

ASSESS THE EFFECTIVENESS OF HANDOUT REGARDING SIDE EFFECTS AND CARE OF PATIENTS AMONG CAREGIVERS OF PATIENT RECEIVING ANTIPSYCHOTIC DRUGS AT MENTAL HOSPITAL, AHMEDABAD

Ms. Bhavisha Patel, Assistant Professor, Sumandeep Nursing College, Sumandeep Vidyapeeth deemed to be University, Vadodara, Gujarat, India.

ABSTRACT

Background: Educating and training caregivers can increase compliance with discharge plans and prevent re-admissions. Handout is an effective teaching strategy for giving information to caregivers. This study was conducted to find out the effectiveness of handout regarding side effects and care of patient receiving antipsychotic drugs.

Material and methods: An evaluative approach with one group pre-test – post-test design was used for the study. Sample 30 caregivers selected by convenience sampling method. Data were collected by administering a structured knowledge questionnaire prepared by the investigator. After collection of the baseline data informational booklet was given to the subjects and on the seventh day post-test was conducted using the same questionnaire used for collecting the baseline data. The collected data were analyzed by using descriptive and inferential statistics ('t' test).

Results: The collected data was tabulated and analyzed using descriptive and inferential statistics. Variables of age ($\chi^2= 7.03$), Gender ($\chi^2= 3.42$), educational status ($\chi^2=4.87$), relationship with patient ($\chi^2=8.11$), Duration of caring ($\chi^2= 7.36$) Occupation ($\chi^2= 3.09$) was found not significant at 0.05 level of significance, and living area ($\chi^2 = 0.16$) was found significant at 0.005 level of significance. So we conclude that from the entire variable only one variable that is significantly associated with pre-test knowledge hence the hypothesis (H₂) was accept with only living area.

Conclusion: educating the caregivers and making them involved in caring for mentally ill patients could help in compliance with medication. This may also be helpful in preventing relapse and handling side effects of antipsychotic drugs.

Key words: Effectiveness, Antipsychotic drugs, Handout

INTRODUCTION

Caregiver's involvement in the treatment has been recognized as an integral component of mental health care. The increased emphasis on care giver participation has to some extent been driven by the shift away from hospitals towards primarily providing mental health treatment in the community, wherein care givers are more extensively engaged in supporting consumers.¹ Antipsychotic drugs are chemicals that affects the brain and nervous system, alter feelings , emotions and consciousness in various ways and are frequently used therapeutically in the practice of psychiatry to treat a broad range of mental and emotional illness. Mental illness is one of the leading diseases all over the world. Families are an integral part of the care system for persons with a chronic mental illness. Educating and training caregivers can increase compliance with discharge plans and prevent readmissions. Psycho-educational intervention with caregivers of patients with schizophrenia has a well-established literature support. Behavioral family management is effective in reducing relapses and re admission rates.² Family intervention reduce burden of care, improve patient's functioning is social Ares and are cost effective. Research has proved the effective of family intervention in managing treatments resistant patients in the community setting. The nurse is in a pivotal position to educate the patient and the caregivers about medication. Medication education is the key to effective and safe use of antipsychotic drugs, patient's collaboration in the treatment plan and patient adherence with drug treatment regimens. Relatives are usually involved in caring for the patients who are receiving antipsychotic drugs. Thus it is essential that all caregivers understand the medication, side effects, precautions and the caregivers roles.³

RESEARCH METHODOLOGY

Research Approach	Evaluative Research Approach
Research Design	Pre experimental Research Design
Variables	Independent variable: Independent variable is the variable that stands alone and is not dependent on any other, in this study Informational booklet is the independent variable Dependent variable : It is the outcome variable of interest , the variable that is hypothesised to depend on or be caused by another variable ,the

	<p>independent variable , dependent variable in the study is Knowledge of caregivers regarding side effects And care of patients receiving antipsychotic drugs.</p> <p>Demographic variables : Any uncontrolled variable that greatly influences the results of the study is called as demographic variable , the demographical variable in this study is Age, Gender, living area, Education status , relationship with relative , Duration of caring , occupation.</p>
Setting	Mental hospital, Ahmedabad
Population	Care giver of mentally ill patient
Samples	30 care givers
Sampling technique	convenience sampling technique
Tool-development	<p>Section 1: Socio-demographic variables</p> <p>Section 2: Self- administered knowledge questionnaire</p> <p>Section 3: Handout</p>
Content validity	Suggestion from various experts i.e. Master in the field of mental Health Nursing the Asst. Prof. -7,1 M.A (English),gujarati
Reliability	using Spearman Brown's prophecy formula is 0.949. So the questionnaire is found to be reliable.
Pilot study	Pilot study was conducted on 16th September 2016 to find out the feasibility of the study . The pilot study was conducted at vs general hospital, ahmedabad. The data for pilot study was collected from 3 care giver
Data collection procedure	The investigator selected 30 sample for the inclusion criteria for the data collection .the investigator explain the purpose of the study, then the given some information about the knowledge questionnaire & handout.
Analysis of data	<p>Consolidated and organized the collected data in a master sheet</p> <p>Frequency and percentage for the analysis of demographic characteristics of the sample respondents.</p> <p>Mean for the overall scores.</p> <p>Association between knowledge & practice score and demographic variables by using fisher's exact test & chi square.</p>

ANALYSIS AND INTERPRETATION

Analysis of Socio Demographic Characteristics of The Care Givers

Age distribution of the sample showed that 33.33 % were in the age group of above 40 years. Majority of the care givers (90%) were male. among the respondents 36.66% had studied up to secondary. The caregivers 93.33% were living in urban area and rest 6.66% were living in rural area. Among the caregivers (36.66%) have first degree relationship with patients and 43.33% caregivers had previous experience (4-8years) of caring. Among the caregivers 43.33% belong to agriculture and 30.33% caregivers are belongs to business.

Knowledge Scores of Caregivers on Care of Patients Receiving Antipsychotic Drugs

Depicts the classification of level of care givers knowledge regarding side effects and care of patients receiving antipsychotic drugs, before and after handout.

Pre test depicts that prior to the handout majority 20 (66.7%) care givers had moderately adequate level of knowledge (score: 10-18) while 9 (30%) care givers had inadequate level of knowledge (score:0-9) and 1 (3.3%) care givers had adequate level of knowledge (score:19-28) in particular study.

Post test depicts that prior to the handout majority 16 (53.3%) care givers had adequate level of knowledge (score:19-28) while 14 (30%) care givers had moderately adequate level of knowledge (score:10-18)in particular study.

Mean Standard Deviation, Mean Difference And ‘T’ Value of Pre- Test And Post Test Scores.

Variables		Mean	Mean difference	Std. Deviation	t-value
Knowledge of caregivers	Pre-test	11.00	8.1	2.75	11.51 Df = 29 P =2.045
	Post-test	19.10		2.23	

Table represents that mean pre-test and mean post-test level of Knowledge of caregivers score, Standard Deviation, Mean difference and paired‘t’ value. Level of Knowledge of caregivers score is with the maximum possible score of 28. Mean pre-test was 11.00, SD is 2.75 and, Mean post-test is 19.10, SD is 2.23 and comparison between pre and post-test level Knowledge of caregivers score of the sample was shows the paired ‘t’ value as 11.51 (Significant at the p<0.05 level).

Association of pre-test knowledge regarding side effects and care of patients receiving antipsychotic drugs with selected demographic variables.

Variables of age ($\chi^2= 7.03$), Gender ($\chi^2= 3.42$), educational status ($\chi^2=4.87$), relationship with patient ($\chi^2=8.11$), Duration of caring ($\chi^2= 7.36$) Occupation ($\chi^2= 3.09$) was found no significant at 0.05 level of significance, and only one variable that is living area ($\chi^2=0.16$) was found significant at 0.05 level of significant , so it can be conclude that there is no significant between knowledge level and the selected demographic variable so hypothesis 2 (**H₂**) was rejected.

ETHICAL STANDARDS

The permission was taken from the concerned authority at mental hospital, Ahmedabad to conduct the study. No financial burden was given to the participants towards the materials used during the intervention. All information was kept as confidential and used only for the present study.

CONCLUSION

The main aim of this study was to evaluate the effectiveness of handout in increasing the knowledge of caregivers with regard to side effects and care of a patient receiving antipsychotic drugs

Review of literature enabled the investigator to develop the conceptual frame work, methodology, setting of the study and plan for data analysis. The conceptual frame work adopted by this study was based on general system model. The research approach adopted in the present study is quantitative and evaluative approach, pre-experimental one group pre-test post-test design was adopted for this study. Non probability purposive sampling technique was used to select the sample and the sample size was 30 care givers in mental hospital.

The present study was done to find out the effectiveness of an handout in increasing the knowledge of caregivers with regard to side effects and care of a patient receiving antipsychotic drugs.

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