

EFFECTIVENESS OF SELF INSTRUCTIONAL MODULE (SIM) ON THE KNOWLEDGE OF STAFF NURSES REGARDING MANAGEMENT OF CANCER PAIN IN THE SELECTED HOSPITALS OF PUNJAB

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ABSTRACT

A quasi-experimental research method and a single group pre-test post-test design were adopted in the study to assess the effectiveness of Self Instructional Module (SIM) on the practice related knowledge among staff nurses regarding Cancer Pain Management in the Adesh Institute of Sri Muktsar Sahib and Bathinda.

Objectives: The objectives of the study were: (a) to evaluate the effectiveness of Self Instructional Module on the staff nurses by comparing their pre-test and post-test knowledge scores and (b) to find the association between selected socio-demographic variables with the practice related knowledge of staff nurses.

Findings of the Study indicated that mean practice related knowledge score of staff nurses in the post-test was (22.50±2.682) higher as compared to the pre-test (12.16±2.385) knowledge related score. The 't' test was found to be highly significant ($p < 0.01$), which indicated that the SIM was effective in increasing the practice related knowledge of staff nurses regarding Cancer Pain Management. Association between subjects' post-test knowledge scores and their age, marital status and clinical experience did not reach the level of statistical significance ($p > 0.05$). In a nutshell, it was concluded that the SIM had been highly effective in improving the knowledge of Staff Nurses on Cancer Pain Management.

Key Words: Staff nurse, cancer pain management, self-instructional module.

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INTRODUCTION

Cancer is derived from a Latin word 'Crab'. The ancients used this word to mean a malignancy because of its crab like tenacity. In developed countries cancer is second leading cause of death, next to cardiovascular disease accounting for 21% of all deaths. The world cancer report documents that in 2020, 50% of cancer patients will be from India only. Currently cancer cases are increasing in number in the state of Punjab. About 50% of the cases have been detected in Malwa region. The challenge of cancer care lies in its prevention and management of pain and is one of the priorities of cancer programme of WHO. Studies have shown that 90% of patients with advanced cancer experience severe pain and that pain occurs in 30% of all cancer patients, regardless of the stage of the disease. About 50% of patients are yet undertreated for cancer pain. An extensive network of individuals, centres and organisations is linked with WHO in a global attack on cancer pain whose goal is "Freedom from Cancer Pain" as soon as possible.

NEED FOR THE STUDY

Cancer is one of the most deadly diseases. The most common symptom that all the cancer patients experience, irrespective of age, gender and tumour site is pain. It is experienced by 30-50% of cancer patients receiving treatment and by 80-90% of those with advanced disease. Hence understanding of patients' experiences in relation to cancer pain management is very important for an oncology nurse. It may take several tries to get the right combination of medications. Some medications take time before they begin working. Also a person's level of pain may change over time and over the course of illness, necessitating a change in medication or the frequency of medication. So as a caregiver of the patient, with cancer the nurse should be aware of the pain relieving therapies available. Moreover during her clinical experience the researcher observed that the nurses working in the oncology units lack the required knowledge on cancer pain management. There is no established regular in-service education programme available at the institute/ unit level to update the knowledge on cancer pain management. There is no standardised protocol or guidelines available at the work place of oncology nurses to guide them for the management of cancer pain.

RESEARCH METHODOLOGY**Research Design**

A single group pre- and post-test design was used for the study. $O_1 \times O_2$.

Sample Population

The sample population included staff nurses currently working in Adesh hospitals at Muktsar and Bathinda.

Sampling Technique & Sample Size

Purposive sampling technique, sample size 50

Research Tool

Questionnaire to assess knowledge

Dependent Variable

Knowledge

Independent Variable

Self-Instructional Module (SIM)

Validity

The content validity of the SIM and questionnaire was established by seeking consultation of experts in the field of nursing research, nursing education and oncology. Their valuable opinions and suggestions were incorporated in the final copies of the tools.

Reliability

The reliability was established by Split Half method using Pearson's coefficient of correlation which was found to be statistically significant ($r=0.85$).

HYPOTHESES

H_1 - There will be a statistically significant difference between pre-test and post-test knowledge scores of staff nurses regarding cancer pain management.

H_0 - There will be no statistically significant association between post-test knowledge scores of staff nurses in relation to their clinical experience (in years).

ORGANISATION OF FINDINGS

The analysis of the data is as follows: —

The data collected was organised and presented under the following headings—

Section I – Socio-demographic and professional characteristics of the sample.

Section II - To evaluate the effectiveness of Self Instructional Module on the practice related knowledge scores of staff nurses regarding cancer pain management

Section III - To find out the association between post-test knowledge scores of staff nurses with their selected socio-demographic variables.

SECTION I

Table - 1: Distribution of subjects according to their selected socio-demographic variables N=50

Socio-demographic Variables		Frequency (n)	Percentage (%)
Age (years)	20-24	28	56
	25-28	07	14
	29-32	12	24
	>32	03	06
Gender	Male	01	02
	Female	49	98
Marital Status	Unmarried	39	78
	Married	11	22

Data presented in Table-1 revealed that majority 28 (56%) of the study subjects were in the age group of 20-24 years followed by 12 (24%) in 29-32 years, 7 (14%) in 25-28 years and the remaining 3 (6%) above 32 years. This revealed that most of the study subjects were young adults. Of the 50 (100%) subjects majority 49 (98%) were females and only 1 (2%) was male, majority 39 (78%) were unmarried and 11 (22%) were married.

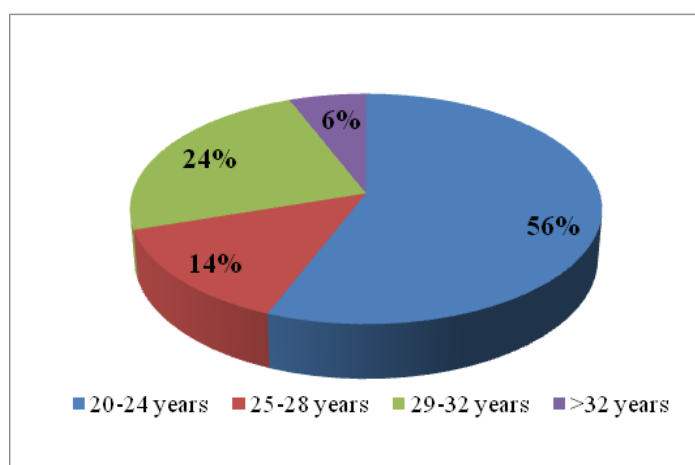


Figure - 1: Distribution of subjects according to their age (in years)

Table 2: Distribution of subjects according to their Professional characteristics

Professional Characteristics	Frequency (n)	Percentage (%)
Professional qualification		
G.N.M.	48	96
B.Sc. Nursing	02	04
Professional experience (years)		
0-5	39	78
6-10	09	18
11-15	02	04
Bedside Professional experience (clinical areas)		
General Hospital	44	88
Cancer Hospital	05	10
Community Health Centre	01	02
Attended any in-service Nursing Education Programme, related to cancer pain management		
Yes	00	00
No	50	100

Data presented in Table-2 and Figure- revealed that majority 48 (96%) were GNM trained and only 2 (4%) had degree (Basic B.Sc.) in nursing. Most 39 (78%) of the study subjects had professional experience of less than 5 years, 9 (18%) had 6-10 years and the remaining 2 (4%) had 11-15 years of experience. Majority 44 (88%) of

the staff nurses out of 50 (100%) had the bed side professional experience of General Hospital, 5 (10%) of the Cancer Hospital and the remaining 1 (2%) of community health centre.

SECTION II

OBJECTIVE 1: To evaluate the effectiveness of Self Instructional Module on the staff nurses by comparing their pre-test and post-test knowledge scores

Table - 3: Comparison of mean pre-test and post-test practice related knowledge scores of staff nurses regarding cancer pain management N=50

Statistical Measures	Knowledge scores		't' value	P Value
	Pre-test	Post-test		
Mean	12.16	22.50	30.963**	P < 0.01
SD	2.385	2.682		

NS= not significant (p>0.05) (HS) at 1% level

*significant (S) at 5% level

**highly significant

Table 3 indicates the comparison between Means of pre-test knowledge scores (12.16±2.385) and post-test knowledge scores (22.50±2.682) among 50 subjects which showed statistically highly significant (p <0.01) increase in their post- test knowledge scores compared to the pre-test knowledge scores, and this proves that the Self Instructional Module was effective in improving the practice related knowledge of staff nurses regarding Cancer Pain Management.

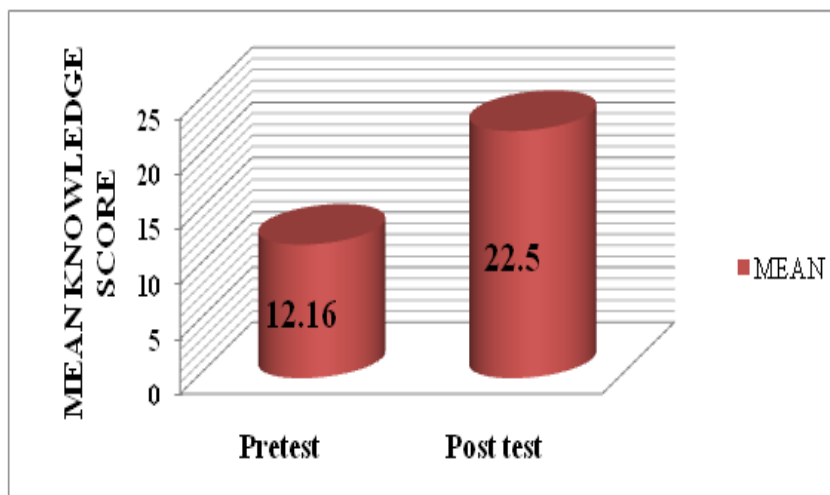


Figure - 2: Comparison between mean pre-test and post-test practice related knowledge scores of staff nurses.

SECTION III

OBJECTIVE 2: To find the association between selected socio-demographic variables with the practice related knowledge of staff nurses

Table - 4: Association between selected socio-demographic and professional variables and the post test knowledge scores of staff nurses.

Professional Variable		Post-test knowledge score levels					Chi-square value	P value
		Excellent	Good	Average	Fair	Poor		
Age (years)	20-24	00	19	08	01	00	0.4293 ^{NS}	p>0.05
	25-28	00	05	02	00	00		
	29-32	00	08	04	00	00		
	>32	00	02	01	00	00		
Marital Status	Unmarried	00	07	04	01	00	2.681 ^{NS}	p>0.05
	Married	00	27	11	00	00		
Professional Experience (in years)	0-05	00	26	12	01	00	0.8084 ^{NS}	p>0.05
	6-10	00	07	02	00	00		
	11-15	00	01	01	00	00		
Bedside Professional Experience (clinical areas)	General hospital	00	30	13	01	00	0.2683 ^{NS}	p>0.05
	Cancer Hospital	00	03	02	00	00		
	Community Health Centre	00	01	00	00	00		

NS = Not Significant (p>0.05)

*significant (S) at 5% level

Table-4 depicts that there is no statistically significant (p>0.05) relationship between the post-test knowledge scores and the age, marital status and clinical experience (in years) of staff nurses.

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