

A Study to Evaluate the Effectiveness of Information Booklet Regarding Self-Care during Chemotherapy among Cancer Patients at Selected Tertiary Care Hospital, Karad

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ABSTRACT

Objectives: (1)To assess the knowledge regarding self-care among cancer patients.(2)To study the effectiveness of information booklet on the knowledge about self-care during chemotherapy among cancer patients.(3)To find out association between knowledge about self-care during chemotherapy with selected demographic variables.

Methods: one group pre-test post-test experimental design was used to conduct the study among cancer patients and totally 38 cancer patients was selected by Convenience Sampling technique. The study was conducted at Krishna hospital, Karad. The data were collected by structured questionnaire. The collected data were studied and analyzed in terms of objectives of the study using descriptive and inferential statistics.

Results: The pre test mean was 9.44 and post test mean was 15.21 and computed 't' value was 3.199 at the level of $p < 0.0001$. It shows that the information booklet is effective method for improving the knowledge level of cancer patients regarding self-care during chemotherapy.

Conclusion: The study results show that information booklet was found to be effective to improve the knowledge regarding self-care during chemotherapy among cancer patients

Key words: information booklet, chemotherapy and cancer patients

INTRODUCTION

Cancer is the uncontrolled growth of abnormal cell in the body. Treatment of cancer with chemotherapeutic drugs started in the early 20th century. More than 11 million cancer cases diagnosed each year worldwide and expected to rise to 16 million by the year 2020. The rising patient number leads to an increase in the use of chemotherapy drugs and so much more possibility of exposure of the health-care workers to these drugs. [1]

Chemotherapy is great benefit to cancer patients in the treatment .Its use is

rapidly expanding with increasing complexity in schedules as opposed to other regular medications. [2]

Chemotherapy is a method which uses chemical agents or drugs to destroy cancer cells in the cell cycle or use of chemicals or drugs to inhibit the growth and spread of cancerous cells. However, treatment with chemotherapy can cause side effects. The patient will be affected by physical, mental, social conditions and complications, physically, mentally and socially, all of which affect patients' self-care behaviours. It is common that during

chemotherapy, communication from health professionals is inadequate or absent. Therefore, information on self-care during chemotherapy should be implemented at the start of chemotherapy, with proper assessment and appropriate guidance throughout treatment process.^[3]

The present study focuses on self-care during chemotherapy among cancer patients treated with chemotherapy, in order to promote appropriate self-care. This research aims to study the effectiveness of information booklet regarding self-care during chemotherapy among cancer patients

Problem Statement

A study to evaluate the effectiveness of information booklet regarding self-care during chemotherapy among cancer patients at selected tertiary care hospital, Karad”.

Objectives of the study

1. To assess the knowledge regarding self-care among cancer patients
2. To study the effectiveness of information booklet on the knowledge about self-care during chemotherapy among cancer patients
3. To find out association between knowledge about self-care during chemotherapy with selected demographic variable.

MATERIALS AND METHODS

One group pre-test post-test experimental design was used to conduct the study among cancer patients and totally 38 cancer patients was selected by Convenience Sampling technique. The samples included in this study were who fulfilled the inclusion criteria with available at the time of data collection and who were willing to participate. Ethical permission was obtained before the data collection. After obtaining permission from the setting, the patients were asked their willingness to participate in the study and informed consent was obtained. After collecting the demographic data, the structured questionnaire regarding self care during

chemotherapy was administered and then information booklet was given to the patients. The post-test of the study was carried out on the seventh day after the administration of information booklet, using same questionnaires. The collected data were studied and analyzed in terms of objectives of the study using descriptive and inferential statistics.

Description of the tool

The structured questionnaire comprised two sections covering the following areas

Section A: socio demographic data

It consists of age, gender, occupation, education, religion, monthly income, residence.

Section B: A structured questionnaire to assess the knowledge regarding self-care during chemotherapy.

Statistical Analysis:

The data were analyzed using descriptive statistics; paired t test was used to find out effectiveness of information booklet on the knowledge about self-care during chemotherapy among cancer patients and Chi square test used to find out association between quality of sleep and socio-demographic variables

RESULTS

Description of sample characteristics:

The data presented in table no.1 reveals that among all samples majority of (44.73%) were from 46-60 years of age and minority of (10%) from 20-30 years of age. As regards to gender majority of (71.05%) were male and minority (28.94%) were females. Majority (86.84%) were Hindu. The data concerning the Occupation, majority (47.36%) were Farmer. As regards to education 44.73% were having secondary education and 36.84% were from primary education. In relation to the residence majority (78.94%) were residing in rural area and minority (21.05%) were residing in urban area. Majority (68.42%) were having monthly income below Rs. 10,000.

Table.1: Frequency and percentage distribution of socio-demographic variables of subjects. N=38

Sr.No	Socio-Demographic Variables	Frequency	Percentage	
1.	Age	20-30	4	10%
		31-45	9	23.68%
		46-60	17	44.73%
		Above 60	8	21.05%
2.	Gender	Male	27	71.05%
		Female	11	28.94%
3.	Religion	Hindu	33	86.84%
		Christian	0	0%
		Muslim	4	10%
		Other	1	2.63%
4.	Occupation	Business man	5	13.15%
		House wife	8	21.05%
		Job	6	15.78%
		Farmer	18	47.36%
		Other	1	2.63%
5.	Education	Primary	14	36.84%
		Secondary	17	44.73%
		Graduate	3	7.89%
		Postgraduate	4	10%
6.	Place of residence	Urban	8	21.05%
		Rural	30	78.94%
7.	Monthly Income	Below Rs. 10,000	26	68.42%
		10,000-20,000	3	7.89%
		21,000-30,000	6	15.78%
		Above 30,000	3	7.89%

Table.2: Frequency and Percentage Distribution of Pretest and Posttest Knowledge Score:

Knowledge Level	Score	Pretest		Posttest	
		F	%	F	%
GOOD	13-20	8	21.05%	35	92.10%
AVERAGE	6-12	25	65.78%	3	7.89%
POOR	0-5	5	13.15%	0	0%

Data presented in table.2 it shows in pretest majority (65.78%) had average knowledge,

(21.05%) had good knowledge and (13.15%) had poor knowledge regarding self care during chemotherapy where in posttest majority (92.10%) had good knowledge, (7.89%) had average knowledge and (0%) had poor knowledge regarding self care during chemotherapy.

Table.3: Comparison of pre- and post-test knowledge score

Test	Mean	Mean Difference	Standard Deviation	t Value	P Value
PRE TEST	9.44	5.77	3.55	3.199	<0.0001
POST TEST	15.21		2.05		

The data presented in Table.3 show that the mean difference between the pre- and post-test knowledge score regarding self care during chemotherapy was 5.77 and computed paired t-test value was $t=3.199$ was found significant at $p<0.0001$ level, there was significant increases the knowledge level among cancer patients.

Table.4: Association between Pretest knowledge score and socio-demographic variables

Socio-demographic variables		Knowledge Score			Chi-square	P-value	Result
		Good	Average	Poor			
Age(yrs)	20-30	1	3	0	3.114	0.7944	Not Significant
	31-45	1	7	1			
	46-60	5	10	2			
	Above 60	1	5	2			
Gender	Male	5	19	3	0.8790	0.6444	Not Significant
	Female	3	6	2			
Education	Primary	2	7	5	18.161	0.0058	Significant
	Secondary	2	15	0			
	Graduate	1	2	0			
	Post graduate	3	1	0			

Table.4 reveals that age (yrs) and gender were not significantly associated with knowledge score hence the education was

found significantly associated with knowledge score.

DISCUSSION

The findings of the present study were discussed with reference to the objectives and with the findings of the other studies. The present study was under taken to evaluate the effectiveness of information booklet regarding self-care during chemotherapy among cancer patients at selected tertiary care hospital, Karad”.

A study conducted by Prutipinyo C et al. with the title of Self-care behaviours of chemotherapy patients, found that the demographic variables such as age, marital status, education level, income were not associated with self-care behaviours of patients treated with chemotherapy. The finding of the present study reveals that age and gender were not significantly associated with self care during chemotherapy hence the education was found significantly associated with self care during chemotherapy. ^[4]

A study conducted by Amina Mohamed Rashad El-Nemer et al. with the title of Utilization of a Self- Care Educational Program for Alleviating Chemotherapy Induced Physical Side Effects. Study results showed that self-care educational program is effective on alleviating physical side effects of chemotherapy. The study recommended the important of teaching such educational program in all Egyptian Oncology Centres for alleviating such chemotherapy induced physical side effects. In our study, the result showed that the information booklet was found effective to improve the knowledge regarding self care during chemotherapy. Hence the study recommended using information booklet to improve the knowledge of self care during chemotherapy among cancer patients. ^[5]

CONCLUSION

It is important that health care workers at chemotherapy outpatient clinics should provide the patient and family members with information regarding chemotherapy, its purpose, side effects and how to manage these side effects and self care during chemotherapy. The result of the present study reveals that the information booklet helps the patient to improve the knowledge regarding self care during chemotherapy.

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