

## **Effectiveness of Planned Teaching Programme on Knowledge Regarding Mirror Therapy in Stroke among Staff Nurses in Selected Hospitals.**

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### **Background:**

Rehabilitation is participating method to reduce the brain damaged due to stroke. The aim of the restoration is to send the client to home and exploit recovery with safe, advanced regimes suitable to the specific client. Good rehabilitation of people with stroke comprises initial physical, work-related and speech therapy. Good restoration treatments gives better results in motor function and inverse the incapacities of stroke. (Torgier Brunn, 2014)<sup>1</sup>

### **Methods:**

A descriptive and evaluative approach was used. One group pre-test and post-test research strategy was adopted. With a non-probability convenience sampling, 30 samples from hospitals were selected. A structured questionnaire was set to check the knowledge and observation checklist was made to check the knowledge among the nursing staff about mirror therapy.

### **Results**

In pre-test most 20 (66.6%) sample had average knowledge followed by 10 (33.3%) were in poor category. None of the sample was in excellent range.

The post-test reveals the most 19 (63.3%) sample had average knowledge followed by 10 (33.3%) sample had excellent knowledge and only 1 (3%) had poor knowledge.

### **Conclusions:**

This study has helped to evaluate the awareness of nursing staff about mirror therapy. The knowledge of nursing staff in post-test was significantly greater in pre-test score. The finding of the research proved, teaching through planned teaching source is really effective to increase and upgrade the knowledge of the staff nurses.

The study reveals that it is important to have regular in-service education programme for student nurses to improve their knowledge and practise skills while caring for the patient.

### **Keywords:**

Mirror Therapy, Stroke, Students Nurses.

## INTRODUCTION:

Health is a lively process and it is continuously unpredictable. All experience periods of good health, illness, and sometimes times of severe disease. Health is the state of functional and metabolic competence. Health is the over-all state of a person's mind, body and soul generally means to be free from disease, injury or pain. A destruction of the normal state of a human that disturbs or adapts its dynamic tasks is called as illness. (Bradshaz Y, et al., 2011)<sup>2</sup>

## Methodology:

Research approach: Quantitative

Research design: Non-Experimental, Descriptive survey

Sampling technique: Convenience sampling

Sample size: 30

Data collection method: Structured questionnaire

Analysis: Descriptive and inferential statistics

## Result & discussion:

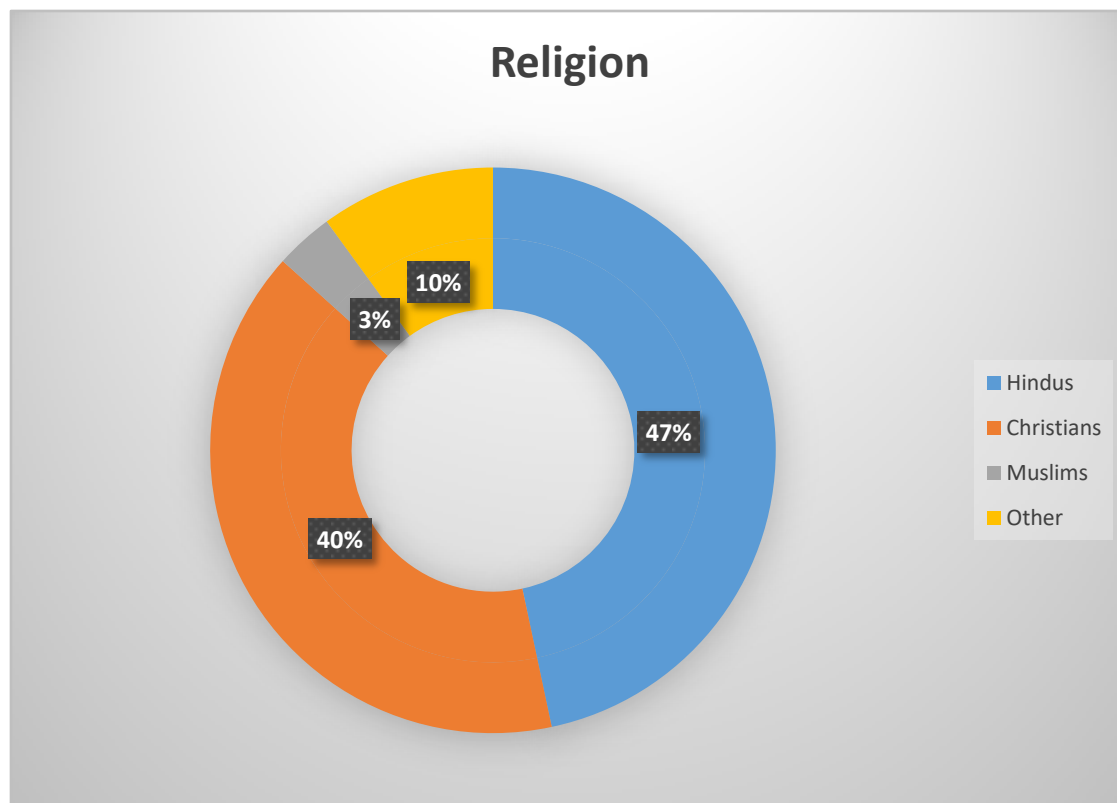
### Table 1: Section I:

This is about Analysis of Demographic Data of nursing staffs under Study. It is analysed and Presented in Form of frequency and percentage table. Religion, course, previous knowledge.

**Table 1: Distribution of sample according to Religion**

<b><u>Religion</u></b>	<b><u>Frequency</u></b>	<b><u>Percentage</u></b>
Hindus	14	47
Christians	12	40
Muslims	1	3
Other	3	10

**RELIGION:-** The data in the table no. 1 and figure 2 shows that majority of the student nurses (47%) were Hindu, 40% Christians, 3% Muslim and 10% others.

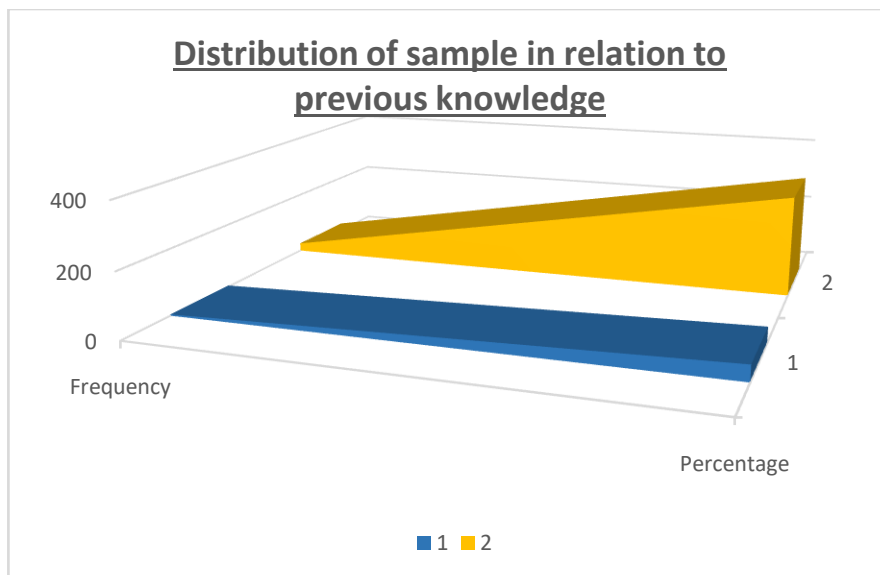


**Figure 2: Distribution of sample in relation to religion**

**Table 3:- Distribution of sample in relation to knowledge**

Sr.no	Previous knowledge	Frequency	Percentage
1	Yes	4	13.3
2	No	26	86.6

**KNOWLEDGE:** The data in table 3 and figure 4 shows that majority 13.3% are having previous knowledge whereas 86.6% of student's nurses don't have the knowledge about Mirror Therapy.



**Figure 4: Distribution of sample in relation to previous knowledge**

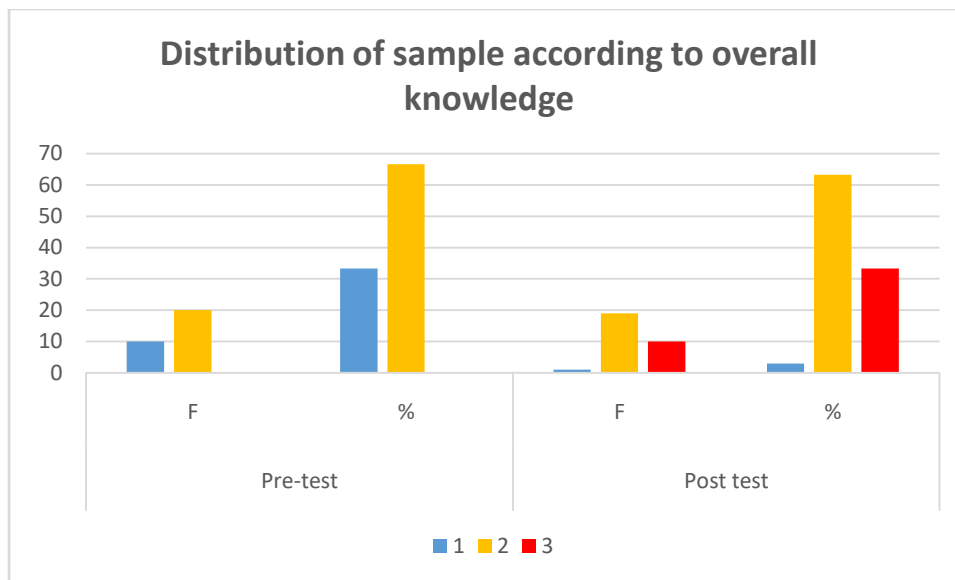
❖ **SECTION 2**

This is about assessment of awareness of student nurses about mirror therapy for Stoke in pre-test and post-test. It is presented as frequency and percentage.

**Assessment of knowledge of sample about mirror therapy for stroke.**

**Table 4: Distribution of sample based on pre and post of overall knowledge level**

Sr. no.	Overall Knowledge	Pre-test		Post test	
		F	%	F	%
1	Poor (0-40)	10	33.3	1	3
2	Average (41-80)	20	66.6	19	63.3
3	Excellent (81-120)	0	0	10	33.3



**Figure 5: Distribution of sample according to overall knowledge**

**Table 4 and figure 5 illustrates on pre and post of overall knowledge level:**

In pre-test most 20 (66.6%) sample had average knowledge followed by 10 (33.3%) were in poor category. None of the sample was in excellent range.

The plot twist reveals the most 19 (63.3%) sample had average knowledge followed by 10 (33.3%) Sample had excellent knowledge and only 1 (3%) had poor knowledge.

This table explains that there was a shift in the number of sample from poor to average to excellent range after administration of planned teaching programme which shows effectiveness of programme.

**Table 5: Effectiveness of intentionaleducation by comparing pre-test and post-test knowledge scores**

Knowledge comparison	Mean	SD	MD	T Value	P value
Overall knowledge				4.14	0.05
Pre-test	47	9.19	45		
Post test	71	27.16	70		

0.05 is the level of significance in “t” table value of 2.05.DF=29.

The data displayed in table displays significant in the mean of pre and post-test score sample.

**Table 6: association between selected of demographic variables such as religion, course of study and previous knowledge and post-test score**

**Table 6** depicts the association of the post-test awareness with selected demographic variables such as religion, course and previous knowledge.

In religion the chi square is 2.411, degree of freedom is 9, p value is 0.98, Yates chi square is 0.60, and Yates p value is 0.99. In course the chi square is 0.466, degree of freedom is 3, p value is 0.92, Yates chi square is 0.28, and Yates p value is 0.96. In previous knowledge, the chi square is 0.444, degree of freedom is 3, p value is 0.93, Yates chi square is 0.44, and Yates p value is 0.93.

**CONCLUSION:**

This study is help to assess the knowledge of student nurses who studied in selected institute in Mumbai regarding mirror therapy. The knowledge of student nurses regarding mirror therapy was inadequate before the administration of planned teaching.

The knowledge level of student nurses in the post test was significantly higher. The finding of the study showed teaching through planned teaching source is really effective to increase and improve the knowledge of student nurses.

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**Conflict of interest:** No conflict of interest found in this study.

**Ethical approval:** The study was affirmed by the Institutional Ethics Sub-Committee.

**References:**

1. Bradshaz .Y, Glasberg, J.J., & Graham, G.D. (2011). Management of adultStroke rehabilitation care: A clinical practice guideline. *Journal of AmericanHeart Association*, 36 (8), 100-143. doi: 10.1161/STR.0b013e3181fcb238.
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