

EFFECTIVENESS OF VIDEO ASSISTED TEACHING MODULE (VATM) ON KNOWLEDGE OF OLDER ADULTS REGARDING PREVENTION OF SELECTED GASTROINTESTINAL DISORDERS OF GERIATRICS IN A SELECTED OLD AGE HOME AT TIRUNELVELI

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ABSTRACT

Ageing is accompanied by several changes in the gastrointestinal (GI) system and older adults frequently present with GI problems. Ageing is a time of numerous illnesses and common disability. The most common health problems seen in all the elderly people are gastrointestinal disorders such as Gastro esophageal reflux disease, constipation, dyspepsia and peptic ulcer. A quantitative approach with pre experimental - one group pre and posttest research design was used to conduct the study. The participants of the study were selected by non-probability convenient sampling technique with the sample size of 40 older adults. The results revealed that overall knowledge was 54.87% in pretest and 73.62% in posttest. Most of the older adults had moderate knowledge (70%); inadequate knowledge (30%) and none had adequate knowledge in pretest. After implementation of video assisted teaching module, in posttest, none of the older adults had inadequate knowledge, (75%) had moderate knowledge and (25%) had adequate knowledge regarding prevention of gastrointestinal disorders of geriatrics. The overall mean knowledge scores obtained by the older adults was 54.87% with standard deviation of 2.77 in the pretest, and the overall mean knowledge score obtained was 73.62% with standard deviation of 1.894 in the post test. The obtained 't' value 14.774 was greater than table value at 0.01 level of significance. Hence, there was gain in knowledge level of older adults. This supports that the video assisted teaching module on prevention of selected gastrointestinal disorders of geriatrics was effective in improving the knowledge level of older adults.

Keywords: Video assisted teaching module; gastro intestinal disorders; geriatrics; selected old age home.

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INTRODUCTION

Old age is the evening of life. It is an integral part of human life. It is unavoidable, undesirable and problem ridden phase of life. Ageing is a time of numerous illnesses and common disability. Old people have limited regenerative capabilities and are more prone to disease, syndromes, and sickness than other age groups. The world is rapidly aging. The number of people aged 60 and over as a proportion of the global population will double from 11% in 2019 to 22% by 2050. As per the WHO guidelines people 60-74 years of age are called elderly and those between 75 and 85+ years of age as old. Gastro esophageal reflux disease (GERD) is a chronic condition caused by the reflux of acidic gastric contents into the esophagus and this problem is highly prevalent and is considered common in the elderly and may present with various symptoms, such as heartburn, regurgitation, dysphagia, or chest pain. Studies show that 15% of older individuals have heartburn and regurgitation at least once a week and 7% have symptoms daily.

The elderly population is affected by physical, psychological and social problems which affect the activities of daily living. The physical, psychological and social problems of elderly affect their activities of daily living, memory and emotional state. The common physical problems, impairments and disabilities of senior citizens are chest diseases, visual defects, anaemia, gastro intestinal problems, hypertension, arthritis, functional limitation, hearing impairment, decreased or altered perceptions of taste, dental decay, loss of teeth, body weakness and pain etc. The common psychological problems experienced by the senior citizens are depression, cognitive impairment, death anxiety, insecurity, neglect by family members, and suicidal tendencies. Dementia, a crippling disorder of old age, currently affects 1 in 20 people over 65 years of age in our country.

NEED FOR THE STUDY

According to Indian Scenario of Geriatric population in India in 2019, Seven per cent of the 1.1 billion Indian populations are over the age of 60. According to an estimate, by 2020, India's elderly population will cross 137 million. Currently, India has 9 crore (90 million) elderly. The 60+ aged in India was 7.6% (77 million) in 2019 and estimated to increase to 20.6% (324 million) by 2050. The 80+ aged in India was 0.61% (6.1 million) in 2019 and predicted to rise to 3.06% (48.2 million) in 2050. The elderly population is projected to reach about 14 million or 20 per cent of total population by 2019 with an annual average growth rate of 3.32 percent. Presently, India has the second largest aged population in the world.

Recent studies were conducted to review the perceptions, knowledge, and use of services by the worldwide elderly population regarding gastrointestinal problems. The following observations are that many elderly do not hold positive attitudes towards services, a bare majority appear aware of services, utilization rates are extremely low, and the correlates of service use are not well understood. It was concluded with specific recommendations for improvement such as conceptualization and operationalization of knowledge and use as continuums, examination of the processes by which elderly individuals receive information and use services, and consideration of the roles played by informal networks as facilitators or deterrents to knowledge and use of services. Old age homes are a need of today as the lifestyles are changing fast and diminishing acceptance of family responsibilities towards one's elders. Older people are, therefore, in need of vital support that will keep important aspects of their lifestyles intact while improving their overall quality of life.

STATEMENT OF THE PROBLEM

"Effectiveness of Video Assisted Teaching Module (VATM) on knowledge of older adults regarding Prevention of selected Gastrointestinal Disorders of Geriatrics in a selected old age home at Tirunelveli".

OBJECTIVES

1. To assess the existing level of Knowledge regarding Prevention of selected Gastrointestinal Disorders of Geriatrics among older adults on the basis of pre-test score.
2. To evaluate the effectiveness of Video Assisted Teaching Module (VATM) on knowledge regarding Prevention of selected Gastrointestinal Disorders of Geriatrics among older adults by comparing pre and posttest knowledge score.
3. To determine the association between pretest knowledge levels of older adults regarding Prevention of selected Gastrointestinal Disorders of Geriatrics with their selected demographic variables.

NULL HYPOTHESES

H₀₁: There will be no significant difference between the pre and posttest knowledge score of older adults regarding prevention of selected gastrointestinal disorders of geriatrics.

H₀₂: There will be no significant association between pretest knowledge scores of older adults regarding prevention of selected gastrointestinal disorders of geriatrics with their demographic variables.

RESEARCH METHODOLOGY

Research approach: Quantitative approach.

Research design: Pre-experimental, one group pre-test post-test design

Setting of the study: Conducted in selected old age homes at Tirunelveli.

Population: Older adults who are residing in the selected old age homes at Tirunelveli.

SAMPLE AND SAMPLING TECHNIQUE

Sample and sample size: 40 older adults who are residing in the selected old age homes at Tirunelveli.

Sample Technique: Non probability convenient sampling technique

Description of the tool

Structured questionnaire consists of 2 parts

Part I: Demographic variables like age, gender, educational qualification, occupation before retirement, religion, dietary pattern, dietary habits, area of residence and source of information on GI problems.

Part II: Structured Knowledge Questionnaire on Prevention of selected Gastrointestinal Disorders of Geriatrics like GERD, Constipation, Dyspepsia and Peptic ulcer.

DEVELOPMENT OF VIDEO ASSISTED TEACHING MODULE

The VATM was developed based on related review of literature, research and non- research related literature and objectives of the present study.

The following steps were adopted to prepare VATM:

- **Development of content blue print:** A blue print of items according to the content areas including three domains; knowledge, comprehension, and problem solving was prepared for the construction of structured knowledge questionnaire.
- **Development of criteria rating scale:** A criteria rating scale was prepared against which the VATM was to be evaluated. A criteria rating scale was prepared to assess the validity of the plan i.e., to find out the relevance of the content according to the objectives of the teaching, appropriateness, sequence, presentation of the language of content and appropriateness of visual aids.
- **Preparation of first draft of VATM:** A first draft of VATM was developed keeping in mind the objectives, criteria rating scale and review of literature.
- **Content validity of the VATM:** The initial draft of the VATP on prevention of selected gastro intestinal disorders of geriatrics was given to eight experts (comprising of 1 gastroenterologist, 1 geriatrician, 1 statistician and 5 M.Sc. nursing educators of Medical and surgical nursing specialty) along with the criteria checklist. The suggestions given by experts were accepted and ensured the clarity and the content validity of the tool. Based on their suggestions and recommendations, the structured knowledge questionnaire and VATM was modified (such as simplification of some items). Thus the final draft of the tool consists of 40 knowledge items.
- **Pre-testing of the VATM:** The VATM was given to 10 older adults and found that there was no difficulty in understanding the content of VATM.
- **Preparation of final draft of VATM:** Preparation of final draft of VATM was prepared after incorporating the suggestions of experts.

Description of VATM: The VATM was titled 'prevention of gastrointestinal disorders of geriatrics. It consists of anatomy and physiology of gastrointestinal system, meaning, causes, clinical manifestations, diagnostic studies, complications, management and prevention of gastro esophageal reflux disease, constipation, dyspepsia and peptic ulcer disease.

FINDINGS:

The present study assessed the knowledge of older adults regarding prevention of selected gastrointestinal disorders of geriatrics and found that 30% of older adults had inadequate knowledge and 70% had moderate knowledge and none of the older adults had adequate knowledge in the pretest and after implementation of the video assisted teaching module, highest number of older adults 75% had moderate knowledge and 25% had adequate knowledge in the post test.

TABLE 1: Comparison of pretest and posttest knowledge scores of older adults regarding prevention of selected gastrointestinal disorders of geriatrics n=40

Sl. No.	Knowledge aspects	Pre test		Post test		Mean difference	't' Value
		Mean	S D	Mean	S D		
1	Anatomy and Physiology	1.82	0.874	2.08	0.417	0.25	14.774 df=39 p<0.01**
2	Knowledge regarding GERD	5.32	1.207	7.38	1.102	2.050	
3	Knowledge regarding Constipation	4.15	0.700	5.32	0.797	1.175	
4	Knowledge regarding Dyspepsia	4.52	0.751	6.5	0.599	1.975	
5	Knowledge regarding Peptic ulcer disease	6.12	2.115	8.18	1.259	2.050	
Overall		21.95	2.773	29.45	1.894	7.50	

** High significant p<0.01

Table 1 showed that the overall knowledge mean percentage in the pretest was 54.87% with standard deviation of 2.773 and in the post test 73.62% with standard deviation of 1.894. The obtained 't' value 14.774 greater than the table value at 0.01 level of significance. There was highly significant difference between the pre and posttest knowledge score of older adults regarding prevention of selected gastrointestinal disorders of geriatrics. So Null hypothesis (Ho1) was rejected.

Table – 2: Association of pretest knowledge scores of older adults with selected demographic variables n= 40

Variables	Below Median	Median and above	Chi square	Df	P value (0.05)	Inference
1. Age in years			2.855	3	0.415	NS
a. 60-70 Years	5	6				
b. 71-80 years	8	12				
c. 81-90 years	3	1				
d. 91 Years and above	1	4				
2. Gender			0.105	1	0.746	NS
a. Male	11	16				
b. Female	6	7				
3. Education			4.765	4	0.312	NS
a. No formal education	5	7				
b. Primary education	5	6				
c. Secondary education	4	1				
d. Higher Secondary Education	1	5				
e. Graduation and above	2	4				
4. Occupation before retirement			4.623	4	0.328	NS
a. Government employee	2	5				
b. Private employee	2	1				
c. Self employed	6	10				
d. Labour	3	6				
e. Unemployed	4	1				

5. Religion			1.929	2	0.381	NS
a. Hindu	6	12				
b. Muslim	5	3				
c. Christian	6	8				
6. Dietary pattern			2.534	2	0.282	NS
a. Vegetarian	6	5				
b. Eggetarian	1	0				
c. Non vegetarian	10	18				
7. Dietary Habits			0.638	2	0.727	NS
a. 3-4 meals/day	8	8				
b. 2 meals/day	8	13				
c. Irregular	1	2				
8. Area of Residence			0.018	1	0.893	NS
a. Rural	13	18				
b. Urban	4	5				
9. Source of information on GI disorders of geriatrics			3.568	4	0.468	NS
a. Mass media	4	5				
b. Medical Experts	3	6				
c. Friends/Relatives	1	2				
d. Family Members	5	9				
e. Others	4	1				

The above table shows that the obtained χ^2 value was less than table value at 0.05 levels of significance. Therefore, the selected demographic variables of the older adults were not significantly associated with pretest knowledge score regarding prevention of selected gastrointestinal disorders of geriatrics. So Null hypothesis (Ho2) was accepted.

CONCLUSION

Result showed that there is a significant improvement in the level of knowledge of older adults regarding prevention of selected gastrointestinal disorders of geriatrics, which indicates that the video assisted teaching module was effective. Therefore the study concludes that the video assisted teaching module was effective to gain the knowledge of older adults regarding prevention of selected gastrointestinal disorders of geriatrics.

RECOMMENDATIONS

- A similar study can be replicated on a large sample to generalize the findings.
- An experimental study can be done with a control group.
- A comparative study may be conducted between the 2 different old age homes.
- Similar study can be conducted among older adults in the hospital and community.
- Similar study can be conducted among middle aged adults.

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