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Effectiveness of information, education and communication package in terms of knowledge regarding management of selected side effects of chemotherapy among patients with cancer undergoing chemotherapy

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ABSTRACT

A quasi experimental research design was adopted to evaluate the effectiveness of Information, Education and Communication Package in terms of knowledge regarding management of selected side effects of chemotherapy were selected through convenient sampling technique. The mean post test score of knowledge among experimental group was 19.81 (± 2.46), whereas in control group it was 13.53 (± 3.66) that there was a significant difference ($P < 0.05$) between pre and post score.

Keywords: *Effectiveness, Information, Education and Communication Package, Management of Selected Side Effects of Chemotherapy*

1. INTRODUCTION

Cancer is a group of more than 200 diseases with symptoms of unrestrained growth cells in one of the body organs or tissues. Cancer is one of the second largest killer diseases next to heart diseases. The world wide incidence of cancer is estimated at seven million with an annual mortality of about five million it is projected that by the year 2015 two third cancer will occur in the developing world. Management of cancer consists of surgery, radiation and chemotherapy. Nurses spend more time with the patients than others members of the team; a nurse has a better opportunity to know that with his physical and emotional condition on a daily basis. (Alka saxena, 2010)

Chemotherapy is a common treatment for cancer, bone marrow diseases, and immune system disorders. It works by killing cells in the body that grow abnormally fast dividing cells, side effects are triggered in places where such cells are common. Chemotherapy has many common side effects including hair loss, fatigue, nausea, vomiting, diarrhea, constipation, stomatitis, and loss of appetite. (Blake, 2010)

Side effects of treatment cause inconvenience, discomfort, and occasionally even fatality to patients. This is extremely important to understand since the expected outcome from therapy is based on delivering treatment at the dose and schedule of the treatment plan. In others words, side effects not only cause discomfort and unpleasantness, but may also limit a patient's ability to achieve the best outcome from treatment by preventing the delivery of therapy at its optimal dose and time. (Texas, 2011)

Education to patient is an important function of the nurse. Patient sought teaching from a variety of sources, that nurses and other patients were the most helpful source. Although most patients wanted as much information as possible, so they would be prepared for managing the side effects. Need based education of cancer patients regarding chemotherapy would enable to cope with the stressors related to chemotherapy and managing the side effects. (Takur binay, 2011)

2. PROBLEM STATEMENT

A Study to evaluate the effectiveness of Information, Education and Communication Package in terms of knowledge regarding management of selected side effects of chemotherapy among patients with cancer undergoing chemotherapy at selected hospital, Trichy.

3. OBJECTIVES

- To assess the level of knowledge regarding management of selected side effects of chemotherapy among patients with cancer undergoing chemotherapy in experimental and control group.
- To evaluate the effectiveness of Information, Education and Communication Package in terms of knowledge regarding management of selected side effects of chemotherapy among patients with cancer undergoing chemotherapy.
- To find out the association between post test level of knowledge and selected demographic variables among patients with cancer undergoing chemotherapy in experimental group.

4. METHODOLOGY

Quasi experimental research design was adopted for this study. The data collection was done at Trichy, Tamil Nadu, South India . Permission was obtained before data collection. The objective of the study was explained to the director and other professionals to get the cooperation during the procedure. Oral consent was obtained. 70 (35 in the experimental group, 35 in the control group) patients with cancer undergoing chemotherapy was selected on the basis of convenience sampling technique. Then the investigator did a pretest on the level of knowledge, Structured questionnaire was used for assessing the level of knowledge and for both the groups. Then the Information, Education and Communication Package administered to the subjects of experimental group with lecture, video clipping, pamphlets and chart for 20 minutes. No intervention was given for control group. Then the post test level of knowledge of the subjects was assessed after 15 days with the help of same questionnaire for knowledge for the both groups respectively.

5. RESULTS AND DISCUSSION

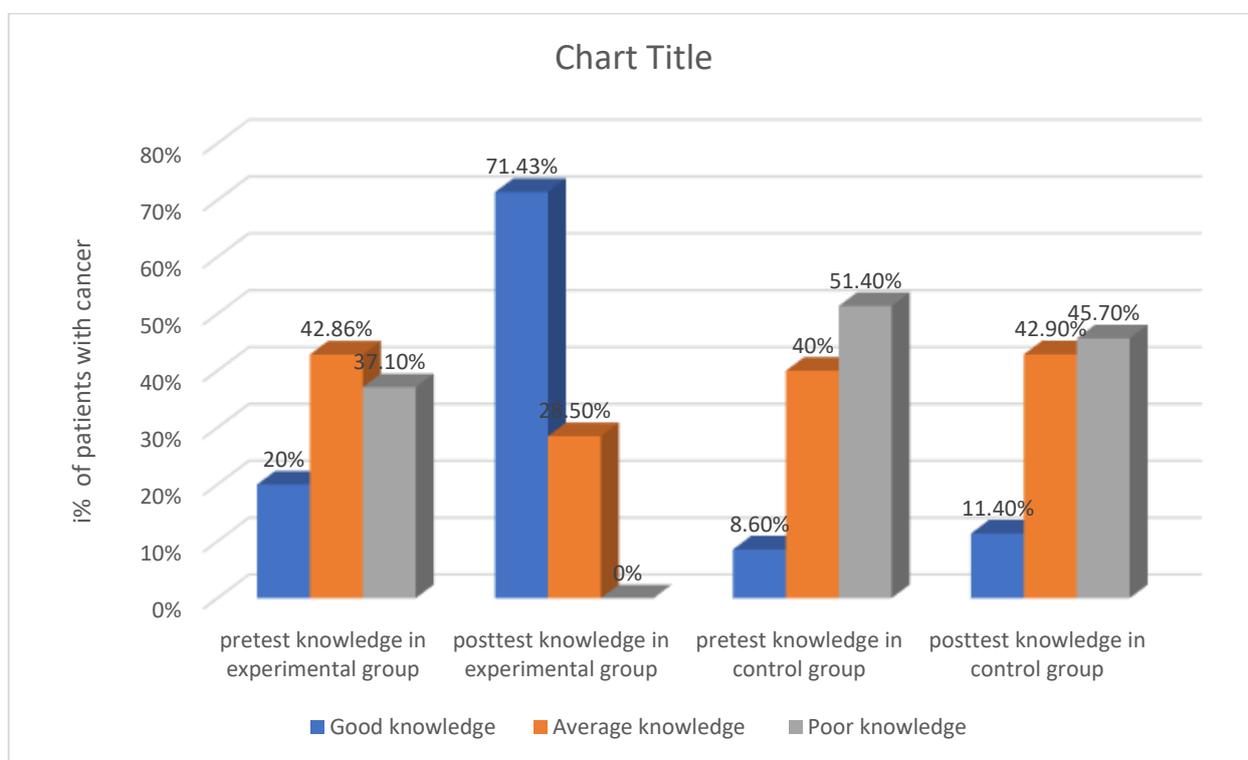


Fig. 1.1: Level of knowledge regarding management of selected side effects of chemotherapy among patients with cancer undergoing chemotherapy in experimental and control group

Figure 1.1 shows that among the experimental group 35 subjects in the pretest majority of the subjects 15 (42.86%) had average knowledge, 13 (37.14%) of the subjects had poor knowledge and 7(20%) of the subjects had good knowledge whereas in the post test majority of them 25(71.43%) had good knowledge and 10 (28.5%) had average knowledge.

Among the control group 35 subjects in the pretest majority of the subjects 18 (51.4%) had poor knowledge, 14 (40%) of the subjects had average knowledge and 3(8.6%) of the subjects had good knowledge whereas in the post test majority of them 16(45.7%) had poor knowledge, 15 (42.9%) had average knowledge and 4 (11.4%) had good knowledge.

S. No	Variables	Maximum score	Experimental group (n=35)		Control group (n=35)		't' value
			Mean	SD	Mean	SD	
1	Knowledge	25	19.81	2.46	13.53	3.66	8.45*

Table 1.1 shows that there was a significant difference found ($P < 0.01$) on knowledge between experimental and control group. The mean post test score of knowledge among experimental group was 19.81 (± 2.46), whereas in control group it was 13.53 (± 3.66). The 't' value shows that Information, Education and Communication Package regarding management of selected side effects of chemotherapy is significant effect ($P < 0.01$). Hence H1 is retained.

There was a significant association ($P < 0.05$) in the post test level of knowledge with selected demographic variables like food habits in experimental group.

6. NURSING IMPLICATION

- Nurse as professional health care practitioners, are able to make significant contributions to promote health status of people. Nurses play an important role in promoting health and well being of the patient with cancer undergoing chemotherapy.
- Nurses should impart education regarding management of selected side effects of chemotherapy among patients with cancer undergoing chemotherapy to improve their knowledge and promote adequate practice.

7. CONCLUSION

This study to evaluate the effectiveness of Information, Education and Communication Package in terms of knowledge regarding management of selected side effects of chemotherapy. The finding of the study was effective in increasing knowledge regarding management of selected side effects of chemotherapy.

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