



Effectiveness of PTP on knowledge regarding palliative care among 1st year students in a selected college at Mangalore

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Abstract

Introduction: Palliative care is a specialized medical approach focused on providing relief from the symptoms, pain, and stress of serious illness, with the goal of improving quality of life for both patients and their families. Unlike traditional medical treatment aimed at curing an illness, palliative care prioritizes comfort, emotional wellbeing and holistic support and it can be provided alongside curative treatments. Educating health personnel about palliative care is crucial because it enables them to effectively manage symptoms, provide emotional support, and improve the quality of life for patients facing serious illnesses, especially at the end of life, by addressing not just physical needs but also psychological, social and spiritual concerns, ultimately leading to better patient care and family satisfaction. According to World Health Organization, an estimated 14% of people who need palliative care globally actually receive it, meaning that a significant proportion of patients requiring palliative care are not admitted to such service, despite the need being present for around 56.8 million people annually. In India, less than 1-2% of the population need palliative care receive it, significantly lower than the global average of around 14%.

Objectives: To assess the pre-test knowledge regarding palliative care among first year B. Sc nursing students using structured knowledge questionnaire. To evaluate the effectiveness of planned teaching program on knowledge regarding palliative care among first year B. Sc nursing students in terms of gain in mean post test knowledge score.

Methodology: A pre-experimental one group pre-test post-test design was used for the study. Simple Random sampling technique was used to select the samples for the study. The sample consists of 50 students studying in first year B.Sc. Nursing. Before the PTP pre-test was done using structured knowledge questionnaire. On the seventh day post test was conducted with the same structured knowledge questionnaire. The collected data was analyzed by using descriptive and inferential statistics.

Results: The mean post test knowledge score obtained (24.9) was higher than mean pre-test knowledge score (18.42). The computed 't' value 12.09 was higher than the table value ($t_{49} = 2.02$), at $p < 0.05$ showed that there was a significant difference in the pre-test and post test knowledge score regarding palliative care. Therefore, it is inferred that the planned teaching programme was effective in increasing the knowledge of students regarding palliative care.

Conclusion: A pre-experimental one group pre-test post-test design was used for the study. Simple Random sampling technique was used to select the samples for the study. The sample consists of 50 students studying in first year B.Sc. Nursing. After the PTP pre-test was done using structured knowledge questionnaire. On the seventh day post test was conducted with the same structured knowledge questionnaire. The collected data was analyzed by using descriptive and inferential statistics.

Keywords: Effectiveness, knowledge, palliative care, planned teaching programme, first year B.Sc. nursing students

Introduction

Palliative care is specialized medical care for people living with serious illness. This type of care is focused on providing relief from the symptoms and stress of the illness. The goal is to improve quality of life for both the patient and the family. Palliative care is provided by a specially trained team of doctors, nurses, and other specialists who work together with a patient other doctors to provide an extra layer of support. Palliative care is based on the needs of the patient, not on the patient's prognosis. It is appropriate at any age and at any stage in a serious illness, and it can be provided along with curative treatment² in 1967 Dame Cicely Saunders created the first hospice program called St. Christophers Hospice in the United Kingdom. In 1974 Florence Wald and Chaplain Ed Dobihal founded the first US hospice program connection. Hospice and palliative care were considered the same until the 1980s when hospital based palliative care program were developed at the Cleveland Clinic and medical college of Wisconsin. There are now over 1400 programs in the US.

Over 80's of hospitals with more than 300 beds report to have a palliative care program. Palliative care in India has developed steadily over the past 4 decades, from the hospice movement of the 1980s to specialist palliative medicine in the 2020s. Palliative Care is specialized medical care focused on relieving symptoms and stress of serious illnesses, aiming to improve the quality of life for patients and their families, regardless of prognosis or stage of illness. Palliative Care is about more than just treating the illness; it's about improving the overall well-being of the patient, focusing on their comfort, emotional needs and spiritual needs. Less than 1% of India's 1.2 billion populations had access to palliative care.³

Objectives of The Study

1. To assess the pre-test knowledge regarding palliative care among first year B. Sc nursing students using structured knowledge questionnaire.
2. To evaluate the effectiveness of planned teaching program on knowledge regarding palliative care among

first year B. Sc nursing students in terms of gain in mean post test knowledge score.

Methodology

Samples were selected using the simple random sampling techniques. The sample size was 50. The structured knowledge questionnaire was provided to assess the pre-test knowledge of the students following which planned teaching programme was taught for an hour. Power point slides were utilized for the planned teaching programme. The group was allowed to clarify all their doubts. Post test was performed on the 7th day with same structured knowledge questionnaire. The data was collected and result is assessed using descriptive and inferential statistics.

Result

Section I: Knowledge level of first year B.Sc. nursing students regarding palliative care

Table 1: Distribution of subjects according to grading of pre-test and post-test knowledge scores

Grading	Range of score	Pre-test		Post-test	
		f	%	f	%
BelowAverage	0-10	1	2%	0	0
Average	11-20	33	66%	6	12%
Good	21-30	16	32%	44	88%

Maximum score=30, n=50

Table 2: Range, mean, standard deviation and mean percentage score of pre-test and post test knowledge level of the subject

Area	Range	Mean ± SD	Mean %	Mean Difference
Pre-test	9-28	18.42 ± 3.60	61.4%	21.4
Post test	18-29	24.9 ± 2.77	83%	

Maximum score=30, N=50

Section III: Effectiveness of PTP on first year B.Sc. nursing students regarding palliative care in terms of gain in mean knowledge score

Table 3: Paired ‘t’ test to find out the difference in mean pre-test and mean post test knowledge score.

Variable	Mean	Standard Deviation	Mean Difference	‘t’ Value
Pre-test	18.42	3.60	6.48	12.09
Post test	24.9	2.77		

Maximum score =30; t (49) = 2.02 at P<0.05.

Discussion

Section 1: Knowledge level of first year B Sc nursing students regarding Palliative care

The mean post-test knowledge score (24.9) was higher than mean pre-test knowledge score (18.42) suggesting that PTP helped in improving the knowledge of first year B. Sc Nursing students regarding palliative care.

The findings of the study in accordance with other study which showed that in the pre-test 61.4% people has good knowledge, which increased to 83% in post test. This indicates that PTP helps in improving the knowledge.

Section 2: Effectiveness of Planned teaching programme regarding palliative care in terms of gain in knowledge score.

The findings of the present study showed that the planned teaching programme was effective in improving the

knowledge regarding palliative care. The mean post test knowledge score (24.9) was higher than the mean pre-test knowledge score (18.42). The mean percentage of post test knowledge score (83%) was higher than the mean percentage of pre-test knowledge score (61.4%). The findings are statistically significant at 0.05 level of significance (t₄₉ = 2.02, P<0.05). This shows that 32 the PTP was highly effective in increasing the knowledge of the first year B.Sc. nursing students regarding palliative care.

Conclusion

Palliative care is an essential component of health care for patient with serious illness, offering a compassionate and comprehensive approach that prioritizes quality of life⁴. By addressing the diverse needs of patients and their families. Palliative care helps to alleviate suffering, promote comfort and provide meaningful support during challenging times⁵. Through a collaborative and patient centered approach, palliative care ensures that patient receive dignified, respectful and personalized care throughout their illness journey⁶. Palliative care is a specialized area of health care that focuses on providing relief from the symptoms, pain and stress of serious illness. The goal of palliative care is to improve the quality of life for both the patient and their family⁷. It can be provided alongside curative treatment and is appropriate at any stage of a serious illness, not just the end of life⁸.

Conflict of Interest: None

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