

Assessment of Knowledge on Palliative Care among Student Nurses in Selected Nursing Schools, Mathura Uttar Pradesh

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Abstract: Introduction: Palliative care is one of the most integral part of health care system which offers a support system to help the patients live peacefully until his last breath. India is categorized as a developing country; however, over the past 20 years, increases in the aging population and prevalence of advanced cancer are common. Together with China, the country has the second largest population in the world. It is estimated that one million new cases of cancer occur each year in India, with over 80% presenting at stage III and IV. The need of palliative care in India is immense. Assessing the knowledge regarding the palliative care can help us to understand the neglected area of concern and can enhance the student nurses to be competent while providing the care to the needy. Objectives: The aim of the study were to assess the knowledge regarding palliative care among student nurses and to find the association between the knowledge and with their socio-demographic characteristics. Materials and Methods: A quantitative research approach with descriptive survey design was selected for the study. The non-probability convenient sampling technique was used to select 50 student nurses selected college of Mathura Uttar Pradesh. A valid and reliable structured questionnaire to assess the knowledge among student nurses, were used to collect data in 1 week. A significant association was found between the knowledge score and with nursing course, age, gender and source of information as selected socio demographic variables. Maximum (68%) of student nurses had adequate knowledge score and (32%) were having inadequate knowledge. Due attention should be given towards palliative care by all the health care institutions and is needed to be incorporated in the curriculum of nurse education so that students should be made aware and they can practice in health care setting.

Keywords: Knowledge, Palliative Care, Student Nurses.

1. Introduction

According to W.H. O Each year, an estimated 40 million people are in need of palliative care; 78% of them people live in low- and middle-income countries. And worldwide, only about 14% of people who need palliative care currently receive it. Palliative care has become an indispensable part of human life to provide effective care to the terminally ill patients so as to attain normal life and to provide peaceful death. It improves the quality of life of clients and their families facing the

problem related to serious illness, by early identification, assessment and treatment of pain and other problems. This also includes addressing practical needs and providing bereavement counselling. It offers a support system to help patients live as actively as possible until death. Palliative Care, provides relief from the symptoms and stress for the people living with life-threatening illness by providing specialized medical care - whatever the diagnosis. The focus is to improve quality of life for both the patient and the family.

Palliative Care is a human right for the people who are among the most vulnerable in society. Unnecessary hospitalizations and use of health-care services can be reduced by early palliative care. The majority of adults in need of palliative care have chronic diseases such as cardiovascular diseases (38.5%), cancer (34%), chronic respiratory diseases (10.3%), AIDS (5.7%) and diabetes (4.6%). Many other conditions may require palliative care, including kidney failure, chronic liver disease, multiple sclerosis, Parkinson's disease, rheumatoid arthritis, neurological disease, dementia, congenital anomalies and drug-resistant tuberculosis. All the states of India, need to think upon how to access the care and reach to patients who are in need of palliative care, starting from the initial day of diagnosis so as to provide quality life till their last breath and on the other hand providing psychological support to the patient's family who are in stage of grief and enable these family members to come out of their stress and participate in treatment activities. Knowing the impact about how the health and care of critically or terminally ill patients are affected, requires a need for the student nurses to be aware about all the aspects of palliative care starting from the diagnosis of disease to provide prompt treatment. Statement of the Problem -A Descriptive study to assess the knowledge regarding palliative care among student nurses in selected Nursing Institutions, Uttar Pradesh.

2. Objectives

- To assess the knowledge regarding palliative care among student nurses

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- To determine the association between the knowledge on palliative care and socio-demographic variables. The data was collected in 1 weeks at selected school of Nursing. The selected 50 student nurses were provided with tool which

Table 1
Frequency and percentage distribution

Demographic variables	Frequency	Percentage
Age	14	28
20-22	20	40
23-25	16	32
25>		
Gender	18	36
Male	32	64
female		
Religion		
Hindu	21	42
Muslim	18	36
Christian	09	18
Other	02	04
Nursing course		
Gnm 1 st year	08	16
Gnm 2 nd year	20	40
Gnm 3 rd year	22	44
Area of residence		
Urban	35	70
Rural	15	30
Source of information		
Teacher	17	34
Books	10	20
Hospital	07	14
Internet	16	32

Table 2
Association of knowledge score with their selected demographic variables

Demographic Variables	Percentage Of Obtained Knowledge Score		Chi Square	D.F	Table Value	Inference
	Adequate	Inadequate				
Age			14.11	2	5.99	S
20-22	04	10				
23-25	16	04				
25>	14	02				
Gender			20.88	1	3.84	S
Male	05	13				
female	29	03				
Religion			0.99	3	7.81	NS
Hindu	14	07				
Muslim	12	06				
Christian	06	03				
Other	02	--				
Nursing course			8.85	2	7.81	S
Gnm 1 st year	08	06				
Gnm 2 nd year	12	08				
Gnm 3 rd year	20	02				
Area of residence			2.56	1	3.84	NS
Urban	21	14				
Rural	13	02				
Source of information			10.69	3	5.99	S
Teacher	13	04				
Books	07	03				
Hospital	02	05				
Internet	12	04				

1) Hypothesis

- H1-There will be significant difference on knowledge about palliative care.
- H2-There will be significant association between the knowledge and the socio demographic variable.

Materials and Methods a descriptive design was used for the study. The non-probability convenient sampling technique was used to select 50 student nurses in selected school of Nursing, Mathura Uttar Pradesh. An informed consent was taken from each student. They were assured of anonymity and confidentiality of the information provided during the study.

consisted of 2 Sections: where Section-1 consisted of demographic profile with 6 items on personal data such as age, gender, and nursing course, area of residence, religion and source of information.

Section-2: In which consist of 30 multiple choice question to assess the Knowledge of Student Nurses regarding Palliative Care. Each correct answer was awarded a score of 1 mark and for each wrong answer 0 mark was awarded. Each question had four possible options of which one was correct. The average time taken to answer the tool was 30 minutes. Data collected was organized, tabulated, analyzed and interpreted using

descriptive and inferential statistics.

Table 1- Depicts 40% of sample subject belongs to age group 23-35, 64% of the sample were females, and 42% of study sample were following Hinduism. And source of information from where students received the maximum knowledge is from teachers 34%, majority students were from GNM 3rd year 44% and area of residence is found for urban 70%.

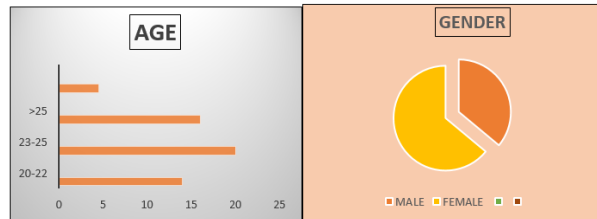


Fig. 1. Graphical representation of demographic variables
Graph for age and gender

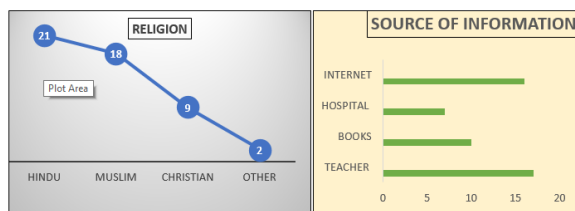


Fig. 2. Graph for religion and source of information

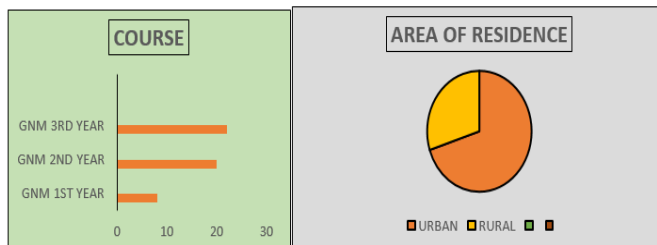


Fig. 3. Graph for course and area of residence

3. Knowledge Assessment Scores

Knowledge score data reveals that out of 50 participants, More than half (68%) of the student nurses had adequate knowledge score whereas (32%) of them had inadequate knowledge score regarding palliative care.

4. Conclusion

The present study concludes that most of the student nurses had adequate knowledge regarding palliative care. A continuing palliative care education should be included to the nursing curriculum in order to attain a better palliative and effective quality care starting from the time of diagnosis. Also, the conducting researches in Palliative care is very essential to deliver high-quality palliative care. Finding and using the best available evidence should be part of our professional lives. Evidence-based palliative care is need of the hour. Thus, it's the responsibility of each individual of nursing profession to provide the utmost care to the patient, not at the end of life but at the initial stages of diagnosis of any disease whether it may be chronic or any terminal illness so as to provide a hope for the patient to live a peaceful life until death.

5. Conflict of Interest

None

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