Effectiveness of Planned Health Teaching on Knowledge and Practices among Staff Nurses regarding Indwelling Catheter Care.

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Introduction
Today, health is considered a basic human right. As basic human needs are essential for survival, people strive to meet them. A person whose needs are met may be considered to be healthy, and a person with one or more unmet needs is at increased risk of illness or health alterations in one or more of the human dimensions.

Nurses are the primary managers of all the routine care and problem solving associated with patients who have indwelling urinary catheters. The results revealed knowledge deficits in catheter-related knowledge, and variation in client education and documentation. The results also demonstrated the continued use of traditional knowledge as well as unclear application of fundamental nursing principles. There is a clear need for increased use of evidence-based practice and development of suitable post-registration education.

Problem Statement:
A Study to Assess the Effectiveness of Planned Health Teaching on Knowledge and Practices among Staff Nurses regarding Indwelling Catheter Care in selected hospitals.

Objectives:
1. To assess the Knowledge of Staff nurses regarding Indwelling Catheter Care.
2. To observe the Practices of Staff nurses regarding Indwelling Catheter Care.
3. To assess the Effectiveness of the Planned Health Teaching regarding Indwelling Catheter Care.
4. To associate the findings with the selected demographic variables.
5. To correlate between knowledge and practices of Staff Nurses.

Research Methodology
1. Research Design: One group Pre Test and Post Test Quasi Experimental research Design.
2. Research Approach: Descriptive Interventional Approach
3. Sample: Staff Nurses.
4. Sample Size: 50
5. Sampling Technique: Non Probability Convenience sampling.
6. Variables:
   a. Independent Variable: Planned Health Teaching
   b. Dependent variable: Knowledge and Practices.
7. Hypothesis:
   H1 - There is significant difference between the pre and post test Knowledge and Practices of Staff Nurses regarding Indwelling Catheter Care.
8. Data Collection
A structured knowledge questionnaire and observation checklist on Indwelling Catheter Care was used for data collection. In the data gathering process, a pre test was administered first to assess knowledge and observe the practices by of indwelling catheter care of the Staff Nurse. Post test was administered using the same questionnaire and checklist to assess knowledge and practices after Giving Planned Health Teaching.

### Findings

29 (58%) of staff Nurses belongs to 18 - 21 years of age group. 45 (90%) was female. 38 (76%) staff nurses was GNM and 12 (24%) staff nurses were completed B.Sc. Nursing and Mostly 44 (88%) of staff nurses were 1 – 5 years of experience.

In Pre test 37 (74%) subjects was having average knowledge and 13 (26%) subjects was having good knowledge. In post test it's increased to 46 (92%) subject was having excellent knowledge. In Pre test 24 (28%) subjects were having average practices. In post test it's increased to 42 (84%) subject was having good practices.

In relation to knowledge and practice score of Indwelling Catheter Care before and after Planned Health Teaching, there was significant difference between pre test and post test knowledge score which was evident by t-value was 8.682. There was significant difference between pre test and post test Practice score of Indwelling Catheter Care which was evident by t-value was 4.83. which is significant at 0.05 level of significance.

<table>
<thead>
<tr>
<th>Variable</th>
<th>Pre-Test</th>
<th>Post Test</th>
<th>t Test</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mean</td>
<td>SD</td>
<td>Mean</td>
</tr>
<tr>
<td>Knowledge</td>
<td>21.6</td>
<td>4.1</td>
<td>24.0</td>
</tr>
<tr>
<td>Practice</td>
<td>21.4</td>
<td>3.6</td>
<td>26.7</td>
</tr>
</tbody>
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*Significant at 0.05 Level of Significance.

This indicates that Planned Health Teaching was an effective method of imparting information to the Staff nurses regarding Indwelling Catheter Care.

This study shows that there is positive correlation and marked relationship between knowledge and practices of nurses.

Regarding association between the Demographic variables with post-test knowledge scores and practice score it was found that there was no significant association between the variables like age, sex, educational qualification and experience.

### Conclusion and Interpretation

The result of this study shows that the most of the staff nurses had Good Knowledge and Practices after administration of Planned Health Teaching. There was no association of Knowledge and Practice with their selected demographic variables. This study will help the Staff Nurses to improve Knowledge and Practices regarding Indwelling Catheter Care. Hence, it was concluded that Planned Health Teaching is an effective method of improving knowledge and Practices of staff nurses regarding indwelling catheter care in order to prevent the complications associated with indwelling catheter.

### References