# A Study to Assess the Effectiveness of STP on Knowledge Regarding Prevention of Diabetic Complication Among Diabetic Patients Admitted to Sudesh Multispecialty Hospital Badarabad Haridwar

## Vinita Pandey[1], Sonia Sharma[2], Mansi Mourya[3]

[1]Assistant Professor, Haridwar University
[2]Professor, Haridwar University
[3]Clinical Instructor, Haridwar University

**ABSTRACT**
**INTRODUCTION**
Diabetes is a condition in which the body does not produce or is not able to use insulin efficiency to convert sugar into energy. It leads to a spike in the blood sugar level and the symptoms manifest in different ways. Constant high blood sugar slows down the body's ability to fight infection. When pathogens enter the body, they get a favourable environment to multiply and develop an infection. When the condition is not managed or detected, the episodes of infections are more frequent. The bladder, kidneys, vagina, gums, feet, and skin are common sights of infection.

Diabetes mellitus is a group of metabolic diseases characterized by chronic hyperglycemia resulting from defects in insulin secretion, insulin action, or both. Metabolic abnormalities in carbohydrates, lipids, and proteins result from the importance of insulin as an anabolic hormone. Low levels of insulin to achieve adequate response and/or insulin resistance of target tissues, mainly skeletal muscles, adipose tissue, and to a lesser extent, liver, at the level of insulin receptors, signal transduction system, and enzymes or genes are responsible for these metabolic abnormalities. The severity of symptoms is due to the type and duration of diabetes. Some of the diabetes patients are asymptomatic especially those with type 2 diabetes during the early years of the disease, others with marked hyperglycemia and especially in children with absolute insulin deficiency may suffer from polyuria, polydipsia, polyphagia, weight loss, and blurred vision.

**STATEMENT OF PROBLEM**
**"A Study to assess the effectiveness of STP on knowledge regarding prevention of Diabetic Complication among diabetic patients admitted to Sudesh multispecialty Hospital Badarabad Haridwar ."**

**OBJECTIVES**
- To assess the existing level of knowledge regarding prevention of diabetic complication among diabetic patient admitted in Sudesh multispecialty Hospital Badarabad Haridwar .

- To evaluate the effectiveness of structured teaching program on knowledge regarding prevention of diabetic complication among diabetic patient admitted in Sudesh multispecialty Hospital Badarabad Haridwar ..
- To associate the pretest knowledge score with their selected socio demographic variables.

## METHODOLOGY

The study was conducted at Sudesh multispecialty Hospital Badarabad Haridwar . The population of the present study was diabetic patients admitted in hospital, the sample size was 50. The research design adopted for the present study is Quasi Experimental (one group pretest post test design), with Structured Teaching Programme as independent variable, Purposive sampling technique was used to evaluate knowledge regarding prevention of diabetic complications among diabetic patients admitted in Sudesh multispecialty Hospital Badarabad Haridwar .. Tool consists of 2 sections.

**Section I:** Demographic variables

**Section II:** Structured Knowledge Questionnaire on Prevention of diabetic complications. Pretest was conducted on the same day STP given and after 6 days post test conducted. The data was obtained from the study; subject was analysed and interpreted in terms of the objectives and hypothesis of the study.

## RESULTS

Major findings regarding the demographic variables of diabetic patients.

1. The highest percentage of diabetic patient (54%) were in >46 years.
2. (54%) male and 46% female diabetic patients.
3. 92%) diabetic patients belong to Hindu.
4. (34%) were primary education.
5. (32%) were unemployed.
6. (44%) were having monthly income <10,000.
7. (58%) belongs to vegetarian dietary habit.
8. (32%) patients were having duration of diabetes (1- 10 years).

Depicts the adequate knowledge among 50 samples majority of samples 92% were having inadequate knowledge regarding prevention of diabetic complications minimum 8% having moderate knowledge and no one having adequate knowledge.

The overall effectiveness of Structured Teaching Programme is that, a statistically significant change in mean knowledge score of diabetic patients was observed after intervention of Structured Teaching Programme. Pretest Mean ± SD knowledge score of study population was 12.46±4.065. After intervention it was found to be 25.54±1.836. A change of -13.08 in knowledge score was observed which was found to be statistically significant. The calculated 't' value is -22.614 is significant at $p \leq 0.05$ level at table value 0.008. This indicates there is a significant difference between Pre-test and Post-test knowledge score. Hence $H_2$ were accepted.

## CONCLUSION

The study revealed that there are two significant association between demographical level and level of knowledge among Diabetic patients. The ***mean score of Pre-Test*** was ***12.46*** which indicated that the structured teaching program was effective in improving the knowledge of patients. The ***mean post-test knowledge score*** was ***25.54*** which is significantly higher than the pre-test score.