



A randomised control study to assess the effectiveness of self-instructional module on knowledge of self-management among patients undergoing hemodialysis in tertiary care hospital, Belagavi, Karnataka

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Abstract

A randomized control study was conducted to assess the effectiveness of self-instructional module on knowledge of self-management among patients undergoing hemodialysis in tertiary care Hospital, using simple random technique method. Data was collected. Then SIM was administered in experimental group. The obtained data was analyzed by using frequency, percentage, mean and standard Deviation. The study findings revealed that there is much gain in knowledge of self-care management among CKD patients undergoing Hemodialysis in posttest of experimental study. So the SIM was an effective to enhance the Knowledge of self-care management.

Keywords: CKD-chronic kidney disease, SIM-self-instructional module

Introduction

Kidney disease is the 8th leading cause of death in the United States. Relative to whites, the risk for African Americans is 3.8 times higher, Native Americans is 2 times higher, Asians is 1.3 times higher, and Hispanics also have increased risk, relative to non-Hispanics. In 2009 (the most recent statistics available), there were 116,395 new kidney failure diagnoses, 571,414 people living with kidney failure and 90,118 deaths among people with kidney failure.

More than 87,000 people die from causes related to kidney failure each year. Many people with an advanced form of kidney disease do not know they have weak or failing kidneys, but early detection and treatment can help prevent the progression of kidney disease to kidney failure.

Self-Management Programme for the patients undergoing Hemodialysis to enhance and sustain ability to function normally, like diet, exercise, fluid management, dialysis cycles, medication, satisfaction, symptom control, complications control and health service utilization and improve their impaired health status and the Quality of life. Thus the investigator strongly considers that the self-care management program to patients undergoing Hemodialysis might have the positive impact on the Quality of Life of the patients. To improve the Quality of Life of patients undergoing Hemodialysis, ensuring their proper self-management abilities can be achieved by self-management programme which will aid them for improving or enhancing their self-management abilities.

Objective

To assess the effectiveness of Self-Instructional Module in experiment group as compared to control group.

Hypothesis

H₁: The mean posttest Self-Management ability scores of

patients undergoing hemodialysis exposed to Self-Management Program will be significantly greater than their mean pretest Self-Management ability scores.

Methodology

Research Approach: Evaluative

Table 1

Group	Sampling	Pretest	Intervention	Posttest
Experimental (E)	R	O ₁	X	O ₂
Control (C)	R	O ₁	--	O ₂

R = Randomization of samples

X = Intervention

O₁ = Pre test

O₂ = Post test

Population

Patients undergoing Hemodialysis who are admitted in Dialysis or Nephrology Units.

Sample Size: 50

25 in Experimental Group

25 in Control Group

Methods of collection of data

- **Sampling technique:** Probability: Simple Random Sampling.
- **Instruments/ Tools:** Structured Questionnaire on Self-Management ability in Hemodialysis

Data collection method

The investigator obtains permission from the respective authority and the ethical clearance to conduct the study. Selection of sample (Patients undergoing Hemodialysis) and

explaining the purpose of the research study and categorizing them in to experimental and control group through Probability Simple Random Sampling technique. Assessing the self-management ability through Structured Questionnaire on Self-Management ability among the patients undergoing hemodialysis in the experimental and control group. Administering Self-Management Programme among the Patients undergoing Hemodialysis in the experimental group. Conducting the posttest to assess the effectiveness of Self-Management Programme among the patients undergoing Hemodialysis in the experimental group as compared to the control group.

Results

Results of the study indicated that 3 (12%) had poor knowledge, 20 (80%) had average knowledge and 2(8%) had good knowledge in pretest. And 7(28%) had good knowledge, 18 (72 %) had average knowledge in posttest of control group of the study.

In experimental group 7 (28%) had poor knowledge, 18(72%) had average knowledge in pretest. And all of them i.e. 25(100%) had good knowledge in posttest of experimental group.

Conclusion

The study findings revealed that there is much gain in knowledge of self-care management among CKD patients undergoing Hemodialysis in posttest of experimental study. So the SIM was an effective to enhance the Knowledge of self-care management.

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