

# A Study to Assess the Knowledge and Practice Regarding Epilepsy Management among Staff Nurses in Selected Hospital with a View to Prepare Self-Instructional Module

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**Abstract:** A descriptive study to assess the knowledge and practice regarding epilepsy management. To evaluate the knowledge based on epilepsy management among staff nurses in selected hospital with a view to prepare self instructional module, a descriptive evaluative study was conducted, using Non-probability Convenient sampling technique was used to select 60 staff nurses working at selected hospital. Data was collected by using structured knowledge questionnaires and checklist. Based on the objectives and the hypothesis the data was analyzed. The knowledge of staff nurses regarding epilepsy management was assessed by using self-structured questionnaire. The findings of the study revealed that majority of the staff nurses 31(51.67%) had average knowledge, 18(30%) had poor knowledge and only 11(22.33%) had good knowledge regarding epilepsy management. The preventive practice of staff nurses regarding epilepsy management was assessed by using self-structured rating scale The findings of the study revealed that majority of the staff nurses 26(43.33%) had maintained Average practice, 18 (30%) had maintained good practice and 16(26.67%) had poor Practice regarding epilepsy management.

**Keywords:** Self instructional module, Staff Nurses, Knowledge and practice regarding epilepsy management

## 1. Introduction

The term epilepsy is derived from the Greek word "epilambanain" meaning is "to seize or to take hold of". To the Greeks epilepsy was a sacred disease; to Hippocrates it was a disease of the brain. In later ages it becomes known as "the falling sickness" with the victims being consigned to asylum as for the insane. Regardless of the insight gained into epilepsy, lack of knowledge, stigma and fear are still associated with this problem.<sup>1</sup>

Epilepsy is a common chronic neurological disorder characterized by recurrent unprovoked seizures. It is also known as a seizure disorder that affects approximately 1% of the general population which means in our country with one billion population there are at least 10 million patients. The clinical manifestations of the attack may vary from complex abnormalities of behavior including generalized or focal convulsions to momentary spells of impaired consciousness it is usually diagnosed after a person has had at least two seizures that were not caused by some known medical condition like alcohol withdrawal or extremely low blood sugar.<sup>3</sup>

The epilepsies are a symptom complex of several disorders of brain function characterized by recurring seizures. Thus, epilepsy is not a disease but a symptom. There may be associated loss of consciousness, excess movement or loss of muscle tone or movement, disturbances of behavior, mood, sensation, and perception.<sup>2</sup>

Epilepsy is a disorder that results from the generation of electrical signals inside the brain, causing recurring seizures. Epilepsy is a common chronic neurological disorder. These

seizures are transient signs and/or symptoms of abnormal, excessive or synchronous neuronal activity in the brain. About 50 million people worldwide have epilepsy, with almost 90% of these people being in developing countries. Epilepsy is more likely to occur in young children or people over the age of 65 years; however, it can occur at any time. 1

Epilepsy is one of the oldest diseases known to human. Seizure occurs in all races and affects males and females equally. Epilepsy can begin at any age, but in many the onset is before the age of 20. The incidence is about 1 in every 200 to 300 persons. Between two and four million persons in the United States are affected by epilepsy many of these are children. There are numerous ways to classify seizures. One way is to classify seizures is based on the clinical features of the attack. The five groups in this type of classification are the following Grand mal (major or generalized), petit mal, psychomotor, jacksonian and focal, miscellaneous (myoclonic, akinetic).<sup>3</sup>

## 2. Literature Review

Ahmed NI, Aly SA, Shaaban EM (2004). A study was conducted for the purpose of the assessment of Nurses knowledge towards epilepsy. They selected conveniently 273 Nurses working in different hospital department as sample. Questionnaire used to assess their knowledge. The result revealed that deficiency in the Nurses knowledge towards epilepsy. More than half of the Nurses considered epilepsy as a mental illness; they agreed that epileptics must learn in special schools. It recommends that all in-service training programs for nurses should emphasize epilepsy management and rehabilitation of epileptics.<sup>25</sup>

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**Njamnshi AK et al. (2010).** A descriptive study was conducted in Cameroon to assess the knowledge on epilepsy among student nurses and laboratory assistants. They selected purposively 340 student nurses and laboratory assistants in five training schools as sample. A-12 items semi structured questionnaire was used to assess their knowledge. The study result revealed that all of them heard about epilepsy, but only 48.8% had read about epilepsy, 10% thought epilepsy is contagious, 67.4% ( $p < 0.001$ ) would recommend medical treatment for epilepsy, 22% would offer prayer only, 6% would recommend traditional medicine and understood that exit knowledge gaps regarding epilepsy among student nurses. The study concluded that a teaching course on epilepsy needs to introduce for improve their knowledge regarding epilepsy.<sup>26</sup>

**Tedrus C M (2007).** A study was conducted in Brazil to find out the awareness on epilepsy among undergraduate health care students. They were selected purposively 417 students from nursing, medical and nutritional department as sample. A structured knowledge questionnaire was used to find their knowledge. The study result showed that more than 25% student mistake epilepsy as a mental illness. The study concluded that lack of information on epilepsy among these students.<sup>27</sup>

**Problem Definition**

“A study to assess the knowledge and practice regarding epilepsy management among staff nurses in selected hospital with a view to prepare self-instructional module”

**Objectives**

- 1) To assess the knowledge regarding epilepsy management among staff nurses.
- 2) To assess the practice regarding epilepsy management among staff nurses.
- 3) To find out the correlation between knowledge and practice regarding epilepsy management among staff nurses.
- 4) To find out the association between knowledge and practice scores with selected demographic variables among staff nurses.
- 5) To prepare self-instructional module on epilepsy management

**3. Methodology/Approach**

In this study an quantitative approach with non experimental descriptive survey design was used to measure knowledge and practice regarding epilepsy management among staff nurses at selected hospitals. The sample was staff nurses at selected hospital to fulfilling the inclusion and exclusion criteria and the samples consist of 60. The sampling technique was used in this study was Non-probability Convenient sampling technique and purposive sampling technique. Tools used for data collection includes three sections namely demographic variables, structured knowledge questionnaires and check list.

**4. Result**

The structured knowledge questionnaires and checklist was used for data collection. The analysis was done with the help of descriptive and inferential statistics.

Sr. No.	Data Analysis	Method	Remarks
1	Descriptive statistics	Frequency and percentage distribution.	To describe the distribution of demographic variables.
		Mean, median, range, standard deviation,	To determine the knowledge and practice regarding Epilepsy Management Among staff nurses in Selected Hospital
2	Inferential statistics	Paired 't'- test	The significance of difference between the mean pre-test and post-test knowledge score of staff nurses regarding Epilepsy Management Among staff nurses In Selected Hospital
		Chi square test	To find out the association between demographic variables and post-test knowledge score of staff nurses regarding Epilepsy Management Among staff nurses In Selected Hospital

The data was analyzed and presented in the following sections.

**Section – I:** Description of staff nurses with regards to demographic variables

**Section – II:** Description of knowledge scores regarding epilepsy management among staff nurses

**Table II:** Knowledge Score

Sr.No.	Category	Frequency	Percentage
1	Poor knowledge	18	30
2	Average knowledge	31	51.67
3	Good knowledge	11	18.33

**Section– III:** Description of preventive practice scores regarding epilepsy management among staff nurses

**Table III:** Preventive Practice Score

Sr. No	Category	Frequency	Percentage
1	Poor Practice	16	26.67
2	Average Practice	26	43.33
3	Good Practice	18	30

**Section – IV**

Description of correlation between knowledge and practice regarding epilepsy management among staff nurses

Category	Mean	SD	Correlation “r”	‘p’ value	Significant
Knowledge	15.827	5.67	0.980	0.000	Significant
Practice	30.450	12.181			

**Section – V**

Description Association between knowledge and practice scores with selected demographic variables among staff nurses

## 5. Discussion

The findings of the study were discussed with reference to the objectives of the study and with findings of other studies in this section. The present study was undertaken to assess the knowledge and practice regarding epilepsy management among staff nurses in selected hospital with a view to prepare self-instructional module.

The knowledge of staff nurses regarding epilepsy management was assessed by using self-structured questionnaire. The findings of the study revealed that majority of the staff nurses 31(51.67%) had average knowledge, 18(30%) had poor knowledge and only 11(22.33%) had good knowledge regarding epilepsy management.

The preventive practice of staff nurses regarding epilepsy management was assessed by using self-structured rating scale. The findings of the study revealed that majority of the staff nurses 26(43.33%) had maintained Average practice, 18 (30%) had maintained good practice and 16(26.67%) had poor Practice regarding epilepsy management.

## 6. Conclusion

The knowledge scores regarding epilepsy management among most of the staff Nurses were average.

The preventive scores regarding epilepsy management among most of the staff Nurses were average

There was significant association between knowledge scores with selected demographic variable (gender, religion, educational qualification, type of family and source of previous knowledge) of the staff nurses

There was significant association between practice scores with selected demographic variable (gender, religion, educational qualification, type of family and source of previous knowledge) of the staff nurses

There was Significant correlation was found between knowledge and preventive practice score of the staff nurse. Correlation  $r = -0.895$ , (p-value=0.000). The calculated 'r' value 0.980 is greater than table value 0.9500(2.0) at degree of freedom 0.05 level.

## 7. Future Scope

### Nursing Service

Health education is an important tool for the healthcare agency. It is consistent with promoting health as well as reducing illness. The extended and expanded role of the professional nurses emphasizes more on the preventive and promotive aspects of health. Nurses are key persons of the health team; they play a major role in health promotion and maintenance awareness regarding epilepsy management among staff nurses working in Hospitals. It is a practicing profession; hence the researchers generally integrate findings into practice.

The gap between existing and expected level of knowledge of epilepsy management indicates that there is an urgent need for education regarding epilepsy management. This will help them to improve their knowledge and practice, and enable them to take precautions to protect themselves and Patients also.

This study is conducted among nursing staff to assess the level of knowledge regarding epilepsy management and their practice. This can be utilized by practicing nurses to educate and help others and thus make them aware about epilepsy management.

Nurses should be involved in the evaluation and selection of an appropriate method for managing patient with epilepsy and on-going training in its appropriate use, as well as on-going evaluation of the usability and acceptability of such practice.

Training must be incorporated into the curriculum and workplace, on a regular basis, especially when there are innovations and changes made on the epilepsy management.

Workers must also be aware of the different preventive measures such as the monitoring of standard precautions, use of protective equipment, and the promotion of technically safe conditions.

The investigator as a nurse felt the need for nurses acting as facilitators to educate the staff nurse who could be resources persons and help them to manage patient with epilepsy. For nurses who work in the community. It is of vital concern that she should know about epilepsy management.

### Nursing Education

Nursing education is the base for change in nursing service hence it is important to change nursing education. Institution in India imparts education in more systematic manner but still it could not bridge the gap between theory and practice in clinical areas, hence it is become need of hour to modify our teaching methods and curriculum to bridge this gap. Proper steps are needed to promote the awareness of nursing staff about the epilepsy and its management practice. Nursing curriculum should highlight on newer teaching methods according to trends should involve teaching methods based on content, hence it will develop effective learning and knowledge retention.

### Nursing Administration

The nursing administrators are in the key position to decide the policies, to see that the nursing staffs that are undergoing training should get proper training adopting good, appropriate teaching methods. The administration can draw written policies regarding this method of intervention of epilepsy management. There by the nursing personnel are kept in pace with the evidence based practice

The nurse administrator takes an initiative in arranging programmes like seminar, workshop, and health education programs etc. regarding epilepsy management

The present study reveals that nurses did not have adequate knowledge regarding epilepsy management can be taken up

by nursing administrator and educators to develop curriculum to produce the skillful nurses to handle epilepsy patients. The nursing administrator should organize in service education programme to nursing personnel regarding epilepsy management.

### Nursing Research

Very few researches are conducted in nursing practice and Research essentially is problem solving approach. There is wide scope of conducting research study in depth by using tools in order to assess the knowledge regarding epilepsy management among staff nurse. The researcher found that literature regarding the assessment of knowledge and practice on epilepsy management to Indian context is inadequate. Research studies can also be conducted on practice of epilepsy management among staff nurse.

The study has indeed to assess knowledge and practice level of staff nurse Importance of research in this field is beneficial to prevent the further protection of nurses and patient wellbeing

There is growing need for furnishing nursing research in all the areas of health care. The nurse researcher especially beginners need to enhance their quest for knowledge. The nurse researcher may effectively use the result of available studies and recommended on the importance of epilepsy management

## 8. Personal Experience

Nursing educator has a humble opportunity to educate community regarding epilepsy and its management practice, and also can be used to educate in diploma, graduate, post graduate, nursing levels. Since the present study indeed to assess knowledge and practice level of staff nurse and to find out the need to educate regarding epilepsy management among the staff the nurse.

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