

A Quasi Experimental Study to Assess the Effectiveness of Information Booklet on Knowledge Regarding Extrapyrimal Syndrome among Caregivers at Selected Hospitals

Nafees Khan Yunus Khan

M. Sc in Psychiatric (Mental Health) Nursing, Central Railway Hospital Bhusawal (M.S) India

Keywords: Family Members, caregivers, extrapyramidal syndrome, information booklet

1. Introduction

Caregivers are often the casualties, the hidden victims. No one sees the sacrifices they make."

.....Judith L. London

Mental health is a state of balance between the individual and surrounding world, a state of harmony between oneself and other, co-existences between the realities of the self and that of other people and the environment. The American psychiatric association (APA 1980) defines as mental health as simultaneous success at working, loving and creating with the capacity for mature and flexible resolutions of conflicts between instincts, conscience, important other people and reality. This mental health would include not only the absence of diagnosis labels such as schizophrenia and obsessive compulsive disorder, but also the ability to cope with the stressors of daily living freedom from anxieties and generally a positive outlook towards lives vicissitudes and to cope with those.

2. Objectives

- 1) To assess the pretest knowledge regarding extrapyramidal syndrome among caregivers at selected hospitals.
- 2) To determine the effectiveness of information booklet on knowledge regarding extrapyramidal syndrome among caregivers at selected hospitals.
- 3) To find out the association between pretest knowledge score of care givers regarding extrapyramidal syndrome and selected demographic variable.

3. Method and Material

The research approach used was evaluative approach. The research design selected for study was a quasi-experimental research design. The setting was selected hospitals. The sample included 60 caregiver, sampling technique used simple random sampling technique under lottery method, the structured questionnaires were used to collect data from samples. The pilot study was conducted with 6 samples. The Reliability of tool was done by Guttamann split half method. The reliability of the knowledge is 0.77.

4. Result

In this study in selected mental health client the most of caregivers (76.67) are belongs to the 31-40 years of age were as males are 13 (21.67) and females are 47 (78.33%) most of the caregivers have their primary education 36 (60.00%), 19 (31.67%) are graduate and only 05 (8.33%) are post graduates, the caregivers are belongs to joint family 08 (13.33%), majority of families are nuclear 47 (78.33%) and only 05 (8.33%) are the belongs to expanded family, more caregivers were belong to Hindu region 43 (71.67%) were 10 (16.67%) are the Muslims and 02 (3.33%) are christens and only 05 (8.33%) caregivers belongs to other religions. The occupation of most of caregivers were house wife 37 (61.67%) were as 09 (15.00%) caregivers are professional and only 14 (23.33%) are the having other occupations, family income of caregivers are 10 (16.67%) are 5001-7000Rs, were as the 43 (71.67%) are group of 7001-10000Rs and only 07 (11.67%) caregiver have >10000Rs. The relationship with client 07 (11.67%) are parents were as majority of caregivers were 51 (85.00%) are spouse and 02 (3.33%).19 (31.67%) of caregivers having the information regarding extrapyramidal syndrome were as the 41 (68.33%) of caregivers are not having any source of information.

There was significant association between Age. Education level, type of family, religion, and source of information.

There was no significant association between gender, occupation, family income, and relationship with client.

In pretest majority of samples having poor knowledge 50.00% were as average knowledge 43.33% and 6.67% are having good knowledge

In posttest of sample having 5.00% having poor knowledge, 18.00% having average and majority of caregivers having good knowledge 65.00% in posttest.

The finding shows that the tabulated 't' value for n-1, i.e. 59 degree of freedom is 2.00. the calculated value 15.48 respectively for the knowledge of caregivers regarding extrapyramidal syndrome. The calculated values are much higher than tabulated values at 0.05 level of significant which statistically accepted level of significance. In addition

the calculated 'p' values for the area of knowledge regarding extrapyramidal syndrome are 0.00 which is ideal for population. Hence it is statistically interpreted that the information booklet is effective among caregivers. So H1 and H2 were accepted.

5. Interpretation and Conclusion

The data were analyzed by applying descriptive and inferential statistics. The result of the study indicated that information booklet regarding extrapyramidal syndrome among caregivers is effective. Thus the researcher hypothesis has been accepted and study is valid.

References

- [1] Carol Gold A. Contemporary Psychiatric-Mental Health Nursing. 3rd ed. Philadelphia: Davis company; 2005. 331-47
- [2] Noreen Cavan Frisch. Psychiatric Mental Health Nursing. California: Delmar publishers; 2005. 479-618
- [3] Mary Townsend C. Psychiatric Mental Health Nursing. 3rd ed. Philadelphia: Davis Company; 2006. 307-45
- [4] Nilsson BM, Edström O, Lindström L, Wernegren P, Bodén R. Tachycardia in patients treated with clozapine versus antipsychotic long-acting injections. *International Clinical psychopharmacology*. 2017. doi:10.1097/YIC.000000000000169
- [5] Singh K.P., Singh K. Manoj, Gautam Shrikant. Effect of *in utero* exposure to the atypical anti-psychotic risperidone on histopathological features of the rat offspring. 2016; 52: 13-23. doi:10.1016/j.ijdevneu.2016.05.006.
- [6] Garcia-Amador-M et al. Neurological Adverse Effects of Antipsychotics in Children and Adolescents. *Journal of Clinical Psychopharmacology*. 2015;35(6): 686-93. doi:10.1097/JCP.0000000000000419.
- [7] <https://www.ncbi.nlm.nih.gov/pubmed/26505569>
- [8] Allah Bukhsh et al. Comparative Evaluation of Side Effects of Typical and Atypical Antipsychotics in Psychotic Patients at Punjab Institute of Mental Health, Lahore, Pakistan. *Advances in Pharmaceutical and Ethno medicines*. 2014; 2(1):14-7. http://nexusacademicpublishers.com/uploads/files/Nexus_369.pdf
- [9] Christine Rummel-Kluge et al. Second-Generation Antipsychotic Drugs and Extrapyramidal Side Effects: A Systematic Review and Meta-analysis of Head-to-Head Comparisons. *Schizophrenia bulletin*. 2012;38(1):167-77. doi: 10.1093/schbul/sbq042 <https://www.ncbi.nlm.nih.gov/pubmed/20513652>
- [10] Tamara Pringsheim, Asif Doja, Stacey Belanger, Scott Patten. Treatment recommendations for extrapyramidal side effects associated with second-generation antipsychotic use in children and youth. *Pediatric Child Health*. 2011; 16(9): 590-8. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3223903/>
- [11] Ghaemi SN, Hsu DJ, Rosenquist KJ, Pardo TB, Goodwin FK. Extrapyramidal side effects with atypical neuroleptics in bipolar disorder. *progress in neuro-psychopharmacology and biological psychiatry*.

2006;30(2):

20913.

DOI:10.1016/j.pnpbp.2005.10.014 <https://www.ncbi.nlm.nih.gov/pubmed/16412546>

Author Profile



Nafees Khan Yunus Khan, MSc in Psychiatric (Mental Health) Nursing, Central Railway Hospital Bhusawal (M.S) India