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Research Article

A STUDY TO ASSESS THE EFFECTIVENESS OF VIDEO ASSISTED TEACHING PROGRAMME FOR STAFF NURSE ON KNOWLEDGE AND PRACTICE REGARDING PASSIVE EXERCISES OF PATIENT WITH CEREBROVASCULAR ACCIDENT IN SELECTED HOSPITALS OF INDORE M.P

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ABSTRACT

Cerebrovascular Accident is the most common disorder of central nervous system and it also affects other systems of the body, which brings greatest loss to the family and society. More than 400 years ago Christ, Hippocrates first described a clinical syndrome which he labeled Stroke as apoplexy. In Greek it means stuck with violence or paralysis. The synonyms used for Stroke are Cerebrovascular Accident (CVA), apoplexy and hemiplegia. Post-stroke exercises helps individuals overcome disabilities that result from stroke damage. Passive Range of Motion refers to an external force moving a body part rather than it moving on its own volition. Examples would be a patient taking his strong arm and moving the weak or paralyzed arm, a caregiver or therapist moving an affected limb, or a machine moving an extremity. Passive range of motion is important to maintain flexible joints and prevent joint contracture.

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INTRODUCTION

CerebroVascular Accident is the most common disorder of central nervous system and it also affects other systems of the body, which brings greatest loss to the family and society. Symptoms of stroke are sudden numbness or weakness of the face, arm or leg (especially on one side of the body). Post-stroke exercises helps individuals overcome disabilities that result from stroke damage. Passive Range of Motion refers to an external force moving a body part rather than it moving on its own volition. Passive range of motion is important to maintain flexible joints and prevent joint contracture. Joint contracture occurs when there are structural changes to the soft tissue such as tightening or shortening of muscles and tendons that restrict movement. It is important to perform passive range of motion even if you have experienced total paralysis because a contracture can predispose one to skin breakdown, tissue irritation, pain, decreased blood flow, and prevent one from moving a limb if muscle function does return.

The objectives of the study were

1. To assess the pre-test knowledge and practice score of staff nurse regarding selected passive exercises of patients with cerebrovascular accident.

2. To assess the post-test knowledge and practice score of staff nurse regarding selected passive exercises of patients with cerebrovascular accident.
3. To evaluate the effectiveness of Video assisting teaching regarding selected passive exercises.
4. To find the association between the pre-test scores knowledge of staff nurses and selected demographic variables.

METHODS AND MATERIALS

An extensive review of literature was undertaken. The conceptual framework adopted for this study was based on modified Ludwig von bertalanffy model (1968) pre experimental approach, a subtype of Quantitative approach is adopted for the present study For the present study a one group pre test post test research design is used with objectives to assess the effectiveness of video assisted teaching programme for staff nurse on knowledge and practice regarding passive exercises of patient with cerebrovascular accident in selected hospitals of Indore, M.P. The study was carried among 30 nurses working in different departments of hospital' of Indore. The researcher used self structured questionnaire to collect socio-demographic data, structured questionnaire for knowledge and observational checklist for assessment of practice regarding passive exercises. Content validity of tool was ensured by verifying it with experts. The pilot study was

carried on with 10 staff nurses working in ICU, Medicine, Casualty, and Surgery to refine methodology and to find out the feasibility of the study. The tool was found to be reliability of tool was calculated and 'r' found to be 0.79 for knowledge assessment Karl Pearson correlation coefficient formula, followed by Cronbach's alpha correction which is statistically reliable for the present study.

RESULTS

The data for main study was collected in the month of April. Data collection was analyzed by using descriptive and inferential statistics. The result reveals that in pre test knowledge of staff nurse majority of nurses i.e. 17 (56.7%) had poor knowledge, 11 (36.7%) had Fair knowledge, 2 (6.7%) had Good knowledge score regarding passive exercise and its practice. In post test knowledge score of staff nurses, highest proportion of nurses i.e. 30 (100%) had obtained Good knowledge grade while none of them were in fair and poor category.

Pretest practice score of staff nurses depicts that the maximum number of staff nurses i.e. 15 (50%) staff nurses who had obtained Poor practice grade, while 13 (43.3%) of the staff nurses had obtained Fair practice grade and 2 (6.7%) had obtained Good practice grade.

The post-test practice score of staff nurses result reveals that maximum 30 (100%) had obtained Good practice grade. Thus, the intervention was very helpful in upgrading the practice score of these staff nurses.

The effectiveness of video assisting teaching for staff regarding passive exercises of patient cerebrovascular accident depicts that there is a significant different between pre and post knowledge and practice scores of staff nurses regarding passive exercises of patient with cerebrovascular accident. The 't' value obtained from the pre and post knowledge score (mean=13.50, SD= 5.87) and practice score of staff nurses (mean=5.00, SD= 1.62) is -14.490 and -7.571 which is significant at 0.05.

Association of knowledge of staff nurses with selected socio demographic variables reveals that there was significant association of religion, basis of education and place of living of with knowledge score grading while other selected socio demographic variables was found to be insignificant as p value >0.05.

Association of practice of staff nurse with selected socio demographic variables reveals that there was no significant association of practice of staff nurses and selected socio demographic variable as p value > 0.05.

CONCLUSION

The Video assisted teaching was found to be an effective teaching strategy in increasing the knowledge and practice of the staff nurses regarding passive exercises of patient with cerebrovascular accident.

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