

Effect of Informative Pamphlet regarding Home Care Management of the Schizophrenic Patients among the Care Givers

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Abstract: *Mental illness is one of the leading diseases all over the world. Schizophrenia is one of the commonly occurring mental illnesses. Schizophrenia is a severe mental illness, which is stressful not only for the patients but also for their family members. Families are an integral part of the care system for persons with a chronic schizophrenia. Educating and training caregivers can increase compliance with discharge plans, manage the patient in home and prevent re-admissions. Informative pamphlet is an effective teaching strategy for giving information to caregivers regarding home care management of schizophrenic patient. The conceptual frame work selected for the study was based on Modified General System Theory postulated by Ludwig Von Bertalanffy. An evaluator approach was adopted for the study. The research design used is quasi experimental (one group pretest- posttest) design. The study was conducted in Jalgaon, Maharashtra. By using simple random sampling 60 care givers of schizophrenic patient was selected for the study. Structured questionnaire was used to collect the data. The data was planned to analyze on the basis of objectives and hypothesis of the study. The research was concluded with improved knowledge regarding home care management of schizophrenic patient among the care givers.*

Keywords: Home care management, Informative Pamphlet, schizophrenia

1. Introduction

In the modern concept, mental health is not merely absence of mental illness. WHO defined mental health as the capacity of an individual to form harmonious relationship with others and to participate in or contribute constructively to changes in social environment. Mental disorders are mostly ill understood and underestimated problems, particularly in our country, where they are often considered as physical disease. The term mental disorder refers to a clinical syndrome or pattern that occurs in an individual. If a substantive impairment of one or several of the mental faculties of perception, thinking, feeling, behaviour, or the physiological, neurological systems linked to these brain activities known as mental disorders

Mental illness is one of the leading diseases all over the world. Schizophrenia is one of the commonly occurring mental illnesses. The name Schizophrenia was coined by a Swiss Psychiatrist, Dr. Eugen Bleuler in the year of 1911. Schizophrenia is a mental disorder characterized by a disintegration of the process of thinking and of emotional responsiveness. It is most commonly manifested as auditory hallucinations, paranoid or bizarre delusions, or disorganized speech and thinking and it is accompanied by significant social or occupational dysfunction. The severity of the symptoms and long lasting, chronic pattern of schizophrenia often cause a high degree of disability.

Family member are an integral part of the care giving system for persons with mental illness. It was found that families who are new to the illness to deal with fear, sorrow and bewilderment. Educating and training caregivers can increase with discharges plans, manage the patient in home and prevent re admission.

Schizophrenia is a disruptive and distressing illness, not only for the person affected but also for family members. Schizophrenia were found to be population with highest re admission rate. Although such patient received drug therapy and psycho- social support in hospital. Once they were discharged many of these treatment ceased and poor care in home by families.

Family intervention will effectively satisfy the informational needs of families and enhance their coping abilities when caring for a relative with schizophrenia, and thus reduce a patient's relapse from illness.

Hence there is a need for awareness among care givers to increase their knowledge regarding home care management of schizophrenic patient. Such awareness and knowledge could lead better understanding and acceptance and will able to manage schizophrenic patient in home effectively and efficiently.

2. Objectives

- 1) To determine the effectiveness of informative pamphlet on knowledge regarding home care management of schizophrenic patient among the care givers.
- 2) To determine the association between knowledge score and selected demographic variables

Description of the Tool

The instrument used for the study is knowledge questionnaire, which were designed by the investigator. It consists of two parts.

Part I: It consist of variables related to socio demographic data of the client such as age, sex, religion, educational status, occupation, type of family, monthly family income, residential area, relationship with the patient, previous information and duration of illness.

Part II: It consists of structured questionnaire scheduled to assess knowledge regarding home care management of the Schizophrenic patient among care givers of the schizophrenic patient.

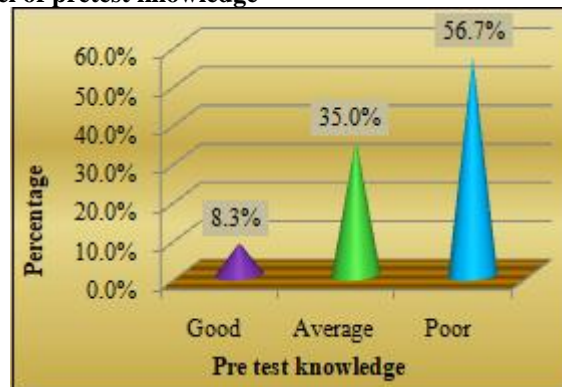
Research Design

A quasi experimental design, where pre and post-test without control group has been adopted for the study.

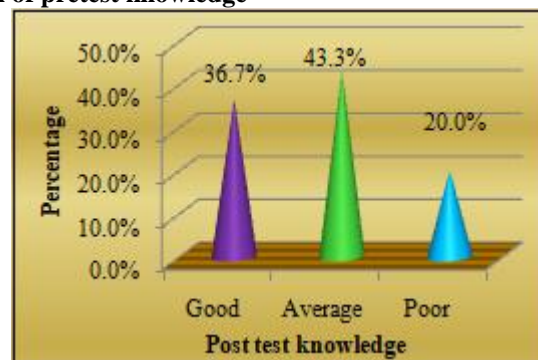
3. Major findings of the study

- Regarding age most of subjects i.e 46% were in the age group of 25-34 years, 30% were in the age group 35-45 years, 16.7% of them were in the age group 45 and above years and only 10% of subjects were in the age group 15-24.
- Regarding gender of the caregivers 29 (48.3%) were males and 31 (51.7%) were females.
- Regarding religion 39(65%) caregivers belong to Hindu religion, 12(20%) belong to Muslim religion, 5(8.3%) belong to religion Christian and 4(6.7%) belong to other religions.
- Regarding education the highest 18(30%) of the caregivers were studied Higher secondary, 16 (26.7%) of caregivers were studied primary education, 16 (26.7%) caregivers were studied up to Graduation, 3(5%) were studied postgraduate and above and 7 (11.7%) were illiterates.
- Regarding occupation, 11 (18.3%) were doing their own business, 17 (28.3%) were working in government job, 16(26.7%) were working in private service, 9(15%) were doing agriculture as occupation and 7 (11.7%) were unemployed.
- Regarding Monthly family income 24 (40%) were in group 5001-10000 Rs per month, 18 (30%) were belong to group 10001-15000 Rs per month, 7 (11.7%) were in the group more than 15000 Rs per month and only 11 (18.3%) were in the group less than 5000 Rs per month.
- Regarding type of family, 36(60%) were belong to Joint family whereas 24(40%) were from Nuclear family
- About the residential area of caregivers living, 37 (61.7%) were in rural and 23(38.3%) were living urban residence.
- Regarding the relationship with the patient, 18 (30%) of the caregivers were spouse, 13 (21.7%) were parents, 14 (23.3%) were children, 8(13.3%) were siblings, 5(8.3%) were Son/ Daughter-in-law and 2(3.3%) were paid caregivers.
- Regarding previous exposure to information regarding home care management of patient with schizophrenia depicts that most 31 (51.7%) of the care givers have no any previous exposure to information and 29(48.3%) have previous exposure to information regarding home care management of patient with schizophrenia
- Regarding duration of illness highest percentage 18(30%) of the patient from 1-3 years duration, 17(28.3%) of the patients from 3-5years duration of illness, 14(23.3%) of the patient belonging to more than 5 years and 11(18%) of the patient suffering schizophrenia from less than one year.

Percentage wise distribution of caregivers According to level of pretest knowledge



Percentage wise distribution of caregivers According to level of posttest knowledge



4. Discussion

The present study was done to assess the effectiveness of informative pamphlet on knowledge regarding home care management among the care givers of schizophrenic patient. In order to achieve the objectives of the study, quasi experimental design (one group pretest posttest without control group) was adopted. Probability simple random sampling technique was used to select the samples. Pretest was conducted prior to the implementation of informative pamphlet and post test was conducted after seven days. Effectiveness was assessed by using structured questionnaire to assess the knowledge regarding home care management of schizophrenic patient among the care givers of schizophrenic patient.

The analysis of data is organized and presented under the following section.

Section A: Demographic data of the subject.

Section B: Effectiveness of informative pamphlet on home care management of schizophrenic patient among the care givers of schizophrenic patient.

Section C: Determine the association with knowledge and demographic variables.

The first objective was to determine the effectiveness of informative pamphlet on knowledge regarding home care management of schizophrenic patient among the care givers of schizophrenic patient

The overall mean and standard deviation of posttest knowledge score were 18.18 and 5.77 respectively. In the present study the mean posttest knowledge score 11.90 and

the mean difference was 6.28 which represents significant gain of knowledge through the informative pamphlet.

The posttest levels level of knowledge of samples regarding home care management of schizophrenic patient among the care givers of schizophrenic patient that majority 26 (43.33%) of the caregivers were having average knowledge (score 11-20), 22 (36.66%) of care givers were having good knowledge (score 21-30). Furthermore 12 (20%) of care givers were having poor knowledge regarding home care management of schizophrenic patient.

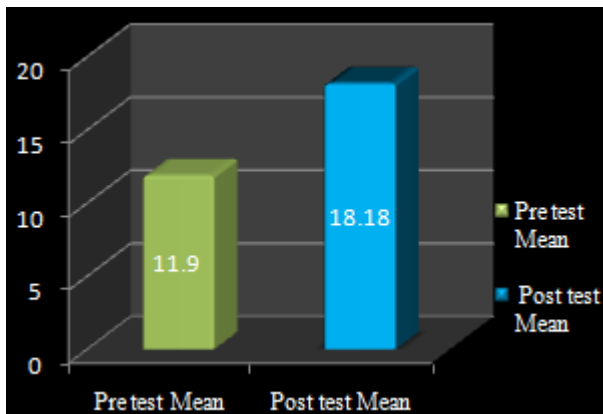
The posttest assessment reveals that 36.66% have good knowledge, 43.33% have average knowledge and 20% has poor knowledge this show that the informative pamphlet is effective.

Table 1: Comparison of overall pre-test and post-test knowledge scores of samples

Item	Good N(%)	Average N(%)	Poor N(%)	Mean	S.D	Mean Difference	t value
Pre-test score	5 (8.3)	21 (35)	34 (56.7)	11.90	4.804	6.28	15.71
Post test score	22 (36.7)	26 (43.33)	12 (20)	18.18	5.77		

The overall pretest mean score was 11.90 whereas in the post-test the mean score was 18.18 of the total score depicting an overall difference of 6.28 between the mean score of pre-test and post-test. Hence, it can be interpreted that informative pamphlet on home care management of schizophrenic patient was effective

Distribution of pre-test and post-test mean knowledge scores



The second objective was to determine the association between knowledge and demographic variables

Result shows their association between the level of posttest knowledge regarding home care management schizophrenic patient among the caregivers of schizophrenic patient with demographic variables such as educational status, monthly family income, type of family, previous information. So, it is concluded that there is a significant association between the levels of posttest knowledge regarding home care management schizophrenic patient among the caregivers of schizophrenic patient with demographic variables.

5. Conclusion

The following conclusion was drawn on the basis of the finding of the study. The finding of the pretest showed that none of the subjects had adequate knowledge regarding home care management of schizophrenic patients, after the implementation of informative pamphlet although they had gained knowledge in all areas of home care management, there are still much more scope for improving their knowledge especially in the area of personal hygiene, safety and security, nutrition, medications, emotional and spiritual support and follow up care of schizophrenic patients at home.

The paired *t* test which was computed between pretest and posttest knowledge scores indicates a true gain in the knowledge. Hence it was concluded that informative pamphlet is an effective method to improve the knowledge among the subjects.

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