An experimental study to evaluate the effectiveness of instructional booklet on the knowledge, attitude, self concept, self body image. Quality of life, problems faced and coping strategies adopted by colostomy patients in selected hospitals of Delhi

Gaddam Rachel Andrews

ABSTRACT

Background of the Study: There are 2.5 million people suffering from Cancer in India, over 8,00,000 new cases and more than 70% of the cases-advanced stages of the disease. The individual with colostomy undergoes a complex treatment with a wide range of adjustments effecting the individuals physical and psychosocial functioning. Promotion of Quality of life of patient with colostomy is prime responsibility of health care providers. Therefore researcher intended to develop instructional booklet on colostomy care in order to empower patients to develop self-care ability to manage themselves and lead a wholesome quality life.

Aim: An experimental study to evaluate effectiveness of the instructional booklet (IB) on the knowledge, attitude, self-concept, self-body image. Quality of life, problems faced, coping strategies adopted by colostomy patients in selected hospitals of Delhi.

Material and Methods: Quasi experimental approach, Pretest Posttest control group, time series design was used. Study settings: 1) All India Institute of Medical Sciences. BRAIRCH Cancer Hospital and 2) Safdarjung Hospital.

Population: cancer patients having colostomy, by purposive sampling method 200 patients were selected. Experimental Group -100 and Control Group -100.

Tools: Demographic profile of patients, Problem Check list, Structured Knowledge Questionnaire(SKQ), Attitude Scale, Self-concept scale, Self body image disturbance scale,
Quality of life SF36, Coping check list, Opinionnaire to assess Acceptability utility of IB. Validity and reliability of all the tools was established. All tools were also translated in Hindi also.

**Intervention: Instructional booklet on colostomy care:** (IB) for colostomy care was developed in English and Hindi. The contents included: knowledge of disease related to colorectal cancer, Colostomy care, Care of appliance, Diet, Self-care, Problems arising from stoma. The IB was given after pretest on day one for experimental group and on 15th day interaction session to clarify doubts on IB was held, and post tests were done on day 30, day 60 and day 90.

**Ethical approval** was obtained from institutional ethical committee and competent authorities of both the study settings. The written informed consent was taken from patients after giving full explanation about the study.

**Pilot Study:** Pilot study was conducted on ten patients prior to final study.

**Data Analysis:** Data was analyzed using STATA software version 11.1. The chi square /Fisher’s exact for adjusting variables, ANCOVA, repeated measures ANOVA, correlation coefficient r value and percentage were computed. The level of significance was set as p<0.05.

**Results:** Demo graphic characteristics and clinical profile of patients did not differ both in control and experimental groups with respect to their marital status, family size, support network, place of living, duration of colostomy, diagnosis, duration of colostomy, radiation, chemotherapy and stage of cancer except gender, age, Education, monthly income and type of colostomy.

Information booklet significantly enhanced knowledge, attitude, self- concept, self- body image, QOL, and coping and reduced physical and psychosocial problems.

A significant negative correlation was found between knowledge of post IB patients in experimental group with attitude whereas a positive correlation between and attitude, self-concept, physical problems faced was found respectively. A significant positive correlation was found between QOL physical domain problem focused coping, and physical problems, psychosocial problems and also found correlation between physical problems and problem focused coping. Self-body Image was negatively correlated with coping, attitude, self-concept
and QOL-mental domain, whereas a positive correlation between attitudes, self-concept, physical problems faced. Further it was revealed that all the seven dependent variables were associated with each other except the QOL.

Knowledge of patients in experimental was associated with gender, education; monthly income. Attitude was associated with duration of colostomy in all patients. QOL was not associated with demographic and selected variables. Further the type of colostomy was associated with physical problems. Radiation therapy was associated with psychosocial problems and chemotherapy was associated with physical problems. Stage of cancer was associated with self-body image, physical problems, psychosocial problems and emotion focused coping.

The acceptability and utility of informational booklet on colostomy care in experimental group patients was very high.

**Conclusion:** Information booklet was found to be effective in enhancing knowledge, developing positive attitude, enhancing self-concept, self-body image, increased QOL physical and mental domain, decreasing physical and psychosocial problems and adopting better coping.

**Implications:** For Nursing Practice and Administration: All the colostomy patients and their care givers are to be trained on colostomy care prior to their discharge so that they can independently take care of themselves.

**Recommendations:** Multi-center study can be done on similar guidelines to find out the utility of educational material in different settings. There is also need to develop multi-media educational program for all illiterate patients having colostomy.

**Keywords:** Colostomy patients, Knowledge, Attitude, Self-concept, Self-body image, QOL, Coping, Problems and **Instructional booklet**.