A study to evaluate the effectiveness of selected nursing interventions on knowledge, Practices and QOL among patients with Bronchial asthma in the selected hospitals of Hyderabad

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ABSTRACT

Title of the Research Project: A Study to Evaluate the Effectiveness of selected Nursing interventions on Knowledge, Practices and QOL among Patients with Bronchial asthma in the selected Hospitals of Hyderabad.

Background: Asthma is the most common chronic respiratory disorder affecting all age groups. Effective management of Bronchial asthma continues to be a public health challenge; hence it has been the focus of clinical and public health interventions. Non adherence to treatment, inadequate awareness about the disease process and its triggering factors is the major pitfall in the disease management. Neglected aspect of patient education related to the self care management remains to be the major reason for the uncontrolled asthma in most of the countries. Controlling asthma is indicated by the absence of symptoms, minimal use of relievers, normal activity levels, and lung function values close to normal, absence of asthma exacerbations over a long period of time. Lack of awareness, insufficient knowledge about the disease, inappropriate beliefs and behaviors widen the gap between the guidelines and actual practices in asthma management. Though asthma morbidity is mostly preventable, its prevalence is on raise due to the neglected fact of patient education. High prevalence and poor control of asthma makes its
management a major public health issue worldwide. Uncontrolled asthma impairs individuals’ quality of life and increases the frequency of asthma exacerbations.

**Aim:** The present study aims to assess the effectiveness of selected nursing interventions on Knowledge, Practices and Quality of life among Bronchial asthma patients.

**Objectives:**
1. To develop the selected Nursing interventions in caring for Bronchial asthma patients.
2. Assess and evaluate the Knowledge of Bronchial asthma patients before and after the administration of selected nursing interventions.
3. Assess and evaluate the Practices of Bronchial asthma patients before and after the introduction of selected nursing interventions.
4. Assess and evaluate the Quality of Life (QOL) of Bronchial asthma patients before and after the introduction of selected nursing interventions.
5. Associate the selected demographic variables with Knowledge, Practices and QOL in the experimental and control groups.
6. Associate the correlation between Knowledge, Practices and QOL.

**Materials and Methods:** The present study adopts Quantitative Experimental Research approach with Pre test – Post test control group design. The experimental (n=100) and control (n=50) groups were selected by simple random sampling. Pre tested structured knowledge Questionnaire and Structured Observation checklist was used to assess knowledge and self-practices of Bronchial asthma. Standardized asthma quality of life questionnaire (AQLQ(s)) was used to assess the self-reported quality of life on four components among adult asthmatic patients. The selected nursing interventions tool was developed and introduced after the pre test to the study sample irrespective of their pre test scores. Posttest was administered two weeks after the pre assessment by the same tool and effectiveness of the nursing intervention was tested comparing the pre- posttest scores in the three components within the intervention group and between the interventions – control groups.
**Results:** The Study findings demonstrated the remarkable enhancement in the knowledge levels (16.03 and 15.18), Practices (10.88 and 9.36) and quality of life (104.86 and 105.56) have not showed much difference between the experimental and control groups respectively. The post test total Knowledge levels in the experimental group were enhanced remarkably in the intervention group (41.7±9.15) in comparison to control group post test(15.6±1.948), with ‘t’ value 14.635 at p<0.001 level of significance. The post test practice means for the experimental group (22.17±3.872), was much higher than post test means of Control group(9.64±2.058) with ‘t’ value 21.398 at p < 0.001 level of significance. The base line QOL scores in the experimental (104.8±9.393) group with the control group QOL scores (105.56±7.45) show not much variation, but the post test QOL scores between experimental (202.28±14.027) and control group (118.08±4.37) scores with ‘t’ value 41.589 at p<0.001 level of significance, reveal significant improvement in the experimental group supporting a positive influence of the selected nursing interventions. There was a significant improvement within the pre test (3.26±1.3) and Post test scores in the experimental group (6.42±1.492) in use of inhalation technique. The post test means between experimental (6.42±1.492) and control groups (3.22±1.016) supports the significant enhancement in the performance of inhaler use in the experimental subjects. Pretest - Post test mean scores of Peak flow meter (4.57 to 8.79) and deep breathing and coughing exercises (3.05 to 6.96) reveal a significant improvement in the practice performance in the experimental group pf subjects after the administration of the selected nursing interventions.

**Conclusion:** Selected nursing interventions on asthma knowledge, practices and quality of life show a strong means to equip patients with right knowledge, practices and improve quality of life effectively. Adequate knowledge may further motivate patients towards behavior modification and disease control.
**Key Words:** Bronchial asthma, Effectiveness, Asthma Knowledge, Selected Nursing interventions, Practices, Quality of Life.