



ISSN (O): 2582-693X

Original Article

**“A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE AND PRACTICE OF 3<sup>RD</sup> YEAR B.SC.NURSING STUDENTS REGARDING MANAGEMENT OF PATIENTS WITH EPILEPSY, IN SELECTED COLLEGES OF TUMKUR, IN A VIEW TO DEVELOP INFORMATION GUIDESHEETS”**

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**ABSTRACT**

**Introduction:-**Epilepsy is the most common serious brain disorder worldwide with no age, racial, social class, national or geographic boundaries. In developed countries, annual new cases are between 40 to 70 per 100000 people in the general population.

**Methodology:-**Non-experimental descriptive design was employed to conduct the study, while Non-Randomize Purposive sampling technique was used to select 100 subject based on certainpre determined inclusion & exclusion criteria. A Structured Questionnaire was designed.

**Result:-**82% of the nursing students were having inadequate knowledge and 18% of the nursing students were having moderately adequate knowledge regarding the management of epilepsy. 91% of the students have inadequate practice regarding the management of patients with epilepsy and about 9% of the nursing students have moderately adequate practice regarding the management of patients with epilepsy.

**Conclusion:** The study shows that the students are having inadequate knowledge regarding management of patients with epilepsy hence improvement in knowledge and practice is needed regarding management of patients with epilepsy.

**Key words:** Knowledge, Practice, management of epilepsy.

Received	Accepted	Available online
22/06/2021	28/06/2021	30/06/2021



## INTRODUCTION:-

Epilepsy is a brain disorder in which clusters of nerve cells, or neurons, in the brain sometimes signal abnormally. In epilepsy, the normal pattern of neuronal activity becomes disturbed, causing strange sensations, emotions and behavior or sometimes convulsions, muscle spasms and loss of consciousness<sup>1</sup>. Epilepsy is a disorder with many possible causes. Anything that disturbs the normal pattern of neuron activity- from illness to brain damage to abnormal brain development – can lead to seizures. Epilepsy may develop because of an abnormality in brain wiring, an imbalance of nerve signalling chemicals called neurotransmitters, or some combination of these factors. Having a seizure does not necessarily mean that a person has epilepsy. Only when a person has had two or more seizures he or she is considered to have epilepsy. EEGs and brain scans are common diagnostic test for epilepsy<sup>2</sup>.

## RESEARCH METHODOLOGY:-

- **Research Approach:-** Quantitative approach
- **Research Design:-** non-experimental descriptive research design was used to assess knowledge & practice of 3<sup>rd</sup> Year B.Sc. Nursing students.
- **Setting:-** study was conducted at selected nursing colleges of Tumkur, Karnataka.
- **Target population:-** it comprises of the 3<sup>rd</sup> Year B.Sc. Nursing students studying in selected Nursing College of Tumkur.
- **Accessible population:-** 3<sup>rd</sup> Year B.Sc. Nursing students studying in selected Nursing College of Tumkur, who were present & match the predetermined inclusion & exclusion criteria.
- **Sample :-** it consist of 1003<sup>rd</sup> Year B.Sc. Nursing students studying in selected Nursing College of Tumkur.
- **Sampling technique:-** Non randomized sample technique.
- **Sample Size :-** 1003<sup>rd</sup> Year B.Sc. Nursing students studying in selected Nursing College of Tumkur (Karnataka).
- **Research variable:-** knowledge & practice of 3<sup>rd</sup> Year B.Sc. Nursing students regarding management of epilepsy.



- **Demographic variables:** -age, sex, religion, education of mother, occupation of mother, education of the father, occupation of father, monthly family income, food habits.

### SCORING CRITERIA

- Based on the scoring the % of knowledge was calculated using the formula
- **Obtained score/total score X 100**
- The score were interpreted as follows
- <50- inadequate
- 51-75- moderately adequate
- >75- adequate

### RESULTS:-

**Section A:** In this section the description of socio-demographic variables of the subjects are portrayed-

Distribution of the students according to their age depicts that the higher percentage of students (93%) are between the age group of 20 to 23 and only (7%) are of the age group >23. Distribution of the students according to their sex depicts that the higher percentage of the students (81%) are females and only (19%) are males. Distribution of

the students according to their religion depicts that the higher percentage of the students (76%) is Christians, about (21%) are Hindus and the lowest percentage of the students are Muslims(3%). Distribution of the students according to the education of the mother depicts that the higher percentage of the students mother (60%) are graduate and above, (39%) of the students mother are higher secondary and the lowest percentage of the students mother (1%) is illiterate. Distribution of the students according to the occupation of the mother depicts that the higher percentage of the student's mother (70%) are housewife, (24%) of the students mother are in service and the lowest percentage of the students mother (6%) are in other forms of occupation. Distribution of the students according to the education of the father depicts that the higher percentage of the students father (83%) are graduate and above and the lowest percentage of the students father (17%) are higher secondary. Distribution of the students according to the occupation of the father depicts that the higher percentage of the student's father (82%) are employed and the lowest percentage of the student's father (18%) are



in other forms of occupation. Distribution of the students according to the monthly family income depicts that the higher percentage of the students (70%) have a monthly family income > 6501, (24%) of the students have a monthly family income between 4501-6500 and the lowest percentage (6%) have a monthly family income < 4500. Distribution of the students according to the food habits depicts that the higher percentage of the students (52%) have mixed food habits, (45%) of them are non-vegetarians and (3%) of them are vegetarians.

**Section-B-** In this section the aspect wise analysis of the knowledge and practice of 3<sup>rd</sup> year B.Sc. nursing students regarding management of patients with epilepsy is done where the mean, SD are calculated to assess the knowledge and practice of the 3<sup>rd</sup> year B.Sc. nursing students regarding management of patients with epilepsy.

**Table-1 – Distribution of descriptive statistics of knowledge and practice score of the nursing students on management of patients with epilepsy**

N-100

	Max score	Range	Median	Mean	SD	Mean %
Age (yrs)	-	20-23	20.00	20.36	0.67	-
Knowledge score	21	4-14	6.50	7.30	2.60	34.76
Practice score	9	2-6	3.00	3.01	1.03	33.44

The table depicts the level of knowledge and practice score and its mean and standard deviation. The knowledge score ranges between 4-14, the median score is 6.50 and the mean is 7.30 with a standard deviation of 2.60 and mean percentage of 34.76%. The practice score ranges between 2-6, the median score is 3.00 and the mean is 3.01 with a standard deviation of 1.03 and mean percentage 33.44%.

**Table-2- Level of Knowledge score of the nursing students regarding management of patients with epilepsy.**

N-100

Level of knowledge score	No. of respondents	Percent
Inadequate	82	82
Moderately adequate	18	18
Total	100	100



The table depicts the level of knowledge score of the nursing students regarding management of epilepsy. 82% of the nursing students are having inadequate knowledge and 18% of the nursing students are having moderately adequate knowledge regarding the management of epilepsy.

**Table-3- Level of Practice score of the nursing students regarding management of patients with epilepsy.**

Level of practice score	No. of respondents	Percent
Inadequate	91	91
Moderately adequate	9	9
Total	100	100

The table depicts the level of practice score of the nursing students regarding management of patients with epilepsy. 91% of the students have inadequate practice regarding the management of patients with epilepsy and about 9% of the nursing students have moderately adequate practice regarding the management of patients with epilepsy.

**Table-4- Correlation between the knowledge and practice scores of the nursing students regarding the management of the patients with epilepsy**

	Mean	SD	t-value	P-value
Knowledge score	7.30	2.60	14.775	<0.001
Practice score	3.01	1.03		

The table shows correlation of the knowledge with the practice scores of the nursing students regarding management of the patient with epilepsy. The mean of the knowledge score is 7.30 with a standard deviation of 2.60 and the mean of the practice score is 3.01 with a standard deviation of 1.03 on comparison the t-value is 14.775 and the P-value is <0.001 and statistically is found to be highly significant.

**Section C:** In this section chi-square is used to find the association of selected socio demographic variables with knowledge and practice of 3<sup>rd</sup> year B.Sc. nursing students regarding management of patients with epilepsy.



It is evident from the present study that the Chi-Square value computed for the age with the knowledge score was found to be significant whereas the sex, education of mother, occupation of mother, education of father, occupation of father, monthly family income, food habits with the level of knowledge is statistically not significant which indicates that there is no association between the knowledge score and the demographic variables in relation to the knowledge. Since 3<sup>rd</sup> year B.Sc. Nursing students have some knowledge regarding management of epilepsy.

It is evident from the present study that the Chi-Square value computed for the age, sex, education of mother, occupation of mother, education of father, occupation of father, monthly family income, number of members in the family, food habits with the level of practice is statistically not significant which indicates that there is no association between the practice score and the demographic variables in relation to the practice. Since 3<sup>rd</sup> year B.Sc. Nursing students are following some practices regarding management of epilepsy.

#### **CONCLUSION:-**

In the present study during, the knowledge score of the subjects ranges between 4-14, the median score is 6.50 and the mean is 7.30 with a standard deviation of 2.60 and mean percentage of 34.76%. The practice score ranges between 2-6, the median score is 3.00 and the mean is 3.01 with a standard deviation of 1.03 and mean percentage 33.44% regarding the management of patients with epilepsy.

The correlation of the knowledge with the practice scores of the nursing students regarding management of the patient with epilepsy shows the mean of the knowledge score is 7.30 with a standard deviation of 2.60 and the mean of the practice score is 3.01 with a standard deviation of 1.03 on comparison the t-value is 14.775 and the P-value is <0.001 and statistically is found to be highly significant.

The study shows that the students are having inadequate knowledge regarding management of psychiatric patients with epilepsy hence improvement in knowledge and practice is needed regarding management of patients with epilepsy.



### **Implications of the study:-**

#### **Nursing Practice:-**

The 3<sup>rd</sup> year B.Sc. nursing students are the future of the nursing profession and they play a major role in preventing the various kind of diseases as well as in the cure of the patients. Hence if they have adequate knowledge regarding management of epilepsy then they can protect the patient from the injury as well as the complications associated with this disease. They can also provide adequate information to the family members regarding the home management of the patients with epilepsy. It is the primary responsibility of the nurse to assess the knowledge and practice of the 3<sup>rd</sup> year B.Sc. nursing students regarding management of epilepsy. By well-planned information guide sheets we can enhance the knowledge of the students regarding the management of epilepsy and hence prevent various complication associated with epilepsy and provide a safe environment to the patients with epilepsy at home.

#### **Nursing Administration:-**

Nursing health administration should make the public aware about the management of epilepsy. In service education and

continuing nursing education should be initiated for nurses to update their knowledge on management of epilepsy. More information in the form of self instructional module, booklets, pamphlets etc should be given to students in order to enhance their knowledge and in turn manage the cases with epilepsy.

#### **Nursing Education:-**

Nursing education helps the student to gain adequate knowledge and skills to fulfill their duties and responsibilities in the nursing field. The awareness on management of epilepsy should be emphasized to provide a better care to the patients suffering from epilepsy as well as protect them from the various complications at the same time to enhance the knowledge of the family members regarding the care of patients with epilepsy at home. Students should have up to date knowledge regarding management of epilepsy. This can be achieved only through structured teaching programme or through self instructional health module or information guide prepared by the health professionals. All in service education program should include the specific area like what is epilepsy, its causes, risk factors, sign



and symptoms, management, complication and home management of epilepsy.

### **Nursing Research:-**

In India, only few research studies have been done on assessment of knowledge and practice on management of epilepsy. All nursing personnel must join hands to provide scientifically tested material or programs to evolve a time bound plan for management of epilepsy. This study revealed that there is deficit in knowledge among the 3<sup>rd</sup> year B.Sc. nursing students hence, there is need for extending the nursing research on management of epilepsy.

### **Limitations:-**

The present study has the following limitations:

- ❖ The study was conducted only on 3<sup>rd</sup> year B.Sc. nursing students.
- ❖ The study was limited to assess the knowledge and practice of 3<sup>rd</sup> year B.Sc. nursing students on management of epilepsy.
- ❖ Since the sample was only 100, the findings cannot be generalized to all the 3<sup>rd</sup> year B.Sc. nursing students.

- ❖ Knowledge and practice of the students was assessed using structured questionnaires.

### **Recommendations:-**

- ❖ A similar study can be conducted on a large sample to generalize the study findings.
- ❖ Mass and individual education in regional languages to enlighten the students can be organized at all the level of health facilities.
- ❖ Comparative study may be conducted to find out the similarities or differences in knowledge between 1<sup>st</sup> year B.Sc. nursing students and 3<sup>rd</sup> year B.Sc. nursing students.
- ❖ Similar study can be conducted on other students studying in various other professional colleges.
- ❖ Similar study can be conducted on the family members of the patients who are suffering from epilepsy.

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