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Effectiveness of video assisted teaching regarding knowledge on side effects of chemotherapy and coping strategies among the patients receiving chemotherapy at Dhanalakshmi Srinivasan medical college and hospital, Perambalur

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ABSTRACT

The quasi experimental study was undertaken to evaluate the effectiveness of video assisted teaching on knowledge regarding side effects of chemotherapy and its coping strategies among cancer patients at Dhanalakshmi Srinivasan Medical College and Hospital, Perambalur. The sample size of the study was 30 were taken by non probability purposive sampling technique. Pre experimental one group pretest and post design was used in the study. The participants are distributed by giving self structured questionnaire to assess the knowledge on side effects of chemotherapy and coping strategies. The video assisted teaching was done at 5th day and later the post test was done with the same questionnaire. The data was collected over a period of 4 weeks. The Results shows the mean post test score on level of knowledge was level 20(SD=2.56) was significantly higher than the mean pretest score 8 (SD=4.92) and the mean difference were 12 paired value 12.16 (table value=2.05) which is significant at p<0.05level. There are significant difference in the pre test and post test score on knowledge regarding side effects of chemotherapy and its coping strategies, among cancer patients. Clinical application: Video assisted teaching was improving the knowledge and coping strategies among the cancer patients, health condition can be improved and prevent the complications of chemotherapy. Findings revealed there is a significant improvement in knowledge and coping strategies after intervention. So the video assisted teaching programme was effective.

INTRODUCTION

Cancer is the disease of the cell in which the normal mechanisms of control of growth and proliferation are disturbed this result in distinctive morphological alteration of the cells and aberration in tissue pattern [1]. A disease process whereby cells proliferate abnormally ignoring growth regulating signals in the environment surrounding the cells [2]. According to a report from Call for Action cancer among women in India is estimated at 0.7 million. However, the real incidence is much more between 1 and 1.4 million per year as many cases go undiagnosed or unreported [3]. 8.3% (95% uncertainty interval [UI] 7.9–8.6) of the total deaths and 5.0% (4.6–5.5) of the total DALYs in India in 2016 were due to cancer, which was double the contribution of cancer in 1990 [4]. Chemotherapy means drugs used for cancer treatment it's often

shortened to “chemo” surgery and radiation therapy remove, kill or damage cancer cells in a certain area, but chemo can work throughout the whole body [2]. Coping refers to the attitudes and behaviors that you use to maintain your emotional well-being and to adjust to the stresses caused by cancer. Different people cope in different ways, and some ways of coping are more successful in promoting a person’s emotional well-being and psychological adjustment than others.

OBJECTIVES

1. To assess the level of knowledge regarding side effects of chemotherapy and coping strategies among cancer patients.
2. To evaluate the effectiveness of video assisted teaching programme on knowledge regarding side effects of chemotherapy and coping strategies among cancer patients.
3. To find out the association between the pre test level of knowledge and coping strategies among cancer patients and selected demographic variables.

HYPOTHESIS

- **H₁**: There will be a significant difference between the pre test and post test level of knowledge regarding side effects of chemotherapy and its coping strategies among cancer patients.
- **H₂**: There will be a significant association between the pre test level of knowledge and coping strategies among cancer patients and selected demographic variables.

MATERIALS AND METHODS RESEARCH DESIGN & APPROACH

- Quasi experimental design/ quantitative evaluative approach

Setting

- Dhanalakshmi Srinivasan Medical College and Hospital, Perambalur

Sampling technique

- Non-probability purposive sampling technique.

Inclusion Criteria

- Patient willing to participate in the study,
- Patient receiving chemotherapy
- Patient undergoing chemotherapy during data collection.

Exclusion Criteria

- Cancer patients who are undergoing chemotherapy.
- Associated with severe illness.

DATA COLLECTION PROCEDURE

After obtaining a written consent of the patient to participate in the study, the tool was distributed and collected back after 30 minutes by the investigator. The video assisted teaching on side effects of chemotherapy and coping strategies was carried out by the investigator to the group of 4-5 patients. The total number of patient per day was 4-5 patients daily. The investigator explained the details about disease condition, causes, signs & symptoms, treatment, side effects of chemotherapy, coping strategies like complications & diet modifications. The investigator assessed the post test level of knowledge regarding side effects of chemotherapy and its coping strategies.

DESCRIPTION OF THE TOOL

An instrument in research refers to the tool or equipment used for collecting data. Self structured questionnaires were developed by the investigator in order to obtain information from the patients.

The tool used in the study has two parts

PART 1: Demographic Variables: It includes age , gender , marital status, educational levels, employment status, monthly income, place of residence, food habits, use and practice of bad habits, family history of cancer, no of children's, use of contraceptives, sources of information regarding cancer , cancer site, stage of disease .

PART 2: It consists of 25 questions which are related to knowledge on side effects of chemotherapy and its coping strategies. Multiples choice questions were distributed with 4 choices each question carries one mark for right answer, incorrect answer mark is scored 'o'.

RESULTS

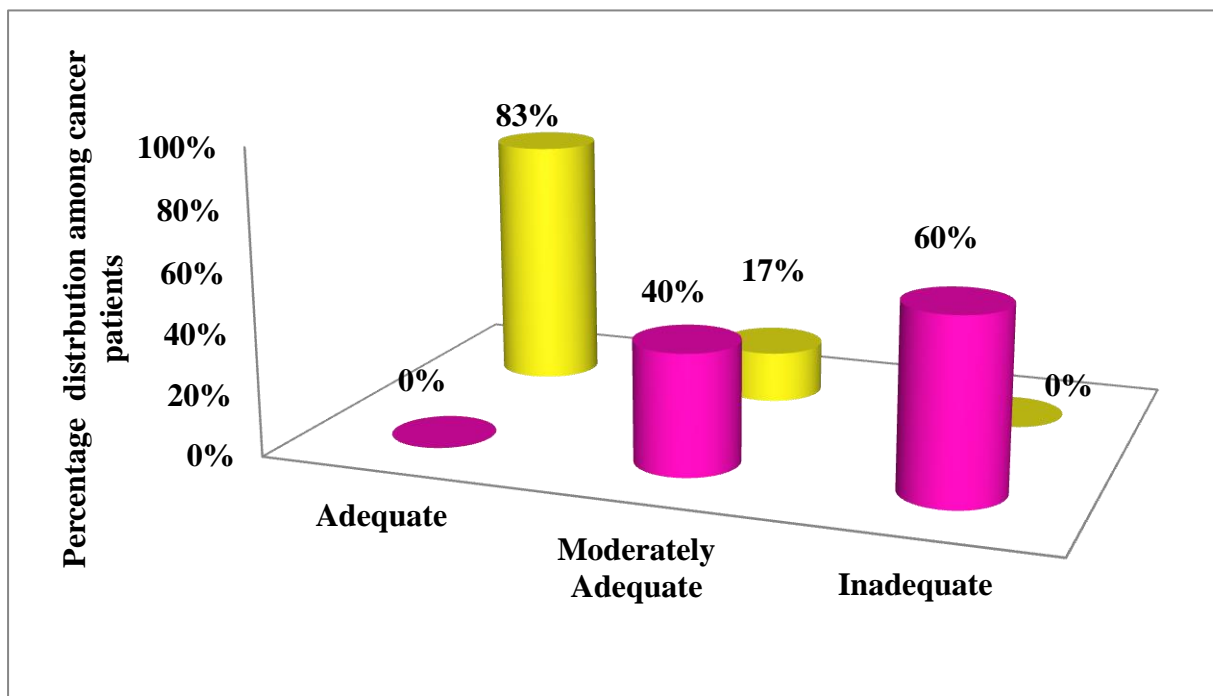


Figure 1

Figure 1 represents the frequency and percentage distribution of pre test and post test level of knowledge on side effects of chemotherapy among cancer patients. The analysis revealed that the pre test score shows 60% of them had inadequate knowledge, 40% of them had moderately knowledge and the 0% of adequate knowledge. In post test score shows 83% of them had adequate knowledge, 17% of them had moderately knowledge and the 0% of had inadequate knowledge.

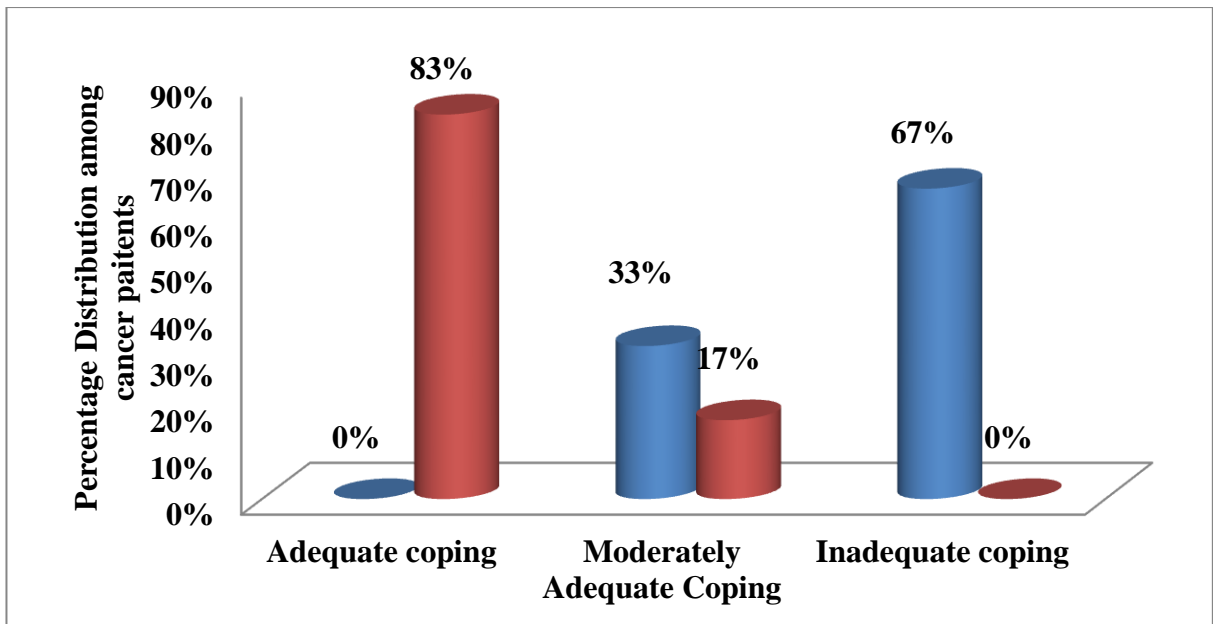


Figure 2

Figure 2 represents the frequency and percentage distribution of pre test and post test level of coping strategies on side effects of chemotherapy among cancer patients. The analysis revealed that the pre test score shows 67% of them had inadequate coping, 33% of them had moderately coping and the 0% of adequate coping. In post test score shows 83% of them had adequate coping, 17% of them had moderately coping and the 0% of had inadequate coping

Table 1

						N=30
Level of Knowledge	Mean	SD	Mean Difference	Paried t value	Table Value	Inference
Pre Test	8	4.92				
Post Test	20	2.56	12	12.16	2.05	Significant
df=29						P<0.05

Table 1 represents the comparison of knowledge level on side effects of chemotherapy the pre test and post test score after intervention among cancer patients. The analysis reveals that the mean value in the pre test was 8 with SD of 4.92 and the post test mean was 20 with SD of 2.56, paired t value as 12.16 (table value=2.05) in statistically significant at $p<0.05$. The findings revealed that there is a significant improvement in knowledge level on side effects of chemotherapy which showed that the video assisted teaching was effective for cancer patients.

Table 2

						N=30
Level of coping	Mean	SD	Mean Difference	Paried T value	Table Value	Inference
Pre Test	18	8.88				Significant
Post Test	48	7.78	30	12.68	2.05	
df=29						P<0.05

Table 2 represents the comparison of coping level on side effects of chemotherapy the pre test and post test score after intervention among cancer patients.

The analysis reveals that the mean value in the pre test was 18 with SD of 8.88 and the post test mean was 48 with SD of 7.78, paired t value as 12.68 (table value=2.05) in statistically significant at $p(<0.05)$. The findings revealed that there is a significant improvement in coping level on side effects of chemotherapy which showed that the video assisted teaching was effective for cancer patients.

There is significant association between the pre test level of knowledge on side effects of chemotherapy with their demographic variables such as monthly income and family history of cancer. In coping strategies there is a significant association between marital status, family history of cancer and staging of cancer. The result shows that the video assisted teaching is effective to improve the knowledge and coping strategies on side effects of chemotherapy among cancer patients and there was significant association found with selected demographic variables such as monthly income and family history of cancer.

DISCUSSION

The study shows that frequency and percentage distribution of demographic variables among cancer patients with their demographic variables. The majority of age participated in this study was 55-65yrs (53%), female 22(73%), most of the patients are married (87%), (30%) of them is nil in educational status, majority of them were coolies (43%), majority of them RS10,000-20,000 were living in rural areas (80%), (73%) of samples are non vegetarian, (40%) of them were tobacco chewers and regarding the family history of cancer 90%. The analysis revealed that the pre test score shows 60% of them had inadequate knowledge, 40% of them had moderately knowledge in pretest and post test score shows 83% of them had adequate knowledge, 17% of them had moderately knowledge on side effects of chemotherapy among cancer patients. The analysis revealed that the pre test score shows 67% of them had inadequate coping, 33% of them had moderately coping in pretest and post test score shows 83% of them had adequate coping, 17% of them had moderately coping strategies on side effects of chemotherapy among cancer patients. The mean value in the pre test was 8 with SD of 4.92 and the post test mean was 20 with SD of 2.56, paired t value as 12.16 (table value=2.05) in statistically significant at $p (<0.05)$. The pre test was 18 with SD of 8.88 and the post test mean was 48 with SD of 7.78, paired t value as 12.68 (table value=2.05) in statistically significant at $p (<0.05)$. There was significant association found with selected demographic variables such as monthly income and family history of cancer. The findings revealed that there is a significant improvement in knowledge on side effects of chemotherapy and coping strategies among the patients receiving chemotherapy hence the video assisted teaching was effective for cancer patients.

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