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**A STUDY TO EVALUATE THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON CATARACT AND EYE CARE, IN TERMS OF KNOWLEDGE AND PRACTICE AMONG PATIENTS THOSE WHO HAVE UNDERGONE CATARACT SURGERY IN RETINA INSTITUTE OF KARNATAKA, BENGALURU.**

**Seena P Thomas**

**Abstract:**

***“ The light of the eye Rejoices the heart”***  
*Proverb 15 : 30*

*“Being blind in a rural village in the developing world leaves a person in darkness and dependence, often unable to earn a living or assist in the duties of their household”,  
William H. Gates.(2000).*

**KEYWORDS:**

Structured teaching

**INTRODUCTION:**

The growing life expectancy worldwide, and particularly in developing countries, is already leading to a rapid increase in the number of elderly people. In the current absence of proven methods for preventing or delaying the progression of human cataract, this ageing of the population will lead to a phenomenal increase in the number of the cataract blind.

Senile cataract generally occurs in persons above the age 50 years. It is estimated that 50% of all those in the sixth decade and nearly 100% in the age of 80 years and order have some capacity. In India and China alone can expect there will be a increase incidence to have 270 million more elderly citizens in 2020 then in 1980. (WHO 1994).

Delhi India( 2006),titled snuff and chewing tobacco may increase risk of cataract, an evaluation of tobacco use among 3,924 adults in rural India found that using smokeless tobacco (snuff or chewing tobacco) is associated with a higher likelihood of getting a cataract.A 72% higher than normal prevalence of cataracts excited in the 1,705 tobacco users in the group. Among the tobacco users the prevalence, was more than twice as high as for the smokers. Nine time more heavy Users of smokeless tobacco had cataract than the heavy smokers in the age group. It was reported in the British journal of ophthalmology.

**STATEMENT OF THE PROBLEM :-**

A study to evaluate the effectiveness of structured teaching programme on cataract and eye care, in terms of knowledge and practice among patients those who have undergone cataract surgery in Lutheran eye

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hospital, Dharapuram.

#### OBJECTIVES :-

1. To assess the demographic variables of cataract patients.
2. To assess the knowledge regarding cataract and eye care in experimental group and control group.
3. To assess the knowledge of practice regarding cataract and eye care in Experimental agroup and control group.
4. To determine the effectiveness of structured teaching programme on cataract and eye care in terms of knowledge and practice between experimental and control group.
5. To find out the association between the post test knowledge of cataract and eye care with their selected demographic variables in experimental group.

#### HYPOTHESES :-

H1: The mean post test knowledge scores of experimental group is significantly higher than the mean post test knowledge scores of control group.

H2 : The mean post test practice scores of experimental group is significantly higher than the mean post test practice scores of control group.

H3 : There will be significant association between patients knowledge regarding cataract and eye care with their selected demographic variables in experimental group.

#### ASSUMPTION:-

- Lack of knowledge and practice of eye care leads to complications of the operated eye.
- Health education promotes early health seeking behavior.
- Structured teaching program will enhance their knowledge and practice regarding cataract and eye care.

#### RESEARCH METHODOLOGY:

##### RESEARCH APPROACH :-

The evaluatory approach was used to assess the effectiveness of structured teaching programme on knowledge of cataract and practice of eye care among those who are undergoing cataract surgery.

#### RESEARCH DESIGN:-

The research design is concerned with the over all frame work for conducting the study was quash Experimental – i.e. non equivalent control group post test only design.

Group I-X O1 Group II- O2
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#### THE SYMBOL USED :

- X -Structured teaching programme was done in the form of health teaching to the cataract patients.
- O1 -Collection of demographic data, assess the level of knowledge and practice regarding cataract and eye care those who received the structured teaching programme (Experimental group)
- O2 -Collection of demographic data, assess the level of knowledge and practice regarding cataract and eye care those who did not receive the structured teaching programme (control group)

#### SETTING OF THE STUDY :-

The study was conducted in Retina Institute of Karnataka, Chamarajpet road, which is situated two km from K R Market. The total bed number is 50. It has separate male and female wards. Septic ward and special rooms are available. It has all the facilities reception, septic OT, optical, refractive error testing room, nurse's station. All the instruments are available Auto refractometer, A scan, Keratometer, lensometer and separate YAG room also available. They have regularly conducted eye camp, weekly twice( Monday and Thursday), Eight times in a month. Total number of cataract surgery was done in the

year of 2007 is 3591, in which 3550 surgeries were IOL.

#### POPULATION:-

The target population of the study is who are undergoing cataract surgery for the first time in Retina Institute of Karnataka.

#### SAMPLE SIZE:-

The sample for the study consisted of 60 patients in Experimental and 60 patients in control group.

#### SAMPLING TECHNIQUE

The method of sampling was purposive sampling.

#### DEVELOPMENT AND DESCRIPTION OF TOOL

The instruments consist of two parts.

##### PART – I :

The Demographic variables of cataract patients were Age, Sex, Educational status, Occupation, Family income, Religion, Type of family, Residence.

##### PART - II

- i. Structured interview schedule (30) under various aspect of cataract, Definition, types, Risk factors, causes, Clinical manifestations, Diagnostic measures, management, patient education and complications of cataract patients.
- ii. Structured Interview Schedule (15) items, were to assess the knowledge of practice of eye care after cataract surgery.

#### SCORING OF THE INSTRUMENT AND SCORE INTERPRETATION :-

##### Part - I

Demographic variables contained eight items which were age, sex, education, occupation, income, religion, Type of family, residence. Patients were interviewed and based upon their answers a “tick” mark was given against the appropriate choice of each items.

##### Part - II

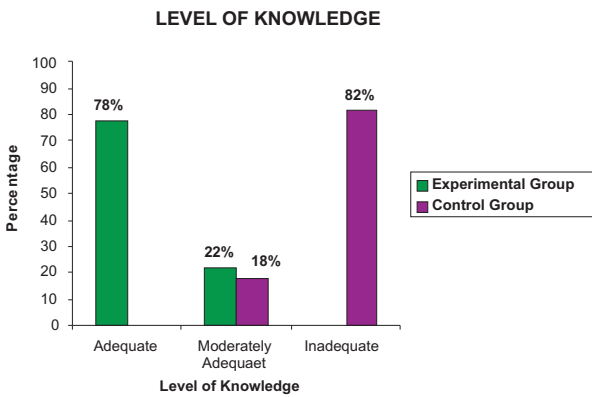
I) Structured interview schedule. The multiple choice questions were used to assess the knowledge regarding cataract and eye care. For right answer is scored -1 and wrong answers is scored 0. Total score was 30.

Knowledge	Score	%
Adequate knowledge	21 - 30	68 – 100
Moderately adequate	11 – 20	34 – 67
Inadequate knowledge	0 - 10	<33

This is a structured interview schedule to assess practice consisting of 15 items, designed as yes/No type. It has both positive and negative answer. For right answer score is 1, wrong answer the score is 0. The total attainable score of 15 items is 15. This was later converted into % and the resulting scores was ranged as follows :

Knowledge of practice	Score	%
Adequate	11 – 15	68 - 100
Moderately adequate	6 - 10	34 - 67
Inadequate	0 - 5	<33

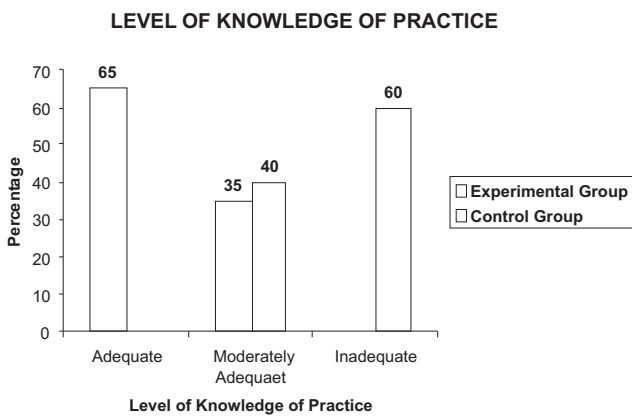
**FINDINGS OF THE STUDY**  
**ASSESS THE KNOWLEDGE OF CATARACT AND EYE CARE IN EXPERIMENTAL GROUP AND CONTROL GROUP**



An indepth investigation into the assessment of knowledge regarding cataract after the structured teaching programme, 47(78%) cataract patients had adequate knowledge and, 13 (22%). of Cataract patients had moderately adequate knowledge, there is no inadequate knowledge in experimental group. In control group, there is no adequate knowledge, 11(18%) of patients had moderately adequate knowledge, and 49(82%) of patients having inadequate knowledge

The findings was substantiated by a similar study done by ElinaChristinal (2004) on knowledge and practice of eye care before and after structured teaching programme in Madurai Meenakshi Mission Hospital. The representative sample consisted 30 patients in experimental and 30 patients in control group in the age group of 40-70 years. A structured questionnaire in Tamil was used to collect data and 25 questions 14 point likert scale were used for assess the practice score results of the study showed that 75 %of cataract patients had inadequate knowledge and poor maintenance of eye care this study supported the need for structured teaching programme. The mean post test knowledge of cataract is 17.87 which was increased than the mean pre test knowledge score 8.7 For knowledge, 't' value is 10.9,  $p<0.05$ , which shows the over all gain in knowledge was highly significant.

**ASSESS THE KNOWLEDGE OF PRACTICE REGARDING CATARACT AND EYE CARE IN EXPERIMENTAL GROUP AND CONTROL GROUP**



An in depth investigation into the assessment of knowledge of practice regarding cataract and eye care, in Experimental group 39(65%) of patients had adequate knowledge of practice and 21(35%) of patients had moderately adequate knowledge of practice ,and there is no inadequate knowledge of practice. In control group, there is no adequate knowledge of practice, 24(40%) of them having moderately adequate knowledge of practice, 36(60%) of them having in adequate knowledge of practice. Table 3

revealed that there was a need for structured teaching programme regarding cataract to improve the knowledge and practice of eye care.

Elinachristinal (2004) conducted a study on structured teaching programme in terms of knowledge and practice of eye care among cataract patients in Meenakshi Mission Hospital at Madurai. The mean post test practice score is 39.03 which was increased than the mean pre test practice score 18.47. For practice t value is 6.93,p<0.05 which shows the over all gain in practice was highly significant.

**DETERMINE THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME  
ON CATARACT AND EYE CARE IN TERMS OF KNOWLEDGE AND PRACTICE**

S. No.	Group	knowledge		'z' value	Table value
		Mean	S.D		
1	Experimental Group	22.11	1.732	25.99	1.96
2	Control Group	7.33	3.741		

The assessment of knowledge and practice of eye care after being exposed to structured teaching programme showed that knowledge and practice score had been markedly increased as evidenced by post test analysis table 4 & 5 revealed that the knowledge and practice of eye care in post test mean score is 22.11, 10.98 in experimental group, 7.35, 5.96. in control group. The 'z' value of knowledge is 25.99.and practice is 27.47.p<0.05 significant. Which was an excellent score compared to the mean score of control group.

These findings was substantiated by study done by ElinaChristinal (2004) conducted a study to evaluate the effectiveness of structured teaching programme (STP) regarding knowledge and practice of eye care in Madurai Meenakshi Mission Hospital. The mean post test knowledge of cataract is 17.87 which was increased than the mean pre test knowledge score 8.7,and the mean post test practice score is 39.03 which was increased than the mean pre test practice score 18.47. For knowledge, 't' value is 10.9, p<0.05, for practice t value is 6.93,p<0.05 which shows the over all gain in knowledge and practice were highly significant.

**ASSOCIATION BETWEEN THE POST TEST KNOWLEDGE OF CATARACT AND EYE CARE WITH SELECTED DEMOGRAPHIC VARIABLES IN EXPERIMENTAL GROUP**

Chi squire was calculated to find out the association between post test knowledge of cataract and eye care in experimental group revealed that there is no significant association with Age (2=0.712), Sex (2=0.552), Education (2=0.411), Occupation (2=0.051), Income(2=2.828), Religion (2=0.288) Type of family (2=0.220), Residence(2=2.828) demographic variables with knowledge of cataract in experimental group. Therefore the research H3 : There will be asignificant association between patients knowledge regarding cataract and eye care with their selected demographic variables in experimental group was rejected. Hence it indicates independent to each other.

On the whole, the study showed that the structured teaching programme was highly effective in improving the knowledge and practice of eye care in cataract patients. So the hypothesis formulated at the beginning of the study has been accepted.

**IMPLICATIONS FOR NURSING PRACTICE :-**

The findings of the study clearly enlighten the fact that structured teaching programme



regarding eye care after cataract surgery had significantly improved the knowledge and practice of the patients and helps them to lead a normal healthy life.

- \* Nursing personnel are holding the best position to impart health education to the people in the hospital.
- \* The structured teaching programme can be used by staff in hospital and community at home atmosphere to evaluate the public and create awareness among them.
- \* The instruction module can be used by nurses in all department and cards to educate the patients.

#### **IMPLICATION FOR NURSING EDUCATION:-**

- \* Nursing students must be encouraged to actively participate in giving health education to the patients regarding eye care after surgery.
- \* There should be more emphasis in the nursing curriculum about cataract concepts and trends in care of eyes after cataract surgery since it is a public health problem and economic burden of the developed and developing countries.

#### **IMPLICATIONS FOR NURSING RESEARCH:-**

- \* It is essential to identify the present level of knowledge and practice of individual regarding eye care after cataract surgery, to know the extent of information necessary to be taught.
- \* Extensive research must be conducted in this area to identify several more effective methods for patient education and prevention of complications.
- \* The study also brings about the fact that more studies need to be done at different settings and different aspects.
- \* This study can be a baseline for future studies to build upon and motivate the other investigators to conduct further studies in this area, in different aspects
- \* Short term specially courses in ophthalmic nursing should be undertaken by nurses to gain knowledge and clinical expertise. This is an important area, which requires a lot of research by nurses to bring about changes in health care delivery at various levels in schools, community and hospitals, more emphasis. This knowledge can be utilized in professional practices.

#### **IMPLICATIONS FOR NURSING ADMINISTRATION:-**

- \* Nursing administrations can utilize the structured teaching programme while conducting in service education programme for directing and motivating staff towards the education of cataract patients regarding knowledge and practice of eye care.
- \* Administrators of hospital, nursing and community health department can use the present structured teaching programme as a model for preparing other teaching materials such as SIM, booklets, posters etc.
- \* This study will help to plan for group activities .So that the older adults can interact on such group activities and improve the knowledge and practice.

#### **RECOMMENDATIONS:-**

- \* The study can be conducted on a large sample for wide generalizations.
- \* A comparative study also can be done between effectiveness of Self Instructional Module versus Structured Teaching Programme.
- \* A comparative study also can be done between effectiveness of Structured Teaching Programme versus other Teaching methods.
- \* A follow up study can be conducted to identify the complications of cataract.
- \* This study can be conducted in a community set up.

#### **LIMITATION :-**

- \* The data collection period was limited to five weeks.
- \* Limited to IOL patients.



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