

A Study to Assess the Effectiveness of Information Pamphlet on Knowledge Regarding Restraining Violent Psychiatric Patient among B.Sc Nursing Students at Selected Nursing Colleges

Sumit Satish Nirmal¹, Anish Kumar V²

¹Student of Godavari College of Nursing, Jalgaon, Maharashtra, India

² Assistant Professor Godavari College of Nursing, Jalgaon, Maharashtra, India

Department of Mental (Psychiatric) Health Nursing, Godavari College Of Nursing, Jalgaon Kh

Abstract: *Managing aggressive and violent behaviours has become an essential skill important to all involved with psychiatric patients. A large amount of evidence has been collected that demonstrates behavioural approaches to care can provide effective alternatives to reliance on restraint.¹ Restraint is a method that immobilizes or reduces the ability to move arms, legs, body or head freely of an individual. The restraints used in mental healthcare settings are physical, chemical, technological, and psychological. Physical restraint is a manual method to reduce the ability of person to move by applying mechanical devices. Chemical restraint involves using medication to restrain. Advanced technological restraints such as tagging, pressure pads, closed circuit television, or door alarms is often used to alert staff that the person is trying to leave or to monitor their movement. Psychological restraint includes telling the person strongly not to do something, or that doing what they want to do is not allowed.² This study was based on quantitative evaluative research approach. A probability simple random sampling. Quasi experimental one group pre-test and post-test research design. In this study included 60 samples. Based on the objectives and the hypothesis the data were analysed by using various statistical tests. Analysis of data showed that there is significant difference between the pre-test and post-test. The calculated 't' test values are much higher than the tabulated values. Hence it is statistically interpreted that the Information pamphlet on restraining violent psychiatric patient at selected nursing college. In this study information pamphlet on restraining violent psychiatric patients was very effective to restraining violent psychiatric patient.*

Keywords: Effectiveness of information pamphlet on knowledge regarding restraining violent psychiatric patient, B Sc nursing student

1. Introduction

"Liberty has restraints but no frontiers."

-David Lloyd George

Restraints are used in mental healthcare settings only for the safety of the patient/resident or other reasons like prevent harm to self and others in situations, such as attempts to get out of bed or a chair unassisted although instructed to ask for assistance, or attempts to remove medically necessary intravenous lines or medical tubes and promote personal safety of the patient/resident when there is evidence of restlessness, poor judgment, combativeness, agitation, disorientation, unsteady gait or movement.³

Restraint should only be used as part of a holistic intervention plan. This plan should be developed and approved by treating team in consultation with the person and their family and with the consent of a guardian or enduring guardian (where appointed with the relevant authority).⁴

According to UN Principles for the Protection of Persons with Mental Illness and the Improvement of Mental Healthcare (MI Principles, 1991), physical restraint or involuntary seclusion of a patient shall not be employed except in accordance with the officially approved procedures of the mental health facility and only when it is the only means available to prevent immediate or imminent harm to the patient or others. It shall not be prolonged beyond the

period which is strictly necessary for this purpose. All instances of physical restraint or involuntary seclusion, the reasons for them and their nature and extent shall be recorded in the patient's medical record.⁵

An exploratory study was conducted by Whittington R (2009) on violence to staff in a psychiatric hospital located in Northwest India. The aim of the study was to estimate the prevalence of violence towards the nurses and to analyse the reason for violence. A total of 396 staffs provided information on their experience of violence in the past years. The findings suggested that 72% nurses had been physically assaulted and 90% of these assaulted staff worked in emergency and psychiatric department. Most of the patients had the diagnosis of acute psychosis, personality disorder, mania and the patients who received delayed treatment.⁶

A study was conducted by Chuang Y H, Hung H T, (2007) on "Nurses feelings, thoughts about using physical restraints on hospitalized older patient, Taiwan. The aim is to explore the nurse's feelings and thought of physical restraints for older patients were qualitative approach was used to understand the phenomena and semi-structured interview was carried with 12 nurses working in 3 hospitals. The result reported variety of emotional response regarding use of physical restraint including sadness, conflict, pity, absence of feeling for people with restraints. Rationalization, sharing with colleague and compensating behavior were used by nurse to manage negative feelings. The study

Volume 8 Issue 5, May 2019

www.ijsr.net

Licensed Under Creative Commons Attribution CC BY

conclude that nurses had negative feeling towards use of physical restraints and there was a struggle between patient's autonomy and practice of care. The findings of the study contribute to filling the gaps in nursing knowledge to improve protocol for physical restraints used in hospital and recommended that in-service programme 30 should cover misconception ethical issue regarding physical restraints.⁷

A study was conducted by Lin Y and Liu H (2005) on the impact of violence on psychiatric ward nurses in South Taiwan. The purpose of the study was to explore the prevalence of violence committed by the psychiatric patients against nurses. Two hundred and thirty nurses from a 400-bedded hospital in southern Taiwan were chosen. The results showed that 44.7% nurses had received training regarding violence; 61% of the nurses reported experiencing verbal and physical threat. The 23 verbal expressions of violence were mainly due to drunkenness and physical expression of threat commonly seen in psychotic patients.⁸

Problem definition: -“a study to assess the effectiveness of information pamphlet on knowledge regarding restraining violent psychiatric patient among B Sc nursing students at selected nursing college”

2. Methodology

Research approach: Quantitative evaluative research approach was used for this study.

Research design:

Variables under study: (1) Independent variable: **Information pamphlet** on restraining violent psychiatric patient.

(2) Dependent variable: **knowledge of B Sc nursing student** on restraining violent psychiatric patient. The study was conducted in selected nursing college.

Population: In this study, the population included nursing student in selected nursing college. **Target population** consists B Sc nursing student in selected nursing college. **Accessible** B Sc nursing student in selected nursing college. **Who fulfil the inclusive and exclusive criteria.**

Sample and sampling technique

Sample: In the study B Sc nursing student in selected nursing college.

Sample size: The sample size for the present study is **60** B Sc nursing students who fulfil the set inclusion criteria.

Sampling technique: Probability simple random sampling.

Inclusion criteria- Students who are

- Student who are able to read, write and speak English.
- students who are willing to participate in the study

Exclusion criteria: Students who are

- Who are sick at time of data collection
- **Scoring mode: Mild-** 0 to 10 **Moderate** 11 to 20, **severe-** 21-30

Preparation of the tool Section I:- Demographic data, Section II Structured knowledge questionnaires.

3. Results

Organization of the data: The collected data is tabulated, analyzed, organized and presented under the following sections:

Knowledge	Frequency	Mean	S.D.	t value	P value
Pre Test	60	11.617	4.698	19.72	0.000
Post Test	60	20.867	5.315		

The comparisons of the pre test and post test means of the knowledge were done by the paired t test. The pre test average score was 11.617 with standard deviation of 4.698. The post test average score was 20.867 with standard deviation of 5.315. The test statistics value of the paired t test was 19.72 with p value 0.00. Shows that information pamphlet on knowledge regarding restraining violent psychiatric patient among B Sc nursing student at selected nursing college to improve the knowledge was effective.

4. Discussion

The findings of the study have been discussed with reference to the objectives of the study.

Section-I: It shows demographic characteristics of subjects as follows:

- Majority of the B.Sc. nursing students 17 (28.33%) were in age group 22-23 years.
- Majority of the B.Sc. nursing students 4 (73.33%) B.Sc. nursing students were female.
- Majority of the B.Sc. nursing students 29 (48.33%) belongs to Hindu religion.
- Majority of the B.Sc. nursing students 20 (33.33%) were belongs to third years.
- Majority of the B.Sc. nursing students 31 (51.67%) were belongs to nuclear family.
- Majority of the B.Sc. nursing students 23 (38.33%) were belonging to 10001 Rs20000Rs.
- Majority of the B.Sc. nursing students, 31(51.67%) were having No any pervious knowledge.
- Majority of the B.Sc. nursing students 31(56.67%) of the B.Sc. nursing students were having poor pretest knowledge level regarding restraining violent psychiatric patient.
- Majority of the B.Sc. nursing students 41(68.33%) of the B.Sc. nursing students were having good knowledge posttest knowledge score regarding restraining violent psychiatric patient.
- Demographic variable age in years, gender, current year of study and source of previous information with pre-test knowledge of B.Sc. nursing students regarding restraining violent psychiatric patient.
- Highly significant difference found between the pretest and posttest Knowledge Scores ($P < 0.01$).
- Information pamphlet on knowledge regarding restraining violent psychiatric patients proved to be effective in improving the knowledge among B.Sc. nursing students.

Section-II: Findings related to pre-test knowledge level of B Sc nursing student regarding restraining violent psychiatric patient at selected college.

No one of subjects were having good knowledge, 31.67% were having average knowledge and 56.67% in the poor knowledge category.

Findings related to post-test knowledge level of B Sc nursing student regarding restraining violent psychiatric patient at selected nursing college.

Most of the subject 10% of subjects were having good knowledge, 25.33% were having average knowledge and 56.67% in the poor knowledge category.

Section-III: Determine the effectiveness of information pamphlet by using pre-test and post-test score.

- The calculated 't' value is 19.72 for knowledge of B Sc nursing student regarding restraining violent psychiatric patient. The calculated value is more than the tabulated value at 10% level of significance which is statistically significant. In addition, the 'p' value is 0.000 (less than 0.05) conclude that information pamphlet on knowledge regarding restraining violent psychiatric patient among B Sc nursing student at selected nursing college, was effective. Hence H_1 is accepted.
- In pre-test poor score 31 (56.67%) average knowledge 23 (25.33%) and good knowledge 6 (10%)
- In post-test the poor knowledge score is 5 (8.33%) average knowledge 14 (23.33%) and good knowledge 41 (68.33%)

Section-IV: Association between the levels of pre-test knowledge with the demographic variables.

The calculated value is greater than (at 0.05) tabulated value (in addition P value is less than 0.05) for pre-test of knowledge about restraining violent psychiatric patient among B Sc nursing student with demographics variables such, age in years, gender, religion, current year of study, type of family, monthly family income, source of previous knowledge, So it is concluded that there is a significant association between pre-test levels of knowledge about restraining violent psychiatric patient among B Sc nursing student with demographic variables.

Section-V: Testing of hypothesis

The calculated 't' value is 19.72 for knowledge of restraining violent psychiatric patient among B Sc nursing student at selected nursing college. The calculated value is more than the tabulated value at 5% level of significance which is statistically significant. In addition, the 'p' value is 0.000 (less than 0.05) conclude that information pamphlet on knowledge regarding restraining violent psychiatric patient at selected nursing college was effective. **Hence H_1 is accepted**

In that variables, age in years, gender, religion, current year of study, type of family, monthly family income, source of previous knowledge was not significantly associated with pre-test score. **Hence H_2 is accepted.**

5. Conclusion

In that study, the contributing that affect the knowledge level of the B Sc nursing student are age in years, gender, religion, current year of study, type of family, monthly family income, source of previous knowledge.

The findings of present study show that the B Sc nursing student 50 (83.33%) having average knowledge. the post-test knowledge mean score 20.867 was higher than pre-test mean score of knowledge 11.617.

The comparison of pre-test and post-test knowledge score showed that there was a significant gain in knowledge scores of restraining violent psychiatric patient after giving information pamphlet at 0.05 level ($t = 20.79$, $p < 0.00$). this result shows that the self-instructional module was effective.

The study findings concluded that the B Sc nursing students were had poor knowledge regarding restraining violent psychiatric patient. The information pamphlet had great potential for accelerating the awareness regarding knowledge of restraining violent psychiatric patient.

References

- [1] Regan JJ, Wilhoite K, Faheen U, Wright A. The use of restraint in psychiatric settings. The Journal mental health series. Tennessee Medicine 2006 Mar;41-2.
- [2] Ethical issues in patient restraint. 2011 Mar. [online]. Available from: URL: <http://www.nursingtimes.net/nursing-practice/clinical-zones/mental-health/-ethical-issues-in-patient-restraint/5026779.article>
- [3] Radziewicz RM, Amato S, Bradas S, Mion LC. Use of physical restraints with elderly patients. [online]. 2009 Feb. Available from: URL: http://www.consultgerirn.org/topics/physical_restraints/.
- [4] Restraints. [online]. Available from: URL: <http://www.publicadvocate.wa.gov.au/>
- [5] UN Principles for the Protection of Persons with Mental Illness and the Improvement of Mental Health Care. [online]. Available from: URL: www.un.org/documents/ga/res/46/a46r119.htm
- [6] Lin Y, Liu H. The impact of workplace violence on nurses in South Taiwan. Internal Journal of Nursing 2005; 773-8.
- [7] Campbell L, Nevinb R, McIroyc D, Gallinagha R, Mitchellb F, Ludwickd R, McKennacH, et.al. Use of physical restraints as a safety measure in the care of older people in four rehabilitation wards, International Journal of Nursing Studies 2002;39(2):147-156.
- [8] Whittington R, Wykes T. Invisible injury. Nursing Times 1989;85(42):30.