

A Study to Assess the Effectiveness of Planned Teaching Programme on Knowledge Regarding Foot Care among Diabetic Clients

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Abstract: *Methods:* An quasi experimental method with a description of research approach, the researcher conducted study in a selected hospital, among the 30 clients. Who gave consent for study and were selected through non probability convenient sampling technique. A self-administered structured knowledge questionnaire and planned teaching programme used. *Results:* To find the effectiveness of planned teaching programme the t-test was applied and 't' value was calculated the mean post test score were significantly higher than their mean pre test score as evidenced from structured knowledge test 'p' > 0.001 level of significance. The mean percentage of pre test was 7.86 and the mean percentage of post test was 15.7. *Conclusion:* The investigator concludes that the knowledge of the target population was significantly improved after receiving information in the form of planned teaching programme on diabetic foot care. The improvement was found in all subjects irrespective of their demographic characteristics.

Keywords: Assess, knowledge, effectiveness, effect, planned teaching, diabetes, foot.

1. Introduction

Foot problems are a common complication in people with diabetes. Fortunately, most of these complications can be prevented with careful foot care. If complications do occur, daily attention will ensure that they are detected before they become serious. It may take time and effort to build good foot care habits, but self care is essential in fact when it comes to foot care, the patient is a vital member of the medical team.

India has the largest diabetic population of 50.8 million that could reach an epidemic proportion by 2030. Diabetic foot infection is one of the dreaded complications of diabetes. Only a few studies that focus on patterns of diabetic foot infection in our region, where diabetic foot care is inadequate, are available. This study evaluated microbial and clinical characteristics of diabetic foot infections that will be helpful in taking appropriate measures for their management.

It is estimated that in 2011 approximately 366 million people have diabetes - 8.3 percentage of the world population. Every year more than 1 million people lose leg as a consequence of this disease. This means that every 30 seconds a lower limb is lost to diabetes. Somewhere in the world. The vast majority of these amputations is preceded by a foot ulcer. The most important factors relating to the development of these ulcers peripheral neuropathy, foot deformities, minor foot trauma, and peripheral arterial disease. Once an ulcer has developed infection and pad are major causes the spectrum of foot lesions varies from region to region due to differences in socio economic conditions, standards of foot care and quality of footwear. That has been calculated that in developed countries, one in six people with diabetes will have an ulcer during their life time. In

developing countries diabetes related foot problems are thought to be even more common.

Diabetic foot ulcers and their consequences do not only represent a major personal tragedy for the person suffering from an ulcer and his/her family they also place a considerable financial burden on the health care system and society in general. Ulcers of the foot in diabetes are the source of major suffering and cost. At least one quarter will not heal and up to 28 percent may result in some form of amputation. Investing in diabetic foot care guideline is therefore one of the most cost effective forms of health care expenditure, provided the guideline is goal focus international working group on the diabetic foot.

People with diabetes who develop foot ulcers are at more risk of dying prematurely than those without the complication, finds a new large scale study. The study which is the largest analysis of diabetes into the link between foot ulcer and the conditions, about 3.7 million people in UK have diabetes, including an estimated 850,000 people who have the condition but do not know it. Diabetes can damage a person's blood vessels and nerves, especially if their blood sugar is poorly controlled.

Poor circulation and nerve damage in the feet makes people vulnerable to unnoticed cuts or other injuries and progress into poorly healing ulcers, or sores. In severe cases, this can lead to foot or leg amputation. In a study of 17,830 patients with diabetes, 3,015 diagnosed with foot ulceration and 14,735 without researchers from St. George's, University of London investigated how diabetic foot ulcer affected a person's risk of dying earlier. They found that those with a history of foot ulceration had a higher death rate than those without there were an extra 58 deaths per 1000 people each year with diabetic foot ulcers people with diabetes undertake

a number of precautions to prevent foot ulcers including blood sugar control, wearing socks to prevent cuts, self checking for abrasions and getting a complete foot examinations at least once a year.

The objective of study:

1. To assess the existing knowledge about foot care among diabetic clients.
2. To compare the pre-test & post-test knowledge score regarding foot care among the diabetic clients.
3. To find out the association between pre-test knowledge score and selected demographic variables.

2. Hypothesis

H0- There will be no significant difference between mean, pre-test and post test score.

H1- The mean post-test knowledge score of client will be significantly higher than the mean pre-test knowledge score regarding foot care.

H2- There will be significant association between the knowledge with selected demographic variables of client such as- Age, Gender, and educational level, source of information, family income and duration of diabetes mellitus.

3. Methodology

Research methodology involves the systematic procedure by the researcher which starts from the initial identification of programme to its final conclusion.

- **Research approach:** Description of research approach.
- **Research design:** One group pre-test, post-test research design.
- **Setting of the study:** The study was conducted in Krishna hospital karad.

- **Sample and sample size:** The sample size for the study is 30 diabetic patients. Who were available at the time of data collection and also who fulfilled the inclusion criteria.
- **Sampling technique:** convenient sampling technique was used to select the sample.

4. Sampling Criteria

Inclusion Criteria

- 1) Diabetic patient who willing to participate in the study.
- 2) Diabetic patient who understand the Marathi language

Exclusion Criteria

Those who are not the people willing to participate in this study.

Data collection tool:

The study will be aimed at assessing the knowledge of 30 diabetic patients on foot care. Data collection method includes structured.

Section-1 and section-2. The section two are consisted again two Section i.e. Section 2(a), section 2 (b).

Section -1 consisted of 5 items on demographic data i.e. Code number, age, gender, educational level, source of information on foot care, family income, duration of diabetic mellitus. **section-2** i.e.

Section-2 (a) and section-(b) in that section 2(a) comprised of 10 items and the section-2(b) comprised of again 10 items. these items with a maximum score of 20 categorized under two broad areas and one score was given for each correct response and zero for wrong response.

Table 1: Description of Demographic Data

SR NO	Demographic Variables	Frequency	Percentage (%)
1	AGE OF DIABETIC PATIENT		
	A) 30-40YRS	00	-
	B) 41-50YRS	06	60
	C) 51-61YRS	02	20
	D) 61YRS AND ABOVE	01	10
2	GENDER		
	A) MALE	06	60
	B) FEMALE	04	40
3	EDUCATIONAL LEVEL		
	A) SSLC	09	90
	B) HSC	01	10
	C) GRADUATE	00	-
	D) POST GRADUATE	00	-
4	SOURCE OF INFORMATION ON FOOT CARE		
	A) YES	7	70
	B) NO	03	30
5	FAMILY INCOME		
	A) LESS THAN 5000 RS	01	10
	B) 5000-10000RS	07	70
	C) 10000-15000RS	01	10
	D) 15000RS AND ABOVE	01	10

Table 1 Description of Samples According To Demographic Variables

Table -1 Shows That:

- Most of the 60% diabetic patient were belonged to the age group of 41-51 yrs and 20% were 51-60yrs and 10% were 61yrs and above of age
- There were 60% from male patient and 40% from female patient.

- Majority of the 90% patient are SSLC and 10% patient 10% HSC
- The 70% patient knew about diabetic foot care and the 30% patient not knowing About diabetic foot care
- There were 70% patient having monthly family income rs.5000-10000rs,10%having Were less than 5000rs per month,10% 10000-15000rs per month, and 10% having 15000rs and above.

Table 2: Assessment of the effectiveness of planned teaching on knowledge regarding foot care among diabetic clients among diabetic client

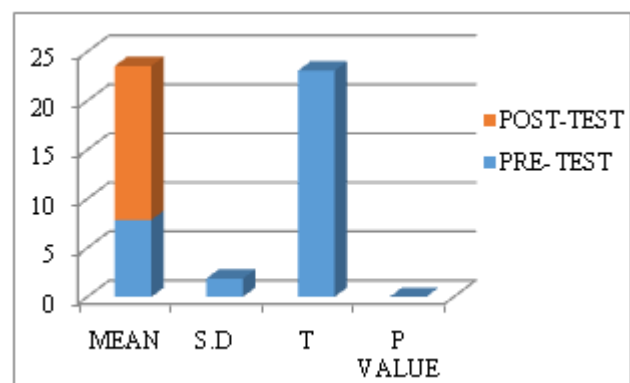
QUESTION NO	PRE-TEST	PRE-TEST%	POST-TEST	POST-TEST%	DIFFERENCE	DIFFERENCE %
1	7	23%	14	46%	7	23%
2	7	23%	15	50%	8	26%
3	8	26%	13	43%	5	16%
4	9	30%	14	46%	5	16%
5	9	30%	14	46%	5	16%
6	7	23%	17	56%	10	33%
7	8	26%	15	50%	7	23%
8	7	23%	16	53%	9	30%
9	7	23%	15	50%	8	26%
10	9	30%	16	53%	7	23%
11	9	30%	17	56%	8	26%
12	7	23%	17	56%	10	23%
13	7	23%	16	53%	9	23%
14	8	26%	13	43%	5	16%
15	9	30%	14	46%	5	16%
16	9	30%	17	56%	8	26%
17	9	30%	14	46%	5	16%
18	7	23%	16	53%	9	30%
19	7	23%	16	53%	9	30%
20	8	26%	13	43%	5	16%
21	7	23%	16	53%	9	30%
22	10	33%	18	60%	8	26%
23	7	23%	15	50%	8	26%
24	7	23%	16	53%	9	30%
25	9	30%	18	60%	9	30%
26	6	20%	17	56%	11	36%
27	6	20%	17	56%	11	36%
28	8	26%	15	50%	7	23%
29	8	26%	16	53%	8	26%
30	10	33%	19	63%	9	30%

This Section Deals With The Assessment of Knowledge Regarding Foot Care Among Diabetic Client. It Deals With The Structured Questionnaire Based On Knowledge Attitude And Skill.

The table shows percentage of the quionas answered by the sambles in pre-test and post –test, and their differences

Comparison of Mean Score of Pre-Test and Post-Test.

	PRE- TEST	POST-TEST
MEAN	7.86	15.7
S.D	1.8753	
T	23.07	
P VALUE	P<0.001	



5. Conclusion

After the detailed analysis, this study leads to the following conclusion, There was a significant increase in the knowledge of subjects after the giving planned teaching programme. To find the effectiveness of planned teaching

programmethe t- test was applied and ,t“ value was calculated the mean post test score were significantly higher than their mean pre test score as evidenced from structured knowledge test ,p”>0.001 level of significance. The mean percentage of pre test was 7.86 and the mean percentage of post test was 15.7.

6. Implications of the Study

Health education is an important nursing responsibility. Nurse work in various setting like hospital, community health centers etc. and therefore should make use of the opportunity in assessing foot ulcers about management of factor affecting it. so it is a nurse role to bring the problem related to diabetic foot ulcer into focus and gain information about it to planned further action.

The nurse working in hospital setting both in inpatient and outpatient services, play unimportant role in assessing factors affecting diabetic foot care practices and which can help to plan further interventions about management of factors. they can carry out health education both on one basis. the nurse should assess the factors affecting foot care practices among the diabetic clients. Nurses can provide health education to promote awareness about management of factors affecting foot care.

Nursing Educations

Now a day much importance is given to the awareness and promotion of health than the curative aspects. As the need of society is continuously changing newer components must be incorporated in the nursing curriculum. Nursing education must emphasize on preventive and rehabilitative aspects.

Nursing Administration

In the event of changing disease manifestations. knowledge explosion, technological and ever-growing challenges of maternal and child health nursing, the administration has a responsibility to provide nurses with substantial continuing educational opportunities. This will enable the nurse in updating their knowledge, acquiring special skills and deputing them for in-service education programmes. Special courses, workshops, and conferences can be arranged and attended by the development of such educational materials.

Nursing Research

Nursing research is an essential aspect of nursing as it uplifts the profession and develops new nursing norms and a body of knowledge .another research has been added to the nursing literature. The research design, findings and the tool can be used as avenues for further research.

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