issues and its management among post Covid-19 patients at selected villages of Udaipur district (Raj.) and to develop a self-instruction module.”

Materials and methods: It included quantitative non experimental research approach and descriptive survey research design, selected demographic variables are Age in years, Gender, Religion, Educational Status, Occupational Status, Family Income (per month in Rs.), Previous Exposure to the Information regarding Post Covid-19 possible health issues and Source of Information. Selected villages of Udaipur district were research setting, 80 post Covid-19 patients were samples, and non-probability convenient sampling technique was used. The data obtained were analyzed and interpreted in the light of objectives and hypothesis using both descriptive and inferential statistics in terms of frequency, percentage and chi-square.

Results: Result revealed that the overall awareness mean score of the respondents on post Covid-19 possible health issues and its management was 11.1 (37%) with SD (1.93). There was significant association found out between awareness score and demographic variables such as Age in years, Religion, Educational Status, Occupational status, Family income, Previous exposure to information and source of information regarding post Covid-19 possible health issues and its management.

Conclusion: The main focus was “Study to assess the awareness regarding post Covid-19 possible health issues and its management among post Covid-19 patients at selected villages of Udaipur district (Raj.) and to develop self-instruction module.” The study concluded that there was low level of awareness regarding post Covid-19 possible health issues and its management among post Covid-19 patients. The demographic variables are significantly associated with awareness score.

Key Words: Awareness, Post Covid-19 possible health issues, Post Covid-19 patients.

Date of Submission: 06-11-2022

Date of Acceptance: 20-11-2022

I. Introduction

Most people who get coronavirus disease 2019 (COVID-19) recover within a few weeks. But some people, even those who had mild versions of the disease, might have symptoms that last a long time afterward. These ongoing health problems are sometimes called post-COVID-19 syndrome, post-COVID conditions, long COVID-19, long-haul COVID-19, and post-acute sequelae of SARS COV-2 infection (PASC).¹

“Post COVID-19 condition occurs in individuals with a history of probable or confirmed SARS CoV-2 infection, usually 3 months from the onset of COVID-19 with symptoms and that last for at least 2 months and cannot be explained by an alternative diagnosis. Common symptoms include fatigue, shortness of breath, cognitive dysfunction but also others and generally have an impact on everyday functioning. Symptoms may be new onset following initial recovery from an acute COVID-19 episode or persist from the initial illness. Symptoms may also fluctuate or relapse over time.”²

Post-COVID conditions can include a wide range of ongoing health problems; these conditions can last weeks, months, or longer. Post-COVID conditions are found more often in people who had severe COVID-19 illness, but anyone who has been infected with the virus that causes COVID-19 can experience post-COVID

conditions, even people who had mild illness or no symptoms from COVID-19. People who are not vaccinated against COVID-19 and become infected might also be at higher risk of developing post-COVID conditions compared to people who were vaccinated and had breakthrough infections. While most people with post-COVID conditions have evidence of infection or COVID-19 illness, in some cases, a person with post-COVID conditions may not have tested positive for the virus or known they were infected.³

II. Materials and Methods

Quantitative non experimental research approach was used for the present study. This approach would help the researcher to assess the awareness regarding post Covid-19 possible health issues and its management among post Covid-19 patients of selected villages of the Udaipur district (Raj.).

Research Design- Descriptive Survey Research Design.

Research Settings- Selected villages of Udaipur district, Rajasthan, which were Nai, Sisarma, Bujhda and Naya Kheda.

Study Duration- 05/05/2022 to 04/06/2022

Sample Size- 80 post Covid-19 patients.

Population- The target accessible population comprised of all post Covid-19 patients. In this study the sample consisted of 80 post Covid-19 patients at selected villages of Udaipur district, (Raj.).

Sampling Technique- Non-Probability convenient sampling technique.

Inclusion Criteria-

1. Post Covid-19 patients present at the time of data collection.
2. Post Covid-19 patients who were willing to participate in the study.
3. Post Covid-19 patients who were able to communicate either in Hindi or English.

Exclusion Criteria-

1. People who were below the age of 18 years.
2. Post Covid-19 patients who were not willing to participate in the study.

Procedure Methodology- Researcher obtained informed written consent from the study participants; confidentiality of the study subject was assured. The data collection was done after obtaining a written consent from the participants. During data collection period, the post Covid-19 patients who met the inclusion criteria were selected by using non probability convenient sampling technique. The awareness was assessed by using structured questionnaire regarding post Covid-19 possible health issues and its management. The collected data were analyzed based on above mentioned objective using the descriptive and inferential statistics.

Statistical Analysis- The obtained data were analyzed in terms of objectives of the study using descriptive and inferential statistics. The plan of for data analysis was followed by organization of data in master sheet. Obtained data were analyzed in terms of frequencies and percentages. Description statistics- Description of demographic characteristics. Mean, median, SD and mean percentage is used to describe the awareness scores of the respondents regarding post Covid-19 possible health issues and its management. Inferential statistics- Chi-square test was used to find out the association between the awareness score and selected socio-demographic variables.

III. Results

Section A: Overall Awareness Score on post Covid-19 possible health issues and its management.

Section B: Distribution of respondents by the level of Awareness.

Section C: association between awareness score and selected socio-demographic variables

Section A: Overall Awareness Score on post Covid-19 possible health issues and its management.

Table 1: Overall Awareness Score on post Covid-19 possible health issues and its management.

No. of Respondents	Total score	Mean	Mean %	SD	Median	Range
80	30	11.1	37 %	1.93	11	7

Table 1: Depicts that the overall awareness mean score of the respondents on post Covid-19 possible health issues and its management were 11.1 (37%) with SD (1.93).

Section B: Distribution of respondents by the level of Awareness.

Table 2.: Distribution of respondents by the level of Awareness.

Sr. No.	Level of awareness	Score	Frequency	Percentage (%)
1	Excellent	25 to 30	0	0
2	Good	19 to 24	0	0
3	Average	13 to 18	16	20%
4	Below Average	7 to 12	64	80%
5	Poor	0 to 6	0	0

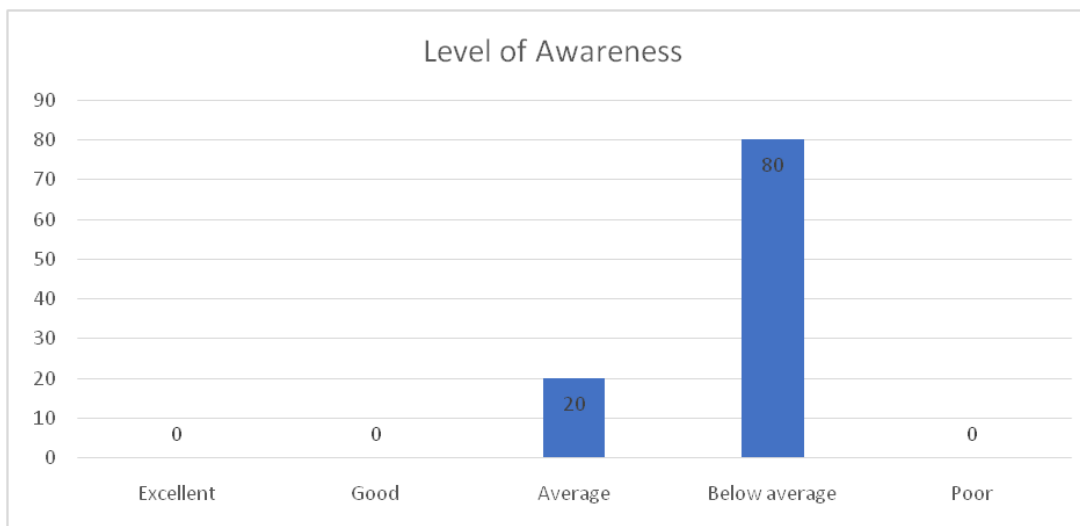


Figure 1: Distribution of respondents by Level of Awareness.

Table 2 and Figure 1 depicts the level of awareness of respondents regarding post Covid-19 possible health issues and its management. The result showed that 80% of the respondents had below average and 20% had average level of awareness regarding post Covid-19 possible health issues and its management.

Section C: Association between awareness score and selected socio-demographic variables

The Chi-square test was carried out to determine the association between the awareness score regarding post covid-19 possible health issues and its management and selected socio-demographic variables. There was significant association found out between awareness score and demographic variables such as Age in years, Religion, Educational Status, Occupational status, Family income, Previous exposure to information and source of information regarding post Covid-19 possible health issues and its management. Whereas the demographic variable Gender was found to be non-significant as Chi-square value (2.64) which was lesser than the table value (3.84) at df of 1 ($p < 0.001$).

IV. Discussion

The present study has been undertaken to “assess the awareness regarding post Covid-19 possible health issues and its management among post Covid-19 patients at selected villages of Udaipur district (Raj.) and to develop a self-instruction module.” The first objective was to assess the awareness score regarding post Covid-19 possible health issues and its management among post Covid-19 patients. The overall awareness mean score of the respondents on post Covid-19 possible health issues and its management was 11.1 (37%) with SD (1.93).

A similar study was conducted by **Andrea M. Lerner** et al in year 2021 at US in which majority of participant had no awareness regarding post Covid-19 possible health issues and its management.

The second objective was to find out association between awareness score with selected socio-demographic variables. There was significant association found out between awareness score and demographic variables such as Age in years, Religion, Educational Status, Occupational status, Family income, Previous exposure to information and source of information regarding post Covid-19 possible health issues. Whereas the demographic variable Gender was found to be non-significant as Chi-square value (2.64) which was lesser than the table value (3.84) at df of 1 ($p < 0.001$).

V. Conclusion

The study concluded that there was low level of awareness regarding post Covid-19 possible health issues and its management among post Covid-19 patients. The demographic variables are significantly associated with awareness score.

References

- [1]. Covid-19 long term effects. [online] available from:
<https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/coronavirus-long-term-effects/art-20490351>.
- [2]. A clinical case definition of post COVID-19 condition by a Delphi consensus. 2021 Oct 6. [online] available from:
https://www.who.int/publications/i/item/WHO-2019-nCoV-Post_COVID-19_condition-Clinical_case_definition-2021.1
- [3]. Long COVID or Post-COVID Conditions. 2022 Sept . [online] available from:
<https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects/index.html>

Mr. Rajat Joshi, et. al. “Study to assess the awareness regarding post Covid-19 possible health issues and its management among post Covid-19 patients at selected villages of Udaipur district (Raj.) and to develop a self-instruction module.” *IOSR Journal of Nursing and Health Science (IOSR-JNHS)*, 11(6), 2022, pp. 09-12.