



Impact of STP on Knowledge Regarding COPD among Nursing Students at Selected Nursing Colleges of Gwalior

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Introduction

COPD is a preventable and treatable illness state described via airflow constraint that isn't completely reversible. The airflow limitation is generally moderate and is related with an unusual provocative reaction of the Lungs to, poisonous particles of gases, fundamentally brought about by cigarette smoking. COPD is made by long haul openness aggravating gases or particulate matter, most frequently from tobacco smoke. Individuals with COPD are at expanded chance of creating coronary illness, cellular breakdown in the lungs and various different circumstances. Side effects incorporate breathing trouble, hack, bodily fluid (sputum) creation and wheezing. Owing to obstructive pneumonic infection (COPD) is a preventable and treatable illness, described by Moderate air stream constraint that isn't completely reversible and is related with an unusual fiery Reaction of the lung to harmful particles or potentially gases.

Materials and methods

The current review aimed to assess the adequacy of an educational program on nursing understudies of BIMR, Nursing School, Gwalior M.P. also to find the relationship between selected socio segment factors of tests under review with their post interventional information. It was an exploratory review directed among 100 nursing understudies of chosen nursing school at BIMR, Nursing School, Gwalior M.P. Purposive sampling technique was utilized to choose the examples who fulfilled the consideration standards. A structured knowledge questionnaire was ready to gather the information. The intercession utilized was structured teaching program.

Conclusion

The findings of the study showed that there was an increase in the knowledge regarding COPD among nursing students after administration of intervention. Study recommended that similar educational program can be designed and constructed for nursing students.

Keywords: Effectiveness, Nursing, Educational program, chronic obstructive pulmonary disease.

INTRODUCTION

Chronic obstructive pulmonary disease (COPD) is an ever-evolving provocative pulmonary disease described by Ongoing hindrance in the fringe bronchus and pneumonic emphysema. The sickness is handicapping, with side effects like constant cough, mucus, wheezing, shortness of breath and increased infections of the respiratory passage. Moreover, seriously sick patients with COPD frequently have different side effects, including congestive cardiovascular breakdown, fragility of the bones, strong shortcoming, and lack of healthy sustenance. Weight reduction, mental exhaustion, exhaustion and sadness. COPD, presently the fourth driving reason for death on the planet, keeps on expanding in the non-industrial nations.

COPD is a preventable and treatable infection state portrayed via air flow limit that isn't completely reversible. The air flow restriction is typically moderate and is related with a strange provocative reaction of the Lungs to poisonous particles of gases, basically brought about by cigarette smoking. COPD is made by long haul openness bothering gases or particulate matter, most frequently from tobacco smoke. Individuals with COPD are at expanded chance of creating coronary illness, cellular breakdown in the lungs and various different circumstances. Side effects incorporate breathing trouble, hack, bodily fluid (sputum) creation and wheezing. It is a avoidable and curable sickness, portrayed by Moderate wind stream limit that isn't completely reversible and is related with an unusual incendiary Reaction of the lung to harmful particles or potentially gases. Aviation route



hindrance brings about delayed episodes of hacking and dyspnea (i.e., windedness), intensifications which can cause dread prompting evasion of ordinary movement, causing extra deconditioning that can exasperate dyspnea even.

The World Wellbeing Association (WHO) anticipates that COPD should be the third most normal reason for death on the planet by 2020. The mortality fluctuates in various nations, where it is connected with the pervasiveness of smoking in the populace. Mortality is high in China, Mongolia, Eastern and Focal Europe, the Unified Realm, Ireland, Australia and New Zealand. In Sweden, it is assessed that 8% of the populace north of 50 years old experience the ill effects of COPD and 25-30% of the smokers foster the sickness, with expanded risk in higher ages. Around half of smokers over 75 years old are impacted by COPD. The infection costs the Swedish society more than 1.1 billion USD each year. As per the discoveries of a new report that was distributed in the Worldwide Diary of The study of disease transmission, every one will likely foster no less than one ongoing illness when he arrives at the finish of life, paying little mind to orientation. As per figures from the World Wellbeing Association, 66% of deaths overall are brought about by ongoing illnesses. Diabetes, malignant growth, cardiovascular illness, and persistent respiratory circumstances represented most of these deaths. Taking into account this figure, it is bewildering what few examinations have been done to choose the impact of steady ailments on prosperity and perseverance.

The condition contains:

- Emphysema, which is brought about by harm to the air sacs in the lungs
- Chronic bronchitis, which is brought about by long haul irritation of the aviation routes

COPD is a typical condition that for the most part influences individuals in their center years or more established who smoke. The fact that they have it makes numerous people ignorant. Despite the fact that treatment can assist with monitoring the condition, the breathing issues will generally deteriorate after some time in a continuous manner and can make it hard to do the things one regularly does.

Objectives

The objective of the study was:

1. To assess the pretest knowledge scores regarding COPD among nursing students at selected nursing colleges of Gwalior, M.P.
2. To administer the STP on COPD among nursing students at selected nursing colleges of Gwalior, M.P.
3. To assess the posttest knowledge scores regarding COPD among nursing students at selected nursing colleges of Gwalior, M.P.
4. To associate the selected socio demographic variables and posttest knowledge scores among nursing students at selected nursing colleges of Gwalior, M.P.

Methodology

The study was planned to conduct among 100 nursing students selected by purposive sampling technique. The inclusion criteria for sampling was:

- Those who were available at the time of data collection.
- Those who were willing to participate.
- Those who were interested in the study.

The exclusion criteria was:

- Those who were who were on leave.
- Those who were who were not interested in the study.

Keeping in view the objective of study tools were prepared. Tools for the study included:

Section A :Socio demographic including Age, Gender, Family type, Year of course, Previous information.

Section B: Knowledge questionnaire comprising of 30 multiple choice questions.

The pre-interventional test was conducted followed by administration of intervention. After a gap of seven days test was repeated using same tool.





Results

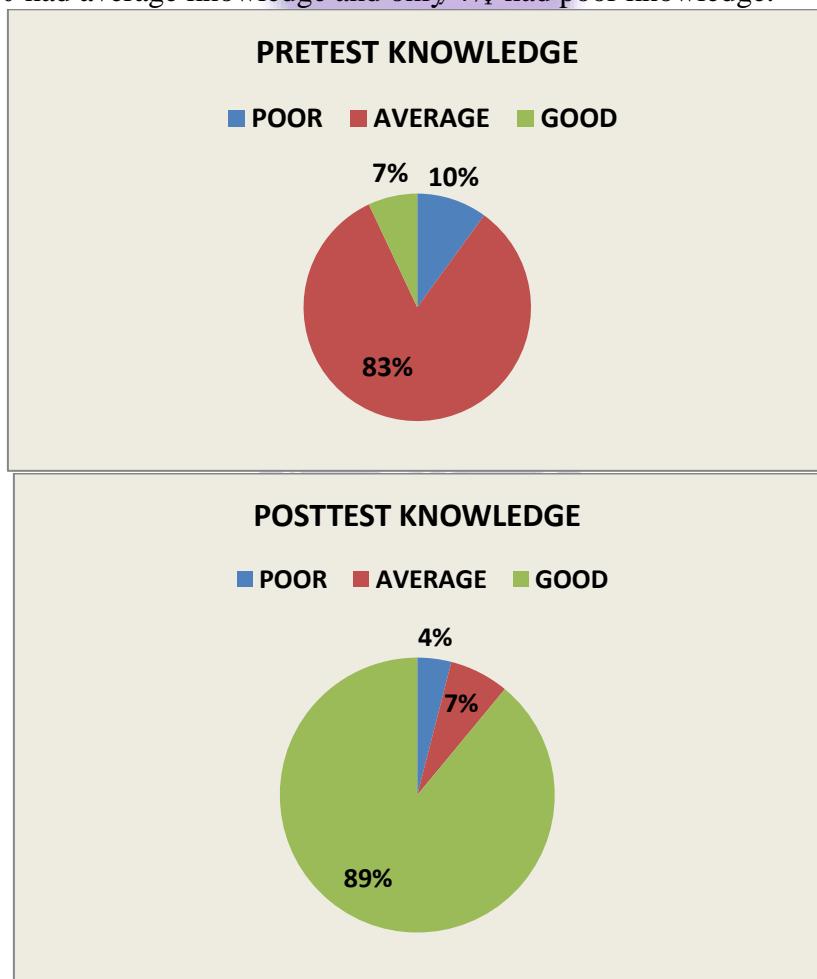
The obtained data was analyzed using descriptive and inferential statistics and interpreted in terms of objectives and hypothesis of the study. The level of significance was set at 0.05 levels. On comparing the scores of both the test it was found that there was good enhancement in the knowledge.

The findings showed that

- Most of the samples 64% were between the age of 22-25 years.
- Most of the samples 79% were females.
- Most of the samples 64% belong to nuclear family
- Most of the samples 71% were in third year.
- Most of the samples 93% had previous information.

Further In assessment test it was seen that:

In pretest maximum of the samples 83% were having average knowledge, 10% had poor knowledge and only 7% had good knowledge. Whereas in post test 89 % had good knowledge, 7% had average knowledge and only 4% had poor knowledge.



Association between socio demographic variables and post test was also calculated. It showed significant association between all the socio demographic variables and post test.

Conclusion

In the pretest the subjects had an inadequate knowledge where as in the post test all the subjects had gained adequate knowledge. The study findings indicate that intervention employed was effective enhancing the knowledge of nursing students regarding pulmonary rehabilitation in COPD patients.

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