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Effectiveness of Informational Booklet on Knowledge Regarding Self Care Management among Hemodialysis Patient's At Selected Hospital in Villupuram District



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Abstract

Aim: To evaluate the effectiveness of informational booklet on knowledge regarding self-care management among haemodialysis patients. **Objectives:** (i) To assess the pre and post- test level of knowledge regarding self- care management among haemodialysis patients.(ii) To evaluate the effectiveness of information booklet on knowledge regarding self- care management among haemodialysis patient's.(iii) To associate the post-test level of knowledge regarding self-care management of haemodialysis patient's with their selected socio demographic variables.

Methodology: A Pre - experimental one group pre-test and post -test research design was adopted for this study. 50 samples were selected by using convenient sampling technique. The pre and post test level of knowledge assessed through Self-structured questionnaires regarding self-care management among haemodialysis patient

Results: The findings shows that Pre-test Mean score was 11.58 with a standard deviation of 2.38 and the Post-test mean score was 22.92 with a Standard deviation of 2.82, Mean difference is 11.34 with a standard error of 0.41 and t-test value was 27.65 shows highly significance. **Conclusion:** The study concluded that the informational booklet was effective in improving the knowledge of self care management among hemodialysis patient

Keywords: *hemodialysis patients, self care management.*

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I. INTRODUCTION

The term renal failure denotes inability of the kidneys to perform excretory function leading to retention of nitrogenous waste products from the blood. Acute and chronic renal failure are the two kinds of kidney failure. When a patient needs renal replacement therapy, the condition is called end-stage renal disease (ESRD). This activity reviews the causes, pathophysiology, presentation and diagnosis of renal failure and highlights the role of the inter professional team in its management.

Dialysis is needed when a kidneys stop working properly. Dialysis is one form of renal replacement therapy (RRT) and transplantation is the other.

Dialysis will make feel better but it does not make them feel normal or return the blood test results to normal, as we hope will happen with transplantation. Dialysis is used until transplantation is possible

Dialysis does the job that is normally carried out by the kidneys. That is, it takes away the substances that the body does not need that would otherwise build up in the blood and make someone ill. Dialysis also removes salt and water from the body if the kidneys have reduced the amount of urine they are making.

There are two types of dialysis: peritoneal dialysis and hemodialysis. Both methods have their advantages and one type may be more appropriate for than the other.

In both types, the principal is the same: a cleaning fluid (called dialysate) is used to take the impurities, salt and water away from the blood. The impurities pass from the blood into the cleaning fluid. There has to be a barrier between the blood and the cleaning fluid for this to happen. In haemodialysis, the barrier is the filter in the dialysis machine that the blood passes

through and in peritoneal dialysis, the barrier is the layer of cells that lines the abdomen and covers the intestines (the peritoneum).

Hemodialysis is a treatment to filter wastes and water from your blood, as kidneys did when they were healthy. Hemodialysis helps control blood pressure and balance important minerals, such as potassium, sodium, and calcium, in blood.

During hemodialysis, blood goes through a filter, called a dialyzer, outside body. A dialyzer is sometimes called an "artificial kidney."

II. STATEMENT OF THE PROBLEM

"A study to evaluate the effectiveness of informational booklet on knowledge regarding self care management among hemodialysis patient's at selected hospital in villupuram district"

III. OBJECTIVES

- ✚ To assess the pre and post- test level of knowledge regarding self- care management among Hemodialysis patients.
- ✚ To evaluate the effectiveness of information booklet on knowledge regarding self- care management among hemodialysis patient's.
- ✚ To associate the post-test level of knowledge regarding self-care management of hemodialysis patient's with their selected socio demographic variables.

IV. HYPOTHESIS

- H1-There is a significant difference in pre-test and post-test level of knowledge regarding self-care management among hemodialysis patients.
- H2-There is a significant association between post -test level of knowledge regarding self- care management among hemodialysis patients with their selected socio demographic variables.

V.METHODOLOGY

A Pre - experimental one group pre-test and post -test research design was adopted for this study. 50 samples were selected by using convenient sampling technique. The pre and

post test level of knowledge assessed through Self structured questionnaires regarding self care management among hemodialysis patient.

VI.RESULTS:

Table -1 Frequency and percentage

distribution of pre-test and post-test knowledge regarding self-care management among Hemodialysis patients.

Level of knowledge	pre test		post test	
	Frequency	Percentage (%)	Frequency	Percentage (%)
Inadequately knowledge	23	46%	0	0%
Moderately adequate knowledge	27	54%	20	40%
Adequate knowledge	0	0%	30	60%

Table-1: In the pre-test 23(46%) of them had inadequately knowledge and 27(54%) of them had moderately knowledge.

In the post- test 20(40%) of them had moderately knowledge and 30(60%) of them had adequate knowledge.

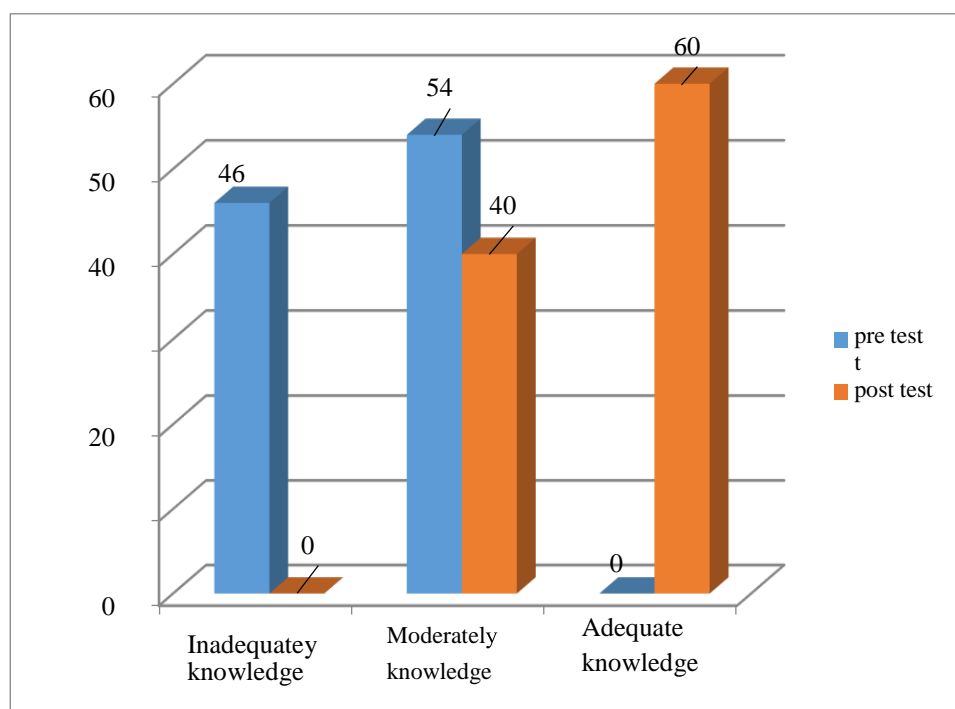


Figure:1 Shows frequency and percentage distribution of pre-test and post-test knowledge

regarding self- care management among Hemodialysis patients.

Table -2. Pre and post-test mean, standard deviation, mean difference, standard error, and

t value for the level of knowledge on self-care management among Hemodialysis patient.

‘Pre test’		‘Post test’		Mean difference	Standard error	T value
Mean	Standard deviation	Mean	Standard deviation			
11.58	2.38	22.92	2.82	11.34	0.41	‘27.65*S’

Table -2 shows that in the experimental group pre-test mean, the score was 11.58 with the standard deviation of 2.38 and the post-test mean score 22.92 with the standard

deviation 2.82. the mean difference is 11.34 with a standard error of 0.41. the t value is 27.65 shows the highly significance.

Table -3 Association between the post-test level of knowledge regarding self-care

management of Hemodialysis patient's with their selected socio demographic variables.

Demographic variables	Inadequate knowledge	Moderate knowledge	Adequate knowledge	Chi square	P value
1.Age	0	20	30	3.584	0.465
a) <30 years	0	0	2		
b) 31-40 years	0	11	10		
c) 41-50 years	0	5	11		
d) 51-60 years	0	3	4		
e) >60 years above	0	1	3		
2.Gender				0.127	0.991
a) Male	0	13	18		
b) Female	0	7	12		

c) others	0	0	0		
3.Marital Status					
a) married	0	17	28	5.926	0.115
b) Un married	0	0	2		
c) Divorced	0	1	0		
4.Level of Education					
a) No formal education	0	3	3	2.349	0.503
b) Primary	0	7	16		
c) Secondary	0	8	7		
d) Degree	0	2	4		
5.Occupational status					
a) Un Employee	0	3	5	3.52	0.893
b) Private employee	0	5	6		
c) Business	0	1	0		
d) Agriculture/farmer	0	10	19		
e) Retired	0	1	0		
6.Residence					
a) Urban	0	4	7	0.96	0.915
b) Semi urban	0	2	1		
c) Rural	0	14	22		
7.Family type					
a) Nuclear family	0	13	22	0.39	0.983
b) Joint family	0	7	8		
c) Extended family	0	0	0		
8.Family monthly income					

a)	Below 10000	0	0	0	1.058	0.589
b)	10001-20000	0	4	10		
c)	20001-30000	0	8	10		
d)	30000 above	0	8	10		
9.Source of health Information						
a)	Friends	0	0	2	3.65	0.723
b)	Relatives	0	11	10		
c)	Health care workers	0	0	1		
d)	Family	0	9	17		
10.Co- morbidity						
a)	Diabetes mellitus	0	2	2	0.69	0.995
b)	Hypertension	0	9	11		
c)	Both A and B	0	1	2		
d)	Neurological disorders	0	0	0		
e)	Nil	0	8	15		

Table -3 Shows that there is association between level of knowledge with the source of health information at $p < 0.05$ and no significant association between level of knowledge and

age, gender, marital status, level of education, occupation status, residence, family type, family monthly income, source of health information, co-morbidity in the experimental group

VII .DISCUSSION

The **first objective** of the study to find the pre and post- test level of knowledge regarding self- care management among Hemodialysis patients.

- In the pre-test 23(46%) of them had inadequate knowledge and 27(54%) of them had moderate knowledge.
- In the post- test 20(40%) of them had moderate knowledge and 30(60%) of them had adequate knowledge .

The **second objective** to evaluate the effectiveness of information booklet on knowledge regarding self- care management among Hemodialysis patients.

- Pre-Test Mean, The Score Was 11.58 With The Standard Deviation of 2.38 and The Post- Test Mean Score 22.92
- The Standard Deviation of 2.82.
- The Mean Difference Is 11.34 With A Standard Error of 0.41 .
- The T Value Is 27.65 shows a high significance.

The **third objective** of study to find the Association between The Post-Test Level of Knowledge Regarding Self-Care Management of Hemodialysis Patient's With Their Selected Socio Demographic Variables.

- Association between the level of knowledge with the source of health information at $p < 0.05$ and no significant association between level of knowledge and age, gender, marital status, level of education, occupation status, residence, family type, family monthly income, source of health information, co-morbidity.

VIII. RECOMMENDATIONS

- A similar study can be conducted as a true experimental study.
- A similar study can be conducted for a large group.
- A comparative study can be conducted.
- Informational booklet on effective teaching method can be used.

- The study can be conducted to assess the psychological status of who have undergone Hemodialysis.

IX. CONCLUSION

The finding of the study shows that there is a significant difference between pre and post-test levels of knowledge with a t value of 27.65 hence the study concluded that the informational booklet was effective in improving the knowledge regarding self care management among Hemodialysis patients.

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