



**A STUDY TO ASSESS THE EFFECTIVENESS OF A CAPTURED
INSTRUCTIONAL TEACHING PLUG-IN ON ENHANCING KNOWLEDGE
AND PRACTICE REGARDING SELF-CARE MANAGEMENT AMONG
PATIENTS DIAGNOSED WITH CHRONIC OBSTRUCTIVE PULMONARY
DISEASE ADMITTED TO SELECTED TERTIARY CARE HOSPITALS OF
MADHYA PRADESH**

Mrs. Vijitha T

Ph.D. Nursing Scholar, Malwanchal University

Introduction

Chronic Obstructive Pulmonary Disease (COPD) is one of the most prevalent chronic respiratory diseases globally, characterized by persistent respiratory symptoms and airflow limitation that is usually progressive and associated with an enhanced chronic inflammatory response in the airways and lungs. The disease remains one of the major causes of morbidity and mortality worldwide. According to the World Health Organization (WHO), COPD is the third leading cause of death globally, accounting for approximately 3.23 million deaths in 2019. In India, COPD is emerging as a significant public health concern due to increased tobacco smoking, exposure to indoor air pollution from biomass fuel, and outdoor air pollution in both rural and urban areas.

COPD not only affects pulmonary function but also has profound effects on patients' overall quality of life. The condition leads to frequent hospital admissions, activity limitation, and psychological distress. The economic burden of COPD is also substantial, involving both direct medical costs and indirect costs due to lost

productivity. Despite being a preventable and treatable disease, the burden of COPD continues to rise primarily due to inadequate patient knowledge and poor adherence to self-care practices.

Effective self-care management plays a vital role in improving health outcomes among patients with COPD. It includes adherence to medication, maintaining physical activity, effective breathing exercises, proper nutrition, cessation of smoking, and early recognition of exacerbations. However, most patients exhibit poor self-management skills due to lack of proper education, misconceptions about the disease, and limited access to reliable health information. Thus, health education becomes an essential component of COPD management.

COPD is a part of the WHO global movement Plan for the Prevention and control of Noncommunicable diseases (NCDs) and the UN 2030 time table for Sustainable development. who is taking steps to extend the prognosis and remedy of COPD in some of approaches.

The WHO center Interventions for Noncommunicable diseases (CED) bundle turned into developed to assist improve the management of noncommunicable sicknesses in primary fitness care in low-resource settings. The PEN consists of protocols for the assessment, prognosis and treatment of continual breathing sicknesses (allergies and chronic obstructive pulmonary sickness) and modules for wholesome lifestyle recommendation, such as smoking cessation and self-care.

Rehabilitation 2030 is a brand new strategic approach to prioritizing and strengthening rehabilitation offerings in healthcare systems. Pulmonary rehabilitation for COPD is a part of a package of rehabilitation interventions presently being advanced as part of this WHO initiative. lowering publicity to tobacco smoke is essential for each number one prevention of COPD and ailment management. The Framework conference on Tobacco manipulate enables progress on this area, as do WHO initiatives along with MPOWER and mTobacco Cessation. different prevention sports include the WHO clean family strength solutions Toolkit (CHEST) to support easy and secure household interventions and facilitate the

design of rules that assist easy energy adoption in families on the local, software and national stages.

Objectives

1. To assess the pretest knowledge and practice scores regarding self care management among patients with COPD.
2. To assess the post test knowledge and practice scores regarding self care management among patients with COPD.
3. To compare pretest and post test knowledge scores regarding self care management among patients with COPD.
4. To compare pretest and post test practice scores regarding self care management among patients with COPD
5. To correlate the post test knowledge scores and post test practice scores regarding self care management among patients with COPD.
6. To find out the association between post test knowledge score regarding self care management among patients with COPD with their selected demographic variables.
7. To find out the association between post test practice score regarding self care management among patients with COPD with their selected demographic variables

Hypotheses:

- H₁ - The mean post test knowledge score is significantly higher than the mean pretest knowledge score on selfcare management among patients with COPD at 0.05 level of significant.
- H₂ - The mean post test practice score is significantly higher than the mean Pretest practice score on self care management among patients with COPD at 0.05 level of significant.
- H₃ - There will be significant correlation between post test Knowledge score

and post test practice score on self care management among patients with COPD at 0.05 level of significant.

- H₄ - There will be significant association between post test knowledge score among patients with COPD with their selected demographic variables at 0.05 level of significant.
- H₅ - There will be significant association between posttest practice score on self care management among patients with COPD with their selected demographic variables at 0.05 level of significant.

Research Methodology

An evaluative approach was selected for the study to determine the efficacy of Captured Instructional Teaching Plug-In on self care management among patients with COPD. The research design adopted for the present study was one group pretest post –test- pre experimental design. The study was conducted at selected Hospital, M.P. In the present study the target population was defined as patients with COPD admitted in selected Hospital, M.P. In the present study sample constitutes of patients who are diagnosed as COPD with in the age group of 20 – 60 yrs admitted in Respiratory units of selected Hospital, M.P.

Result

Percentage-wise distribution of patients with COPD according to their sex reveals the higher percentage (62%) were males when compared to females (38%). Males are more affected than females. The data showed that most of the patients (66%) were married, (24%) were widower/widow and only (4%) and (6%) were unmarried and divorcee respectively. Distribution of patients with COPD showed that most of the patients were Hindus (56%), (30%) of patients were Christians and (14%) were Muslims. Hindus are more in the area. Distribution of patients with COPD according to their educational status depicts that the (36%) of the patients had higher secondary education, (34%) had primary school education and (30%) had no formal education and no graduates. With regard to the occupation, (34%) of patients with COPD were self employed, (26%)

were private employee and (20%) were unemployed and (20%) of them were government employee. It might be due to the poor educational status.

Majority of (56%) of patients with COPD belonged to nuclear family and (44%) of patients were from joint family. In relation to monthly income, (30%), (30%) were between the monthly income group of Rs.2001- Rs.4000- and Rs.4001-Rs.6000 respectively. (22%) were in the income group of below Rs.2000/- and (18%) belonged to the income group of Rs.6000/- and above. Distribution of patients with COPD according to their area of residence reveals that the most (60%) of them were from rural area and (40%) were from urban area. According to the distribution of patients with COPD on the basis of duration of illness (42%) were suffering from COPD for past 8-10 years, (30%) and (28%) of them were suffering for 2-5 years back and 5-8 years back respectively.

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