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RESEARCH ARTICLE

EFFECTIVENESS OF VIDEO ASSISTED TEACHING IN KNOWLEDGE AND PRACTICE ON POST OPERATIVE EXERCISES AMONG ABDOMINAL SURGERY PATIENTS IN SELECTED HOSPITALS, TRICHY, TAMILNADU

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ABSTRACT

Introduction: Exercise is important for maintaining physical fitness and can contribute positively to reducing surgical risks and strengthening the immune system. **Objectives:** The objectives of the study is to assess the pre test knowledge and practice of post operative exercises, to evaluate the effectiveness of video assisted teaching, to associate the selected demographic variables with the knowledge and practice of post operative exercises and to correlate the knowledge and practice of post operative exercises among abdominal surgery patients. **Methodology:** A pre experimental research with one group pre test and post test design was chosen. All the male and female patients who are undergoing abdomen surgery are selected. The sample size chosen is 40 by purposive sampling technique. **Results:** In post test knowledge out of 40 patients 1 of them had moderately adequate knowledge, 39 of them had adequate knowledge. The level of practice on post operative exercises among abdominal surgery patients was increased from day 1 to day 5. The relationship between overall knowledge and practice score on post operative exercises shows positive correlation. **Conclusion:** From this study the finding shows that video assisted teaching is effective way to teach patients and help them to understand about health maintenance.

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INTRODUCTION

In this world there are many diseases affecting human beings. Amongst them most are cured with medicines and some are cured with surgery and many of them cured with both of these aspects. Hence surgery plays a major role in treating the diseases. Exercise is important to keep both your body and mind "in shape". Physical exercise is important for maintaining physical fitness and can contribute positively for maintaining a healthy weight, building and maintaining healthy bone density, muscle strength, and joint mobility, promoting physiological well-being, reducing surgical risks, and strengthening the immune system (Bare, 2006). Nursing profession has moved from the 'cure' model to 'care' model. Prevention is recognized as an important function of the nurse. Contemporary perioperative nursing practice is patient centred rather than task centred. Patient education is the best way to prevent post operative complications. Nurse has the responsibility of patient education and the patient has the right to participate in his treatment (Lewis, 2007). National Health care quality (2004) reported that 4 in every 10 Indians suffer from post operative complications after abdominal surgery.

Hence health experts are giving importance to post operative exercises (Quality Care Report by Agency for Healthcare Research and Quality, 2003). A study at Maharashtra on effectiveness of compact disc (CD) on knowledge and practice of breathing exercises among patients undergoing abdominal surgery; A quasi experimental design, where pre- and post-test with control group approach was used. The population for the study included the patients with abdominal surgery. Purposive sampling technique was utilised for selecting a sample of 60 patients with abdominal surgery. The significant findings of the study were Mean post-test knowledge score (92.9%) of experimental group (abdominal surgery patients) was found to be significantly higher than the post-test knowledge score (36.75%) in the control group, as evident from 't' value (29) = 54.7, p <0.05 level. This suggested the effectiveness of compact disc in increasing the knowledge of abdominal surgery patients regarding breathing exercises (Sivabalan, 2009). In case of elective surgery, exercise therapy could be initiated preoperatively in patients at risk for unsatisfactory surgical outcomes (Lemanu, 2013), and be continued during the early and late postoperative period (Patel, 2013).

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Objectives: The objectives of the study is to assess the pre test knowledge and practice of post operative exercises, to evaluate

the effectiveness of video assisted teaching, to associate the selected demographic variables with the knowledge and practice of post operative exercises and to correlate the knowledge and practice of post operative exercises among abdominal surgery patients.

Hypothesis

H₁: There is a significant increase in knowledge of post operative exercises among patients who have undergone video assisted teaching.

H₂: There is a significant increase in practice of post operative exercises among patients who have undergone video assisted teaching.

MATERIALS AND METHODS

A pre experimental research with one group pre test and post test design was chosen. All the male and female patients who are undergoing abdominal surgery are selected as the population for the study.

40 patients were chosen for this study as sample by Non probability purposive sampling technique. The data was collected by the structured knowledge questionnaire and the checklist for assessing the practice on post operative exercise. The results were analysed by using descriptive and inferential statistics.

RESULTS

Table 1 shows the pre test knowledge out of 40 patients all of them 40 (100%) had inadequate knowledge on post operative exercises. In post test knowledge out of 40 patients one (2.5%) of them had moderately adequate knowledge, 39 (97.5%) of them had adequate knowledge and none of them had inadequate knowledge on post operative exercises.

Table 1. Pretest and Posttest level of knowledge on post operative exercises among abdominal surgery patients

Level of Knowledge	Pre Test		Post Test	
	Frequency	Percentage	Frequency	Percentage
Inadequate Knowledge	40	100.0	0	0.0
Moderate Knowledge	-	-	1	2.5
Adequate Knowledge	-	-	39	97.5
Total	100.0	100.0	100.0	100.0

Table 2. Mean and Standard deviation on level of knowledge on post operative exercises among abdominal surgery patients

Knowledge on post operative exercises	Pre test	Post test
Mean	4.55	18.00
Standard deviation	1.39	1.13

Table 2 shows the pre-test mean for the samples was 4.55 with standard deviation 1.39 and in post-test sample mean were 18.00 with standard deviation 1.13. Hence Hypothesis H₁ is accepted.

Table 3. Level of practice on post operative exercises among abdominal surgery patients

Days	Level of Practice in Post Test			
	Inappropriate Practice		Appropriate Practice	
	No.	%	No.	%
First Day	40	100.0	-	-
Second Day	40	100.0	-	-
Third Day	17	42.5	23	57.5
Fourth Day	-	-	40	100.0
Fifth Day	-	-	40	100

According to table 3 the level of practice on post operative exercises among abdominal surgery patients. On first and second day out of 40 samples all were (100%) had Inappropriate level of practice and in third day 17 (42.5%) were had Inappropriate level and 23 (57.5%) were had appropriate level of practice. In fourth day and in fifth day all (100%) had appropriate level of practice.

Table 4. Mean and Standard deviation on level of practice on post operative exercises among abdominal surgery patients

Days	Practice Score	
	Mean	S.D
First Day	7.17	1.39
Second Day	8.95	1.22
Third Day	21.37	4.41
Fourth Day	28.72	2.45
Fifth Day	35.58	2.25

Table 4 shows the mean and standard deviation of practice on post operative exercises among abdominal surgery patients on first day was 7.17 and 1.39 respectively and for the second day it was 8.95 and 1.22 and in third day 21.37 and 4.41 respectively. On fourth day mean and standard deviation was 28.72 and 2.45 with fifth day was 35.58 and 2.25. This table indicates that there is gradual increase in mean and standard deviation of practice score of patients from first day to fifth day.

Table 5. Effectiveness of Video Assisted Teaching on level of knowledge on post operative exercises among abdominal surgery patients

Knowledge improvement Score	Statistics values
Improvement Mean Practice	13.45
Standard Deviation	1.63
Paired t value	t = 52.117
P – value	P = 0.000 ***

The average improvement of practice in samples of 40 was 13.45 with standard deviation of 1.63. The improvement was statistically tested by paired ‘t’ value and the result found to be significant at p<0.001 level was shown in table 5.

Table 6. Effectiveness of Video Assisted Teaching on level of Practice on post operative exercises among abdominal surgery patients

Practice score	Improvement Practice Score	Paired T test value
	Mean S.D	
Day 1 – Day 2	1.78 0.86	t = 13.0264, P=0.000***
Day 1 – Day 3	14.20 3.70	t = 24.307, P=0.000***
Day 1 – Day 4	21.55 1.80	t = 75.857, P=0.000***
Day 1 – Day 5	28.40 1.93	t = 92.961, P=0.000***

The practice on post operative exercises among abdominal surgery patients were assessed in that the mean and standard

deviation for first day and second day practice was 1.78 and 0.86 respectively with their paired t value is 13.0264 and P value is 0.00. For the first day and third day practice the mean is 14.20 and standard deviation was 3.70 with t value 24.307. Hence Hypothesis H2 is accepted.

Table 7. Relationship between Overall Knowledge Score and Overall Practice Score on Post Operative Exercises among Abdominal Surgery Patients (Correlation Coefficient Value)

Practice	Pre Test Knowledge	Post test Knowledge
	r value	r value
Day 1	r = 0.476	r = 0.306
Day 2	r = 0.181	r = 0.289
Day 3	r = 0.116	r = 0.041
Day 4	r = 0.090	r = 0.647
Day 5	r = 0.158	r = 0.694

Table 7 shows the correlation value of knowledge with each day practice are as follows. The r value for pre-test and practice of post operative exercises on day 1 was 0.476 and with post test was 0.306 and the value for second post operative day with pre-test was 0.181 and with post test was 0.289. The r value for pre-test and practice of post operative exercises on day 3 was 0.116 and with post test was 0.041 and the value for fourth day with pre-test was 0.090 and post test was 0.647. The value for fifth post operative day with pre-test was 0.158 and with post test was 0.694. There was no significant association with the demographic variables of samples such as age, sex, education qualification, occupation, family income, family type and chronic disease. But the personal habits have shows some significance $P=0.041$. There was no significant association with the demographic variables of samples such as age, sex, education qualification, occupation, family income, family type and chronic disease but it shows some significance in personal habits at the level of $P=0.048$. Thus results shows there is a positive correlation.

Conclusion

There was significant increase in the level of knowledge and in level of practices on post operative exercises after the teaching programme. Therefore, it can be concluded that education plays an important role in increasing awareness on patients. So, present study suggests that teaching programme should be planned in a regular basis to update the awareness and knowledge on operative exercises on prevention of post operative complications among patients undergoing abdominal surgeries.

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