

Effect of Structured Teaching Programme on Knowledge Regarding Dementia among ASHA Workers

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Abstract: *The world is witnessing a drastic increase in the incidence of dementia. The situation is not different in India also. The present study deals with “the effect of structured teaching programme on knowledge regarding dementia among ASHA workers” of Thiruvananthapuram district. The main objectives of the study were to assess the knowledge regarding dementia among ASHA workers, evaluate the effect of structured teaching programme on knowledge regarding dementia among ASHA workers and find out the association between the knowledge regarding dementia among ASHA workers and their selected socio - demographic variables. Methodology adopted for the study was one group pre test– post test design with multi stage sampling technique. Sample size was 105. The pretest data was collected using a structured questionnaire and a structured teaching programme was administered to all participants. The duration of the programme was 45 – 60 minutes. After two weeks, post test was conducted among 35 participants with poor knowledge score using the same questionnaire used for pretest. Data was analyzed using descriptive and inferential statistics. The study findings revealed that majority, 62.9% (66) of the participant had average level of knowledge regarding dementia, 33.3% (35) of them had poor knowledge level and only 3.8% (4) had good knowledge regarding dementia. Whereas in the post test, 54.3% (19) of the participants have good knowledge and 45.7% (16) of them had an average knowledge regarding dementia. Significant association was found between the level of knowledge regarding dementia and experience of ASHA workers. The mean pretest knowledge score (20.31), was increased to 26.46 after the structured teaching programme ($t = 16.959$; $p < 0.001$) in the post test. The study concluded that the structured teaching programme was effective in improving the knowledge regarding dementia among ASHA workers.*

Keywords: knowledge; dementia; ASHA workers

1. Introduction

“It hurts to know you’ll never remember the things I’ll never forget”

- Tiffany William.

Memory is a precious gift for all. We are living in this beautiful world with the memories of our loved ones. Everyone's memory can fail at one time or another due to various reasons. Damage to brain and neurons can result in serious problems. Dementia is a syndrome of acquired intellectual impairment produced by brain dysfunction. This disorder has tremendous consequences for patients, families and society.¹ In every 3 seconds, someone in the world develops dementia. There are over 9.9 million new cases of dementia each year worldwide, implying one new case every 3.2 seconds.² Globally, the number of people living with dementia will increase from 50 million in 2018 to 152 million in 2050. According to reports the increases will be more in developing countries.³ The number of people living with dementia worldwide in 2015 was estimated at 47.47 million, reaching 75.63 million in 2030 and 135.46 million in 2050 and much of this increase is attributable to the rising numbers of people with dementia living in low - and middle - income countries. In May 2017, the World Health Assembly endorsed the Global action plan on the public health response to dementia.⁴ The numbers of people affected by dementia in India are set to triple, reaching six million by 2040. Awareness is limited, both in the community and among health professionals and there are

few services tailored to the needs of people with dementia and their caregivers.⁵ Accredited Social Health Activist (ASHA). ASHA is a health activist in the community, who will create awareness on health and its determinants and mobilize the community towards local health planning and increased utilization and accountability of the existing health services. ASHA being the grass root level worker of NRHM is doing remarkable health related activities in connection with the common people in the society.⁶ No studies are available regarding the assessment of knowledge among ASHA workers on Dementia. So, the researcher is intended to assess the knowledge regarding dementia and evaluate the effect of structured teaching programme regarding dementia among ASHA workers. So that they can early identify and direct people with dementia for appropriate intervention which will help them to improve their quality of life.

Statement of the problem

A study to assess the effect of structured teaching programme on knowledge regarding dementia among ASHA workers in selected Primary Health Centers of Kazhakoottam Revenue Block, Thiruvananthapuram.

2. Objectives

- 1) Assess the knowledge regarding dementia among ASHA workers.
- 2) Evaluate the effect of structured teaching programme on knowledge regarding dementia among ASHA workers.

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- 3) Find out the association between the knowledge regarding dementia among ASHA workers and their selected socio demographic variables.

Hypothesis

- H₁: There is a significant increase in the level of knowledge regarding dementia among ASHA workers after structured teaching programme.
- H₀: There is no significant increase in the level of knowledge regarding dementia among ASHA workers after structured teaching programme.

Conceptual framework

The conceptual framework of the present study is based on General System Theory, introduced by Ludwig von Bertalanffy in 1968.

3. Methodology

Research approach: Quantitative research approach

Research design: One group pre test – post test design

Setting of the study: The study was conducted in selected Primary Health Centres of Pangappara, Mangalapuram and Thonakkal of Kazhakoottam revenue block in Thiruvananthapuram.

Population: Population consists of ASHA workers of Kazhakoottam revenue block

Sample: Sample consists of ASHA workers in Primary health centres of Pangappara, Mangalapuram and Thonakkal of Kazhakoottam Revenue Block.

Sample size: 105

Sampling technique: Multi stage sampling technique.

Exclusion criteria: ASHA workers who are not available at the time of data collection.

Tool: Structured questionnaire to assess the socio demographic details and knowledge regarding dementia.

Technique: Self - report

4. Results

The major findings of the study were as follows,

Section 1: Description of participants based on socio demographic variables

- Majority, 40% (42) of the participants were in the age group of 46 - 50 years, 35.2% (37) were in the age group of 41 - 45 years, 18.1% (19) were up to 40 years of age and only 6.7% (7) is in the age group of 51 to 55 years.
- Based on the experience as ASHA worker, 96.2% (101) of the participants had an experience of more than 5 years as ASHA workers and only 3.8% (4) of them were having an experience of 2 - 5 years as ASHA workers.

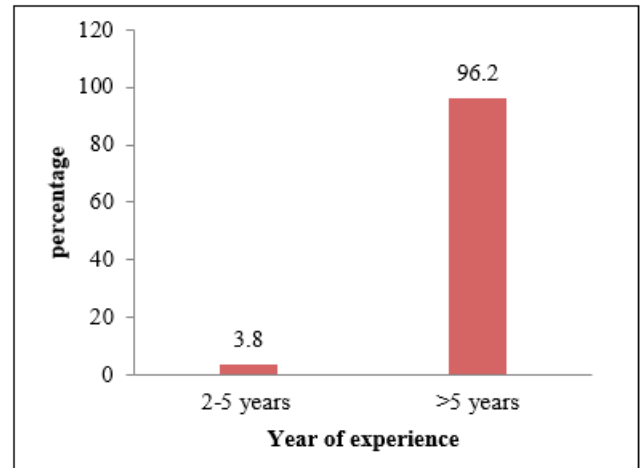


Figure 1: Distribution of participants based on experience as ASHA worker

- When considering the previous classes regarding dementia, 63.8% (67) of the participants had previous classes on dementia and only 36.2% (38) of them were not having any previous classes on dementia.
- Majority, 81.9% (86) of the participants didn't have any family history of dementia and only 18.1% (19) of them had a family history of dementia.
- In the present study 66.7% (70) of the participants had exposure to dementia patients and 33.3% (35) of the participants didn't have exposure to dementia patients.

Section 2: Distribution of participants based on knowledge regarding dementia

- Majority, 62.9% (66) of the participant's knowledge regarding dementia were in an average level and 33.3 % (35) of them had poor knowledge level. Whereas only 3.8% (4) had good knowledge regarding dementia.

Table 1: Distribution of participants based on overall knowledge regarding dementia (n=105)

Knowledge	F	%
Poor	35	33.3
Average	66	62.9
Good	4	3.8

Section 3: Effect of structured teaching programme on knowledge regarding dementia

In the present study, the mean knowledge score in the pretest was 20.31, which was increased to 26.46 in the post test. Paired 't' value is 16.959 and p value is less than 0.001. This showed that the difference in the knowledge score is significant at 0.001 level and the hypothesis was accepted.

Table 2: Comparison of pre test and post test knowledge score regarding dementia (n= 35)

	Mean	SD	Mean difference	Paired t	P
Pre test	20.31	4.49	6.15	16.959***	<0.001
Post test	26.46	2.85			

***Significant at 0.001

Regarding the domains, there was significant increase in knowledge score in all the domains related to dementia, after giving the structured teaching programme and were found to be statistically significant at 0.001 level and p value is less than 0.001.

Section 4: Association between knowledge regarding dementia and selected socio demographic variables among ASHA workers

Chi square test was used to find out the association between knowledge regarding dementia among ASHA workers and socio demographic variables. It was found that, there was statistically significant association between level of knowledge regarding dementia among ASHA workers and experience as ASHA workers ($p < 0.01$).

Table 3: Association between knowledge regarding dementia among ASHA workers and experience as ASHA worker (n= 105)

Experience	Poor		Average		Good		χ^2	df	p
	f	%	f	%	f	%			
2 - 5 years	19	52.8	13	36.1	4	11.1	20.115***	2	0.001
>5 years	16	23.2	53	76.8	0	0.0			

There was no significant association found between knowledge level regarding dementia among ASHA workers and other socio demographic variables such as age, religion, marital status, education, monthly income, type of family, family history of dementia, previous classes regarding dementia and exposure with dementia patients.

5. Discussion

The present study made an attempt to assess the effect of knowledge regarding dementia among ASHA workers in selected Primary Health Centres of Kazhakoottam block in Thiruvananthapuram district. The major findings of the study were discussed in relation to the findings of other studies.

The first objective of the study was to assess the knowledge regarding dementia among ASHA workers. In the present study, during the pretest, majority, (62.9%) of the participant's knowledge regarding dementia were in an average level, 33.3% of them had poor knowledge level and only 3.8% were having good knowledge regarding dementia. Different studies agreed with the present study findings that majority of the participants had poor and average knowledge regarding dementia.^{7,8}

The second objective of the study was to evaluate the effectiveness of structured teaching programme on knowledge regarding dementia among ASHA workers. In the present study, the structured teaching programme was found to be effective since there was significant increase in knowledge regarding dementia with a mean difference of 6.15 and p value less than 0.001. This result was in tune with another pre experimental study conducted to assess the effectiveness of planned teaching programme on knowledge and attitude regarding dementia.⁹

The third objective of the study was to find out the association between knowledge regarding dementia and selected socio demographic variables. In the present study, a significant association was observed between knowledge level and experience of ASHA workers. In a cross sectional study conducted among nurses to assess the knowledge level regarding dementia also showed that nurses with more working experience had higher knowledge.¹⁰

The study findings of the present study revealed that majority, 62.9% of the participant's knowledge regarding dementia were in an average level, 33.3% of them had poor knowledge level and only 3.8% were having good knowledge regarding dementia. A post test was conducted among 35 participants with poor knowledge score showed that 54.3% of the participants had good knowledge and 45.7% of them had an average knowledge regarding dementia.

6. Implications

- Nurses should raise the awareness regarding various aspects of dementia.
- Mental health professionals should give proper instructions regarding the psychotic symptoms of dementia as well as its managing strategies.
- Public health nurse can organize awareness classes through residential associations and other voluntary organizations.
- The structured teaching programme can be utilized to educate the nursing students.
- Nursing curriculum can be modified with more emphasis on dementia.
- The nurse administrators can organize awareness programmes or role plays on the world Alzheimer's day.
- A study can be conducted among caregivers of dementia patients regarding the care aspects.

7. Limitations

- This study was conducted on limited numbers of ASHA workers.
- There was no control group in the study.
- The study was limited to Thiruvananthapuram district; hence generalization of the study findings is not possible.

8. Recommendations

- Similar studies can be done by using both control and experimental group.
- Public health nurses, other social workers and allied health professionals can be trained and appointed to educate patients about the early detection, prevention and treatment aspects.
- People with a family history of dementia should be screened.
- Awareness should be given to the public regarding life style changes like alcoholism and obesity that may cause dementia.

9. Conclusion

The present study, "Effect of structured teaching programme on knowledge regarding dementia among ASHA workers" was conducted with the hypothesis stating, there is a significant increase in the level of knowledge regarding dementia among ASHA workers after the structured teaching programme. The findings of the study revealed that there was significant increase in the knowledge level

regarding dementia after the structured teaching programme. Dementia is becoming a global epidemic. The worst part is that majority of the common population is unaware about the causes and consequences of this disease. It is concluded that the only way for defeating dementia is making the public more aware about the early identification, treatment and caring aspects through educational programmes.

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