

Effectiveness of Structured Teaching Programme on Knowledge Regarding Management of The Side Effects of Chemotherapy Among Patients With Cancer At Tertiary Care Hospital, Bhubaneswar.

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Abstract: A study was conducted to assess the effectiveness of structured teaching programme on knowledge regarding management of the side effects of chemotherapy among patients with cancer at Tertiary care Hospitals, Bhubaneswar.

Methodology: Descriptive research approach and one group pretest posttest design was used. The study was conducted in Sparsh Hospital & critical care ltd at Bhubaneswar with 60 cancer patients receiving chemotherapy by using convenient sampling technique data was collected. Demographic & validated structured questionnaire was adopted to collect the data regarding management of side effects of chemotherapy.

Results: Majority 22 (36.66%) of the cancer patients belongs to age group of 31-40 year, with regard to sex maximum number of patients 32 (53.33) are female. In context to religion, highest number of 54 (90%) samples were Hindus, In relation to educational status of the samples, majority of 20 (33.33%) samples had postgraduate education, in occupation majority of 5 (25%) samples were Govt. employee. According to monthly income of family, 30 (50%) samples family earning Rs.15001 above, majority 48 (80%) samples were married and 30 (50%) samples belongs to nuclear family. Majority 39 (65%) samples were residing in urban area, 44 (73.33%) samples had no family history of cancer. Before implementation of STP, 37 (61.66%) have inadequate knowledge and 23 (38.33%) have moderate knowledge and no one shows adequate knowledge. After implementation of STP, 54 (90%) of cancer patient had adequate knowledge, 6 (10%) of moderately adequately knowledge and none of the cancer patient have inadequate knowledge regarding management of side effects of chemotherapy. Overall pre test mean knowledge score is 15.70 with mean percentage 52.3% (SD 10.6) and the overall post test mean knowledge score is 22.12 with mean percentage 73.7% (SD 10.9). The mean enhancement between pre test and post test is 6.42 with mean percentage 21.4% (SD 5.3) and the obtained paired 't' value is 31.28 which was significant at $p < 0.05$ level. There was no statistically significant association found between level of knowledge and selected demographic variables.

Conclusion: The present study concluded that the vital concern to the professional nurse practitioners, nursing instructors, nursing administrators and nursing researchers to focus on organize the Health education programme, to promote health information and healthy practices to cancer patients and Nursing curriculum should be integrated at different levels to impart adequate knowledge to the patients with cancer regarding management of side effects of chemotherapy necessary.

Keywords: Effectiveness, structured teaching programme, knowledge, management, side effects of chemotherapy, patients with cancer.

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I. Introduction

Cancer is a term used for diseases in which the abnormal cells divide without Control and are able to invade other tissues, To Many cancer implies a sentence; it implies suffering and pain Even today, despite considerable advances in treatment, cancer remains a fatal disease for number of patients. It is however, only rarely acutely fatal such that cancer can be regarded as a chronic disease Thus, the traditional aims of treatment – prolongation of life and relief of suffering – have largely been achieved although it must be recognized that such treatment may intrude into every area of the patient's life.¹Chemotherapy is a kind of treatment that uses drugs to attack cancer cell. It is called a "systemic treatment" since the drug, entering through the blood stream, travels throughout the body and kills cancer cells at their sites. These drugs may rarely be intended to have a local effect, but in most cases, the intention is to destroy cancer cells wherever they may exist in the

body.²Chemotherapeutic drugs are chemically designed to target cells that are dividing and growing rapidly. Once they reach the cancer cells, they act to retard their growth eventually resulting in their destruction.³Since chemotherapy also affects normal actively dividing cells as those in the bone marrow, the gastrointestinal tract, the reproductive system and in the hair follicles, most patients may experience some degree of side effects, which may include the following; pain, nausea and vomiting, fatigue, hair loss, anxiety, susceptibility to infections, decrease in blood cell count, mouth sores and ulcers, other side effects may include fluid retention, rashes, irritated bladder, swelling and numbness and aching of the joints, hands and feet and may be associated with significant cognitive impairment.⁴Many cancer patients will delay or refuse future chemotherapy treatments and contemplate stopping chemotherapy altogether because of their fear of experiencing further side effects.⁵Most patients do not want to take more drugs and are looking for safe, health promoting solutions from Natural Medicine. Maintaining quality of life and a sense of control over one's experience and daily life is vital to traversing such difficult terrain. Chemotherapy side effects may last months after treatment has been completed. When cancer patients and cancer survivors attending hospitals, must aware about safe and natural remedies including herbal medicines, nutritional supplements, acupressure as well as meditation instruction, with which to treat side effects without interfering with treatment.

II. Methodology

Descriptive research approach and one group pretest posttest design was used. The study was conducted in Sparsh Hospital & critical care ltd at Bhubaneswar. 60cancer patients receiving chemotherapy in Sparsh Hospital by using convenient sampling technique data was collected. Demographic &validated structured questionnaire was adopted to collect the data regarding management of side effects of chemotherapy.

III. Results

Majority 22(36.66%) of the cancer patients belongs to age group of 31-40 year, with regard to sex maximum number of patients 32(53.33) are female. In context to religion, highest number of 54(90%) samples were Hindus, In relation to educational status of the samples, majority of 20(33.33%) samples had postgraduate education, in occupation majority of 5(25%) samples were Govt. employee. According to monthly income of family,30(50%) samples family earning Rs.15001 above, majority 48(80%) samples were married and 30(50%) samples belongs to nuclear family. Majority 39(65%) samples were residing in urban area, 44(73.33%) samples had no family history of cancer. Before implementation of STP,37 (61.66%) have inadequate knowledge and 23 (38.33%) have moderate knowledge and no one shows adequate knowledge. After implementation of STP,54(90%) of cancer patient had adequate knowledge, 6(10%) of moderately adequately knowledge and none of the cancer patient have inadequate knowledge regarding management of side effects of chemotherapy.Overall pre test mean knowledge score is 15.70 with mean percentage 52.3% (SD 10.6) and the overall post test mean knowledge score is 22.12 with mean percentage 73.7% (SD 10.9). The mean enhancement between pre test and post test is 6.42 with mean percentage 21.4% (SD 5.3) and the obtained paired 't' value is 31.28 which was significant at p<0.05 level. There was no statistically significant association found between level of knowledge and selected demographic variables.

Table-2.1:-Pretest overall knowledge score of the cancer patient with receiving chemotherapy regarding management of side effects of chemotherapy.

n=60

Levels of knowledge	Frequency	Percentage
Inadequate (Below 50%)	37	61.66%
Moderately adequate (50-75%)	23	38.33%
Adequate (More than 75%)	-	-
Total	60	100.00%

Table-2.2:- Posttest overall knowledge score of the cancer patient with receiving chemotherapy regarding management of side effects of chemotherapy.

n=60

Levels of knowledge	Frequency	Percentage
Inadequate (below 50%)	-	-
Moderately adequate (50-75%)	6	10%
Adequately (above 75%)	54	90%
Total	60	100%

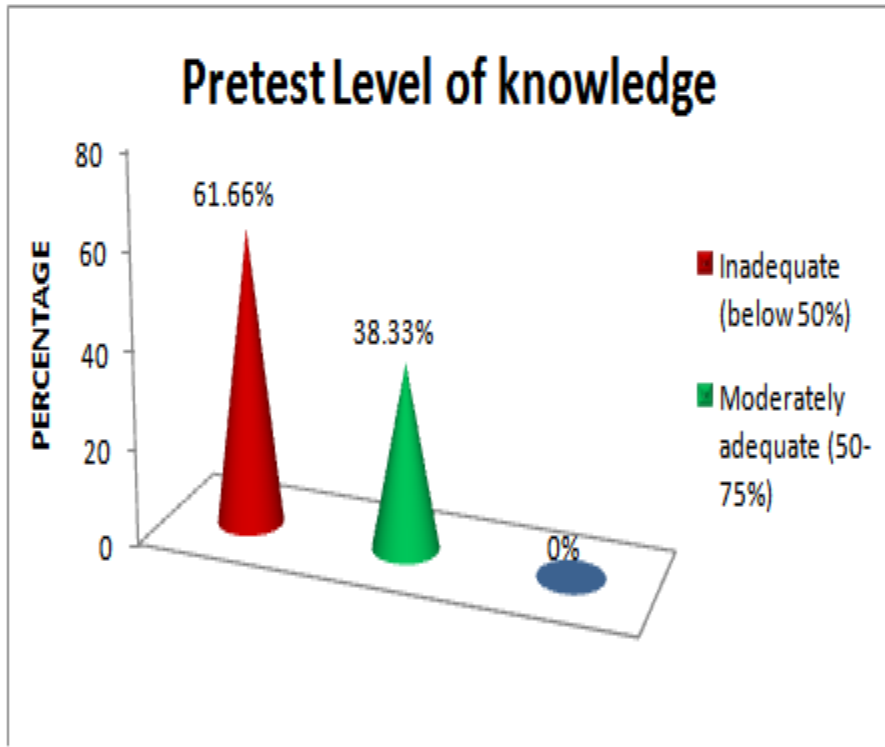
Table 3.1: Effectiveness of Structure Teaching Programme.

n=60

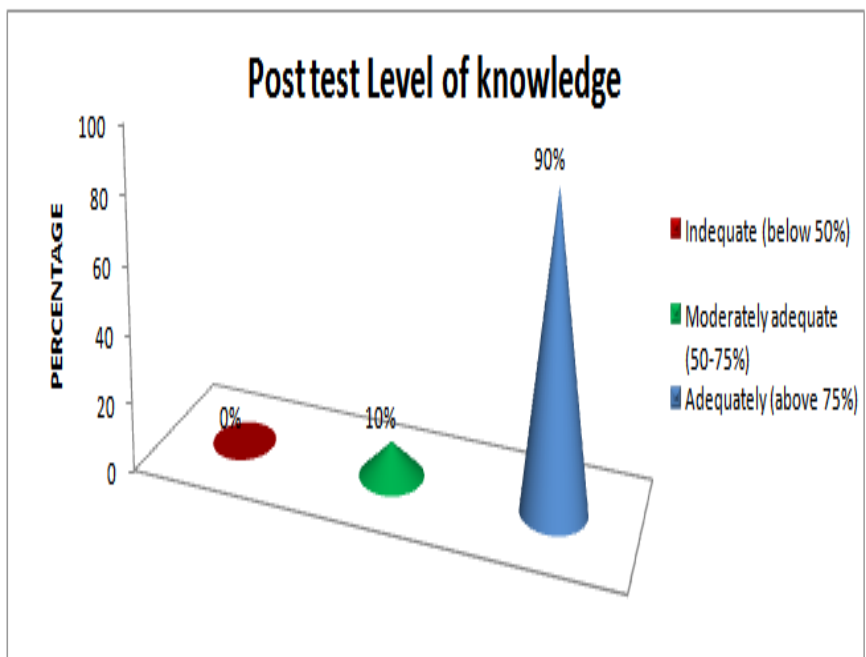
Domain	Respondents Knowledge		
	Pre test	Post test	Enhancement

Level of knowledge	Frequency	Percentage	Frequency	Percentage	
Inadequate below 50%	37	61.66%	-	-	18.35%
Moderately adequate (50-75%)	23	38.33%	6	10%	
Adequate (above 75%)	-	-	54	90%	
Total	60	100.00%	60	100	

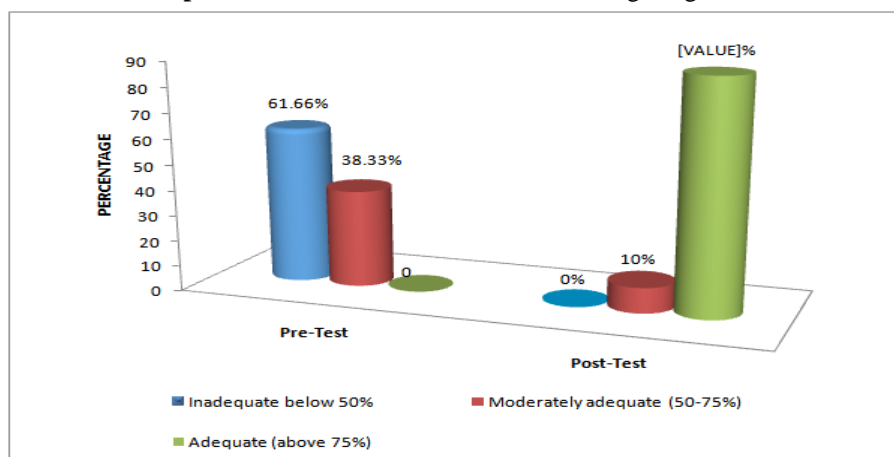
Graph 1:- Pretest overall knowledge score of the cancer patient.



Graph 2:- Pretest overall knowledge score of the cancer patient.



Graph 3:- Effectiveness of Structure Teaching Programme.



IV. Conclusion

The present study concluded that the vital concern to the professional nurse practitioners, nursing instructors, nursing administrators and nursing researchers to focus on organize the Health education programme, to promote health information and healthy practices to cancer patients and Nursing curriculum should be integrated at different levels to impart adequate knowledge to the patients with cancer regarding management of side effects of chemotherapy necessary.

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