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**Effect of a mindfulness based intervention on stress and mindfulness among primary caregivers of patients with alcohol dependence syndrome admitted in a selected de-addiction centre at Ernakulam district, Kerala**

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**ABSTRACT**

Alcoholism negatively affects the physical, psychological, financial, emotional wellbeing of the individual, family as well as the society. The study was aimed to assess the effect of mindfulness based intervention on stress and mindfulness among primary care givers of patients with Alcohol Dependence Syndrome. The Objectives of the study were to assess the stress among primary care givers of patients with Alcohol Dependence Syndrome, to evaluate the effect of mindfulness based intervention on stress and mindfulness among primary care givers of patients with Alcohol Dependence Syndrome, to determine relationship between stress and mindfulness among primary caregivers of patient with Alcohol Dependence Syndrome. A quantitative approach was used with pre experimental design. Thirty six caregivers of patient with alcohol dependence syndrome admitted for de-addiction treatment were enrolled as study subjects by consecutive sampling method. Data was collected by using Perceived Stress Scale and Five Facet Mindless Questionnaire. Results revealed that 83.3% of subjects were experiencing moderate stress and 16.7% of subjects were experiencing high stress before the intervention. There was significant reduction in the mean PSS score (MD= 7.5) after mindfulness based intervention. There was significant reduction in the level of stress among the subjects after mindfulness based intervention (t-13.74 p=0.001). There was significant increase in the mean mindfulness score (MD=28.2) after mindfulness based intervention. There was significant improvement in the mindfulness among the subjects after mindfulness based intervention (t=11.08 p = 0.001). Conclusion: Mindfulness Based Intervention has proved to be an effective stress management strategy that can be used widely among caregivers experiencing chronic stress.

Keywords: Stress; Mindfulness, Mindfulness based intervention, caregivers; alcohol dependence syndrome.

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## **Eight Dimensions of Social intelligence in school going adolescents between 16 and 18 Years**

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### **ABSTRACT**

The present research project titled “Eight dimensions of social intelligence in school going adolescents between 16 and 18 years” was conducted among 216 school going adolescents. Subjects were selected by convenience sampling technique . Descriptive survey design was used. The objectives were to assess the eight dimensions level of social intelligence among adolescents, to compare the social intelligence score between adolescent boys and girls, to identify correlation between eight dimensions of social intelligence score and happiness score and to find out the association between level of social intelligence and selected variables. Theoretical framework was based on Roy’s Adaptation model, Data were collected by social intelligence scale and happiness questionnaire. Result showed that out of eight dimensions level of social intelligence among school going adolescents, 39.4% of subjects had high level of recognition of social environment, 58.3% had average level of tactfulness , 50.9% had average level of sense of humor, 29.6% had low level of cooperativeness, 32.9% had low level of sensitivity, 68% had low level of confidence. There was a significant difference in total social intelligence score between adolescent boys and girls ( $z=0.556$ ,  $p<0.05$ ). There was a significant positive correlation between all dimensions of social intelligence and happiness score ( $r=0.786$ ,  $p<0.05$ ). The study concluded that (64.8%) of study subjects had only average level of social intelligence.

Keywords: Eight Dimensions, Social Intelligence, Adolescents, happiness score

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## **Effect of an educational package on quality of life among patients undergoing haemodialysis**

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### **ABSTRACT**

The increasing number of patients with end stage renal disease (ESRD) has caused a substantial rise in the number of individuals receiving haemodialysis. Although considerable progress has been made in the treatment of chronic kidney disease, compromised quality of life continues to be a significant problem for patients receiving haemodialysis. The present study was aimed at exploring the effect of an educational package on quality of life among patients undergoing haemodialysis. The objectives of the study were to assess the quality of life of patients undergoing haemodialysis, to find the effectiveness of educational package on quality of life among patients undergoing haemodialysis, to find the association between quality of life with selected demographic variables. Experimental approach was used with one group pre testpost test only design. The data were collected from 65 subjects by using convenient sampling technique. Von Ludwig Bertalanfly's General System Theory was used for conceptual framework in this study. Data was analyzed using descriptive and inferential statistics. Results had shown a statistically significant difference in the pre test and post test score level of quality of life in all four domains ( $p < 0.05$ ). The present study concluded that patient education can significantly improve the quality of life of haemodialysis patients. The study also concluded that there is a significant relationship between physical domain and income and environmental domain and occupation.

Key words : ESRD haemodialysis: Quality of life; Educational package.

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**Assessment of coping strategies and perceived benefits of 12- step group participation among abstinent patients with alcohol dependence syndrome following inpatient De-addiction treatment programme in a selected de-addiction treatment centre at Ernakulam district, Kerala**

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**ABSTRACT**

The present study was undertaken to assess the coping strategies and perceived benefits of 12 step group participation among abstinent patients with Alcohol Dependence Syndrome (ADS) following inpatient De-addiction treatment programme. **Objectives** were to assess the coping strategies adopted by patients with Alcohol Dependence Syndrome maintaining abstinence following inpatient de-addiction treatment programme, to assess the perceived benefits of 12 step group participation among abstinent patients with Alcohol Dependence Syndrome following inpatient de-addiction treatment programme, to find the association between coping strategies adopted by abstinent patients with Alcohol Dependence Syndrome and selected demographic, and substance use variables. **Method:** A quantitative, non experimental approach was used with descriptive cross-sectional survey design, 65 abstinent patients with Alcohol Dependence Syndrome were selected as study subjects by convenient sampling method. Data was collected by using demographic profile and substance related variables profile., Perceived Benefits of step group Questionnaire (PBSQ) and Coping Behaviour Inventory (CBI). Results of the study revealed that mean score of coping behaviour in the domains of positive thinking were 33.58+5.7, negative thinking (12.02+3.3), avoidance (16.5+2.8), seeking social supports (13.38+2.8) respectively. All the subjects (100%) reported twelve step groups to be very helpful and 97% believed that participation in twelve step group is important for recovery. No. Socio demographic and substance related variable found to be associated with coping behaviour of the subjects, occupational status and co-morbid substance abuse were associated with in the domains of negative thinking and seeking social support respectively. **Conclusion:** Adopting healthy coping strategies and participation in twelve step group can play a key role in abstinence maintenance focusing on complete recovery of the individual.

**Key words:** Abstinent patients, coping strategies, 12 step group participation Alcohol dependence syndrome.

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## **Post partum fatigue and its contributory factors among women following delivery**

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### **ABSTRACT**

Postpartum period is a stage of physiological and psychological change that happens for every woman. Fatigue during this period may disable the women to sustain her personal and social activities and interfere with her role performance. A non- experimental longitudinal study was conducted among 50 postnatal mothers to assess the prevalence and the symptoms of postpartum fatigue and to determine the relation between fatigue and selected variables. A structured interview schedule on demographic and clinical data was used to collect baseline information. Fatigue Visual Analogue Scale, Fatigue Symptom Checklist and structured questionnaire were used to measure the intensity of fatigue, symptoms and the contributory factors of postpartum fatigue respectively. The data was analysed using statistical package SPSS version 20. The intensity of fatigue was significantly high ( $z=3.824$ ,  $p=0.001$ ) at weeks postpartum ( $4.46\pm 2.40$ ) while compared to immediate postpartum period ( $3.36\pm 1.19$ ). The most frequently reported symptom of postpartum fatigue was interruption of sleep at night (88%). Postpartum fatigue was significantly associated with history of abortion, sleep duration, water intake and time of fatigue. The study concluded that the prevalence and intensity of postpartum fatigue was high during 2 weeks postpartum while compared to immediate postpartum fatigue period. This study strongly recommends the need to address the postpartum fatigue in reduce postnatal assessment and to acknowledgement the importance of considering sleep quality and other contributory factors of fatigue following delivery to enhance healthy postpartum adaptation.

Key words: Level of postpartum fatigue: Contributing factors Mothers

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# **Effect of distraction with a cartoon show on pain perception of preschool children during administration of an intravenous injection**

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## **ABSTRACT**

The research project was titled as “the effect of distraction with a cartoon show on pain perception of preschool children during administration of an intravenous injection”. The aim of the study was to the effect of cartoon show in reducing pain perception during intravenous injection among preschool children. The objectives of the study were to assess the level of pain perception during administration of intravenous injection among pre-school children without cartoon show as measured by FLACC pain scale, to find out the association between level of pain perception and selected demographic variables. The study was conducted among 65 preschool children between the age of 3 to 6 years those who were undergoing intravenous injection during the first day of intravenous cannulation. Design used was one group pre-test post test design. Subjects were selected by using purposive sampling technique. Pre test was conducted by assessing the level of pain perception of preschool children before administration of cartoon show during initial period up to 1ml of intravenous injection by using FLACC pain scale. Post pain perception score was assessed during the rest of the time of same injection when the cartoon show was played. The Post pain perception score was assessed for those who had pre test pain perception score more than one. The result showed that there was significant reduction in pain perception in preschool children after cartoon show during administration of intravenous injection ( $p < 0.01$ ) ( $z = 6.624$ ) at 0.05 level of significance. It was concluded that cartoon show was an effective distraction strategy to reduce pain perception among preschool children during intravenous injection.

Key words: Effectiveness: Cartoon show, pain perception intravenous injection

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## **The level of memory impairment among elderly in a rural community**

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### **ABSTRACT**

Ageing is a continuous and universal process which begin with the first day of life to the last moment of death. Memory impairment or memory loss is the lack of person's ability to consistently recollect information to the extent of impairing the daily activities of the person. Globally 40% of people over 65 years of age have some type of memory problem and 15% will develop dementia each year. The researcher could realize that when a man enters into the old age period, he/she suffers from memory related problems and to identify that the present study was undertaken. The objectives of the study were to assess the level of memory impairment and selected demographic variables and to provide an information booklet on tips to enhance memory. The research was based on Quantitative Non-experimental approach Descriptive survey design was used in this study. 200 elderly people aged 65 years and above were selected from the community areas coming under the Aikkarandu Gramma Panchayath by using convenience sampling technique. The data collection tools were structured interview schedule to collect socio demographic data and Modified Addenbrooke's Cognitive Examination (ACE) III Malayalam version with emphasis on memory function. Data was analysed using descriptive and inferential statistics. The present study concluded that 54.5% of the subjects had normal memory and 36% had mild memory impairment. 7% had moderate memory impairment and 2.5% of the subjects had severe memory impairment. The study also revealed that there is a significant association between level of memory impairments with socio demographic variables such as age and educational qualification ( $p < 0.05$ ).

Key words: Memory impairment, Elderly people: Addenbrooke's

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**A study to assess the effect of an educational package on knowledge and practice of Endo tracheal Suctioning among staff nurses in a tertiary care centre in South India**

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**ABSTRACT**

Endotracheal Suctioning (ETS) is an essential procedure to keep the airways clear of secretions in the mechanically ventilated patients. It is imperative that the nurses must be aware about the current practices of ETS. The study was aimed to assess the effect of an educational package on knowledge and practice of ETS among staff nurses. The objectives of the study were to assess the effect of educational package on the knowledge and practice, to correlate the knowledge and practice and to find out the association between knowledge and practice with selected demographic variables. A quantitative pre-experimental one group pre-test post-test design was used and data collected from staff nurses working at the Neuro Apex Care Unit of a tertiary care hospital in South India. The sample (n=37) was selected by random sampling method. Demographic details of the staff nurses collected by demographic data sheet. Structured knowledge questionnaire and observational checklist were used to assess the knowledge and practice of ETS respectively. Intervention of educational package was given immediately after pre-test. Post-test was done 14 days after the intervention. Analysis was done by descriptive and inferential statistics. The results revealed that the median pre-test knowledge score was 14 and the median pre-test practice score was 24. After the intervention of educational package the median post-test knowledge score was 25 and median post-test practice score was 40. There was a significant increase in the median score after educational package on knowledge ( $p < 0.00$ ) and practice ( $p < 0.001$ ). Therefore the study concluded that educational package was effective in enhancing the knowledge and improving the practice of ETS. There was no correlation between the knowledge and practice. None of the demographic variables were associated with knowledge and practice of staff nurses.

Key words: Effect, end tracheal suctioning knowledge, practice, educational; package; staff nurses.



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**The effect of an Educational Programme on knowledge, Attitude And  
Practice among mothers attending Rural Anganwadis regarding  
Television Viewing of their Pre-School Children**

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**ABSTRACT**

The study titled “The effect of an Educational Programme on knowledge, Attitude And Practice among mothers attending Rural Anganwadis regarding Television Viewing of their Pre-School Children was Pre-experimental study with one group pre testpost test design and conducted among 65 mothers of preschool children attending Rural Anganwadis of ValakomPanchayath . The objectives of the study was to assess the effect of an educational programme on the knowledge attitude and practice regarding television viewing in preschool children among their mothers and to find out the association between the pre test knowledge, attitude and practice with selected demographic variables. Theoretical framework of this study was based on Modified Ludwig VonBertalanffy general system theory. Data were collected by structured questionnaire before and after the introduction of educational teaching programme. The collected data were analysed by using descriptive and inferential statistics . The analysis by Wilcox on signed rank test showed that the calculated value ( $p=0.0001$ ) is less than 0.05 this indicates the effectiveness of educational programme in improving knowledge, attitude and practice. There was no significant association between pre test knowledge, attitude and practice score with the selected demographic variables. The study concluded that educational Programme was highly effective in improving knowledge, attitude and practice among mothers of preschool children regarding television viewing.

Key words: Television viewing , Educational Programme knowledge, attitude practice.

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## **Breast feeding self efficacy among postnatal mothers with Two different breast feeding positions**

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### **ABSTRACT**

Breast feeding is an unequalled way of providing ideal food for the healthy growth and development of new born. Breast feedingself efficacy means that mother's confidence in her ability to Breast feed her new born. When mother and baby are well positioned the nipples stay healthy and baby can feed most efficiently . The aim of the study was to assess the effect of football versus cadle position on breast feeding self-efficacy among post natal mothers admitted in a tertiary hospital at Ernakulam district . The objective of the study was to compare the Breast feeding self-efficacy with two different breast feeding positions. Subjects were 87 post natal mothers who were selected by convenience sampling technique. One group post test only design was used for the study. Von Ludwig system model was used for conceptual framework.In this study. A modified Breast feedingself efficacy scale was used for analysis of Breast feeding self efficacy in foot ball and cradle position. Data was analysed using descriptive and inferential STATISTICS. The mean and median of Breast feeding self efficacy in cradle position were 54.69 and 56 respectively which were higher than the mean 31.69 and median 31 of Breast feeding self efficacy in the foot ball position. The "Z" value for Breast feeding self efficacy was 8.094 which was significant at "P" value <001 level. It is concluded that there was a significant difference in the Breast feedingself efficacy of cradle position and foot ball position. The present study recommended that cradle position may be effective than foot ball position.

(Key words: Postnatal mothers: cradle position: Foot ballPosition : Self efficacy).

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# **Effect of educational empowerment programme on knowledge and attitude regarding preconception care among college students**

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## **ABSTRACT**

Preconception care is recognized as a critical component of health care for women of reproductive age knowledge of preconception care has the potential of changing behaviour, modifying risks and improving the health status of future parents. The aim of this quasi experimental study was to assess effect of an educational empowerment programme on knowledge and attitude of college students regarding preconception care. Sixty seven students attending final year bachelor degree programme were enrolled in the study by convenience sampling . Data related to socio demographic variables and health related variables were collected by using structured questionnaire . A structured knowledge questionnaire and structured attitude scale were used to assess knowledge and attitude regarding preconception care before and after intervention. The study showed significant improvement ( $p < 0.001$ ) in post intervention knowledge (19.4%) and attitude (94.2%) scores as compared to baseline knowledge (2.9%) and attitude (71.9%) on preconception care. But at baseline assessment knowledge on preconception care was poor among college students. Educational empowerment programme was an effective method to improve knowledge and attitude of college students. The study recommends such initiatives to improve the reproductive health outcome among women.

**Key words:** Preconception care, Knowledge, Attitude, Educational empowerment programme.

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**Profile of the level of anxiety, it's contributing factors and coping skills  
among fathers of newborns admitted in Neonatal Intensive care unit**

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**ABSTRACT**

Newborns who need intensive medical attention are often admitted into a special area of the hospital called the Neonatal Intensive Care Unit (NICU) combines advanced technology and trained health care professionals to provide specialized care for the sick babies. The present study aimed to assess the level of anxiety it's contributing factors and coping skills among father's of newborns admitted in Neonatal Intensive Care Unit . The objectives of the study were to assess the level of anxiety among father's newborns admitted in NICU, to identify the contributing factors of anxiety, to assess the coping skills of the father's of newborn and to find the association between level of anxiety and selected variables. The study used a descriptive survey design and purposive sampling technique to select subjects based on the objectives. Modified Roy's adaptation model was used as conceptual frame work in this study. The data were collected from 192 subjects. Data were analyzed using SPSS Version 20. The study concluded that majority (95%) of the fathers had severe anxiety and most (59%) of them had adequate coping skills. The study also concluded that when it comes to contributing factors leading to anxiety physiological domain (mean score 18.05) along lack of physical facilities (mean score 14.029) significantly contributed to anxiety among fathers. In coping mechanisms adopted by fathers, physical cognitive and emotional mechanisms were mostly adopted by fathers (mean score 19.36, 18.81 and 16.34 respectively.) There is no significant relationship between anxiety and coping .

Key words: Newborn: Anxiety: Coping skills: Contributing factors : NICU Fathers of newborn.

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## **The effect of an educational programme on awareness regarding stroke and its prevention among adults employed in a local agency**

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### **ABSTRACT**

The present study was aimed to assess the effect of an educational programme on awareness regarding stroke and its prevention among adults employed in a local agency. The objectives of the present study were to identify employees at risk for stroke, to assess the level of awareness and effectiveness of an educational programme and association between awareness score and selected demographic variables. A cross sectional survey approach and a pre experimental design were adopted. Using survey data were collected from 102 adult employees selected using convenience sampling technique and identified stroke risk using modified stroke risk score card. Using purposive sampling 52 risk employees (high risk and caution category) were identified and data collected using structured awareness questionnaire. The collected data were analyzed using descriptive and inferential statistics. The study finding revealed that 24.51% of employees were at high risk for stroke, 26.47% come under caution category. This shows that about 50.98% of employees are at risk for stroke and remaining 49.02% of employees are with low stroke risk. There were significant increase in the mean post test awareness score after imparting educational programme and is found to be statistically significant at ( $p < 0.001$ ). But no significant association was found between levels of awareness with their selected socio demographic variables, It is observed that 50.98% of employees are at risk for stroke and most 55.7% had poor awareness and 30.7% had average awareness before imparting education programme. This finding emphasizes, the pressing need for risk assessment and imparting awareness programme to reduced the burden of stroke associated disability.

Key words: Educational Programme: Awareness: Stroke and its prevention: Adult employee

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# **The effect of nurse led intervention on quality of life among elderly inmates of a selected home for the aged at Ernakulam District, Kerala**

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## **ABSTRACT**

The present study was undertaken to assess the effect of nurse led intervention on quality of life among elderly inmates of a selected home for the aged. **Objectives** were to assess the quality of life of elderly inmates of old age home, to assess the effectiveness of nurse led intervention on quality of life among elderly inmates and to assess the relationship between quality of life of elderly and selected demographic variables . **Method** : A quantitative approach with one group pretestpost test design was used, 42elderlyresiding in old age home were enrolled as study subjects by convenient sampling method. Data was collected using socio demographic performsstatdrdlized tools such as W.H.O.QOL, BREF, COOP chart. **Result:** mean score of quality of life in the domain of physical health (44.3+ 8.13), physiological (40.38+9.21), social relationship (40.5+11.24) and environmental domain (47.38+5.62) respectively. There was significant increase in the quality of the score after the intervention in all the four domain physical health, (48.57+5.26), MD=4.2P= 0.003), pychological domain (45.85+3.10, MD =5.4 P =0.001). Social relationship domain (47.97+4.41, MD= 7.9 p=0.001 ) and environment domain (53.66=4.20, MD=6.2 p= 0.001) respectively .Thus the nurse led interventional programme was found to be effective in improving QOL in all the four domains. There was significant association of quality of life with demographic variables such as gender (p=0.004) religion (p=0.04), community (p=0.04) and type of diet followed (p=0.002) with the psychological domain. Thype of diet, co0morbid medical illumes bad significant association with quality of life in social relationship domain (p=0.001) 0.04 respectively. **Conclusion** : Findings of this study revealed that non pharmacological interventions such as psychosocial empowerment exercises, educational sessions and physical activity sessions such as craft work sessions empowered the elderly physical activity sessions such as craft work sessions empowered the elderly physically psychologically and socially.(Key words: Effect interventional package: quality of life elderly old age home)

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# **Impact of an empowerment program for mothers on knowledge and practice of soothing new born babies with excessive crying**

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## **ABSTRACT**

The study was undertaken to assess the impact of an empowerment program on knowledge and practice of soothing newborn babies with excessive crying among primipara mothers admitted in postnatal wards of a selected tertiary care hospital at Ernakulam district, Kerala. Non-equivalent control group post-test only research design was used for this study. Fifty primipara mothers were enrolled in the study for both control and experimental group by convenience sampling. A structured questionnaire was used to assess knowledge and a checklist was used to assess the reported practice on soothing newborn babies with excessive crying. The data was analyzed using statistical package SPSS version 20. It was identified that in the control group 4% had good knowledge and in the experimental group 56% primipara mothers had good knowledge regarding soothing new-born babies with excessive cry after the empowerment program. In the control group all primipara mothers (100%) had average practice on soothing babies with excessive cry whereas in the experimental group majority of the primiparamothers (76%) had good practice in soothing babies with excessive cry after the empowerment program. There was a significant difference in the mean post-test knowledge scores of control and experimental group ( $p < 0.05$ ). There was a significant difference in the mean post-test practice scores of control and experimental group ( $p < 0.05$ ). There was a weak positive correlation between knowledge and practice which is significant at  $p$  value  $< 0.05$ . The study concluded that the empowerment program was effective in improving knowledge and practice of mothers regarding soothing newborn babies with excessive crying.

Key words: Excessive Crying; Knowledge; Practice; Soothing technique.

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**Effect of Medication adherence among non-adherence patients with Bipolar Affective Disorder currently in remission seeking follow up treatment in a selected tertiary care hospitals at Ernakulam District, Kerala**

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**ABSTRACT**

**Objective :** Medication non adherence is a significant problem in mentally ill patients. The study was aimed to assess the medication adherence among Bipolar Affective Disorder patients, identify the reasons for non-adherence and to assess the effect of medication adherence counselling on medication adherence among non-adherent patients with BPAD currently in remission and to assess the association between medication non adherence and socio demographic and clinical variables. **Method:** Data were collected from the Outpatient with Bipolar Affective Disorder (n=60) using socio-demographic, clinical variables standardized tools such as Young Mania Rating Scale (YMRS) scale (YMRS) Hamilton Depression Rating Scale (HAM-D) Rating of Medication Influences (ROMI) scale, Morisky Medication Adherence scale (MMAS). Medication adherence counselling was given to the non-adherent groups. **Results :** The prevalence of non-compliance in the selected setting in 23.5%. The major reason for non-adherence among the majority of the subjects to embarrassment or stigma associated with medication (58%). The other reasons which showed the mild influence were difficulty in gaining access to treatment (41.6%), financial obstacles (38.3%). No current need of taking medication (41.6%) and inconvenience caused by the side effects medication (45%). The medication adherence counselling was found to be effective in medication adherence (p=001). The factors significantly associated with non adherence include are material status, education, family income, type of family place of stay, number of medicine, cost of medicine, side-effects, co-morbid to physical illness. **Conclusion.** The findings strongly recommended the importance of adherence counselling before discharge and during follow-ups, also there is a rising need to create a cadre for mental health nurse practitioner in outpatient and inpatients units.

**Key words:** Effect: remission: non adherent: BPAD patients: medication adherence counselling.



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**Assess the prevalence of obesity knowledge on obesity prevention and identification of risk factors among women residing in selected areas of**

**Ernakulam District, Kerala**

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**ABSTRACT (Section II)**

The present study was undertaken to assess the prevalence of obesity knowledge on obesity prevention and identification of risk factors among women. Objectives were to assess the prevalence of obesity among women, to assess the knowledge regarding obesity prevention, to identify the risk factors of obesity among women residing in selected areas of Ernakulam District and to find out the association between knowledge and selected demographic variables. A quantitative Non- experimental approach was used with descriptive survey design. Two hundred women aged 30-55 years were selected as study subjects by convenient sampling method. Data were collected by using demographic profile, structured and semi-structured questionnaire Results of the study revealed that, 140% of women were obese, majority of the women had moderate knowledge regarding obesity prevention and medication was important risk factor of obesity among the study subjects. Hence the study concluded that, women had moderate knowledge regarding obesity prevention . But only 10% were obese in the selected community and medication was the only risk factor which was associated with risk of obesity. More steps to be taken to educate the people regarding obesity and its risk factors, so that it can reduce the crucial effect or the complication of obesity.

Key words: Prevalence. Knowledge : risk factors and obesity

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**Assessment of attitude and barriers towards the treatment of substance use disorders among adults residing in selected community of Ernakulam District, Kerala.**

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**ABSTRACT**

The present study was undertaken to assess the attitude and barrier for treatment of substance use disorders among adults. Objectives of the study were to assess the attitude towards treatment of substance use disorder, to assess the barrier for treatment of substance use disorder and to find the relationship between attitude towards treatment of substance use disorders with selected demographic variables. **Method** : A quantitative approach was used with descriptive cross-sectional survey design 160 adults residing in PiparaGrammaPranaPanchayath were selected as study subjects by quota sampling. Data was collected by using demographic profile, substance abuse attitude survey scale and barrier for treatment inventory scale. Results of the study revealed that 43.1% of the subjects had positive attitude and 56.9% had negative attitude towards the treatment of substance use disorder. Top five ranked barriers for treatment of substance use disorders identified were the substance users think that they can handle the substance use by themselves (88%) the substance users think they do not need treatment (86%), “the substance users friends are not encouraging them to go for treatment (74%) substance users friends treatment will make life better (70%) substance users were too ashamed or embarrassed to go for treatment (68%) . Among the socio demographic variables educational status of subjects was found to be significantly associated with the attitude towards treatment of substance use disorders (p=0.002) Conclusion: This study gives an insight about the attitude towards treatment of substance use disorders and identifies the barriers to treatment of SUD. Nurses need to make active role in rendering awareness about the benefits of SUD treatment clarify myths and misconception about SUD treatment and bring about change in the attitude of general public Government and non- government organization need to take part active role in addressing the issues and adopting necessary steps for resolving the barriers for seeking SUD treatment. Key words: Attitude; Barriers; Substance use disorder.

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**Effectiveness of educational package on knowledge regarding first aid  
measures on electrical accidents among KSEB workers in Ernakulam  
District, Kerala**

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**ABSTRACT**

Electricity is as dangerous as it is useful. Unlike other products we use every day we can't see, hear or smell electricity. So we may not always think about using it safely. First aid is the assistance given to any person suffering a sudden illness or injury, with care provided to preserve life, prevent the condition from worsening, or to promote recovery. The present study was aimed to assess the knowledge of KSEB workers regarding first aid measures on electrical accidents and to assess the effectiveness of educational package on first aid. Objective were to assess the level of knowledge of KSEB workers, to assess the effectiveness of educational package and to find out the association between level of knowledge and selected demographic variables. A quantitative pre-experimental one group pre-test post test design was used in the study. A total of 60 KSEB workers were selected using sample of convenience. Data collected using socio-demographic profile and structured knowledge questionnaire followed by administration of educational package. Result of the study revealed that in the pre-test assessment 75% had average knowledge and 25% had poor knowledge whereas after the intervention knowledge level improved to 50% with average knowledge and 45% gained good knowledge ( $p < 0.001$ ). The median pre-test and post-test values were 14 and 20 and showed statistical significance  $-6.74 (< 0.001)$ . The study showed no significant association found between pre-test knowledge and demographic variables. The study concluded that educational package were effective in enhancing the knowledge of KSEB workers regarding first aid measures.

**Key words:** First aid, KSEB workers, electrical accidents, educational package.

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# **Assessment of Cognitive dysfunction and severity of depression among patient with post traumatic brain injury at a tertiary care hospital in Ernakulam District, Kerala**

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## **ABSTRACT**

Traumatic Brain Injury (TBI) is often associated with multiple neuropsychiatric sequelae, including problems with cognition, emotion and behaviour. The present study was undertaken to assess the cognitive dysfunction and severity of depression among patients with post Traumatic Brain Injury. The objectives of the study were to assess the cognitive dysfunction and severity of depression among patients with post Traumatic Brain Injury, to find out the correlation between depression and cognitive dysfunction, to identify the predictors of depression and cognitive dysfunction among patients with post Traumatic Brain Injury. Method: The research was based on quantitative non experimental research approach with descriptive cross sectional survey design. Hundred and fifty four patients with post Traumatic Brain Injury doing follow-up treatment at neurosurgery OPD, MOSC Medical College Hospital, Kolenchery were enrolled as study subjects. The tools used were case intake Performa, Mini Mental Status Examination (MMSE) questionnaire and Hamilton Rating Scale for Depression (HAMD) using interview method. The data were analyzed using descriptive and inferential statistics. Result revealed that 37.07% of subjects had mild depression, 34.4% had moderate depression whereas 27.9% didn't report any depressive symptoms. Thirty per cent of patients with post TBI had mild cognitive dysfunction. There was moderate positive correlation between depression and cognitive dysfunction ( $r=0.5$   $p<0.001$ ). The significant predictors of depression were gender (OR= 3.80, 95% CI – 1.50-9.63) nuclear family (OR=3.00, 95% CI =1.19-7.56) severity of injury (OR + 7.13, 95% CI+ 1.90 -26.76) and job loss (OR+0.12, 95% CI+0.03-0.41). The significant predictors of cognitive dysfunction were duration after injury (OR+ 2.17, 95% CI+ 0.78-6.02). Job loss (OR+ 1.385, 95% CI+ 0.49-3.92). depression (OR -0.143, 95% CI +0.02-0.78) and severity of injury (OR+ 0.025, 95% CI+ 0.01-0.07) Conclusion: Patients with TBI are at great risk for developing depression and it affects the cognitive functioning impairs ability to function in social and occupational roles, which can delay recovery from TBI. Nurses should be trained in using standardized scales to identify depression and to refer for the treatment accordingly. Screening and early identification of depression among post TBI patients helps in the prompt treatment which ensure faster recovery and improvement their quality of life.

Key Words: Traumatic Brain Injury ; Cognitive Dysfunction :depression

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## **Assessment of burden and coping strategies among caregivers of stroke survivors in a teaching hospital in Ernakulam District, Kerala**

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### **ABSTRACT**

Stroke is a sudden loss of brain function resulting from description of the blood supply to a part of the brain. Patients suffering from stroke are at risk for many complications related to impaired neuromuscular and cognitive functions. Stroke also has major consequences for family care givers. Caring partners enter their new role abruptly, often without the opportunity to adjust to the change and learn new skills. The present study was undertaken to assess the burden and coping strategies among care givers of stroke survivors, to identify the coping strategies among caregivers of stroke survivors, to find the association between burden and coping strategies among care givers of stroke survivors. To find the association between burden and selected demographic variables and to find the association between coping strategies and selected demographic variables. Method: A quantitative approach was used with descriptive cross-sectional survey design: 155 care givers of stroke survivors were selected as study subjects by purposive sampling: Data was collected by using demographic profile burden assessment schedule and coping checklist. Results of the study revealed that 65.8% of the subjects have moderate burden, 24.5% of subjects have no burden and 9.7% of subjects have severe burden. Majority of the subjects adopted the coping strategy in the domain of emotional focused coping (24.89+4.08). There is no significant association between level of burden and different domains of coping strategies. It is revealed that burden has significant influence on different coping strategies. Among the socio demographic variables, gender, duration of care type of disability and duration of illness of subjects were found to be significantly associated with the burden and different coping strategies. Conclusion: Study significantly associated with coping strategies. The study felt the need of development of psycho educational program to assist caregivers to cope successfully with burden resulting from the care of stroke survivors.

Key words : Burden: coping strategies : Stroke Survivors.

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**Evaluate the effectiveness of structured teaching program on knowledge regarding Hypoglycaemia and its management among diabetic patients in selected community area of Ernakulam District, Kerala**

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**ABSTRACT**

Hypoglycaemia is the most frequent and serious complication of insulin therapy and is three times more common in those who are intensively treated. Impaired awareness of hypoglycaemia is a major limitation to achieving tight diabetes. Diabetic patient with a history of impaired awareness of hypoglycaemia perform poorly on cognitive function testing and this may be restored by relaxation of glycemic control. The present study was aimed to evaluate the effectiveness of structured teaching programme on knowledge regarding hypoglycaemia and its management among diabetic patients in selected community area of Ernakulam District. The objectives of the study were to assess the level pre test knowledge regarding hypoglycaemia and its management among diabetic patients, evaluate the effectiveness of structural teaching programme on knowledge regarding hypoglycaemia and its management among diabetic patients and find out the association between pre test knowledge scores and selected demographic variables. Experimental approach was used with one group pre test post test only design. The data were collected from 60 subjects by using convenient sampling technique. Von Ludwing-Bertalanffy's General System Theory was used for conceptual framework in this study. Data was analyzed using descriptive and inferential statistics. Results had shown a statically significant difference in the pre test and post test scores level of knowledge ( $p < 0.005$ ). The present study concluded that patient education can significantly improve the knowledge of diabetic patients. The study also concluded that there is no association between pre test knowledge and demographic variable.

Keywords: Hypoglycaemia : diabetic: Patients: Structural teaching programme.

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# **Effect of structured teaching program on knowledge regarding fat soluble vitamin deficiency disorders and their management among mothers of under-five children**

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## **ABSTRACT**

The present study was undertaken to assess the effectiveness of structured teaching program on knowledge regarding fat soluble vitamin deficiency disorders and their management among mothers of under-five. Objectives of the study were to assess the knowledge regarding fat soluble vitamin deficiency disorders and their management among mothers of under five children, to determine the effect of structured teaching program regarding fat soluble vitamin deficiency disorders and its management among mothers of under five children and to find the association between knowledge of fat soluble vitamin deficiency disorders and their management with selected demographic variables. Method: A quantitative approach was used with descriptive cross-sectional survey design; 60 mothers of under-five children were selected as study subjects by purposive sampling. Data were collected by using demographic profile and structured knowledge questionnaire. After pre test knowledge assessment a structured teaching programme on fat soluble vitamin deficiency disorders and their management was given to mothers and 10 days later post test knowledge was assessed using the same questionnaire. Results: the study revealed that in pre test, most of the mothers of under five children (73.3%) had poor knowledge whereas in post test, most of the mothers (73.3%) had significant higher knowledge and the difference between mean pre-test and post test knowledge scores was found to be statistically significant, which showed that structured teaching programme was effective in increasing the knowledge scores of mothers. Conclusion: the study concluded that mothers had poor knowledge regarding fat soluble vitamin deficiency disorders and their management among under five children and the educational programme was able to significantly enhance the knowledge scores of mothers.

Key words: Fat-soluble vitamins: Deficiency disorders: Under five children.

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## **Prevalence and risk factors for hyperbilirubinemia in neonates admitted in selected tertiary care hospital**

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### **ABSTRACT**

**Background:** Jaundice is very common in the neonatal period of life, especially hyperbilirubinemia more than 12 mg/dl. Although it is not a major cause of mortality, it is an important cause of morbidity. So assessment of the prevalence and risk factors neonatal jaundice factor is very important. **Objectives:** The objective of the study were to estimate the prevalence, to find out the association between hyperbilirubinemia with selected neonatal, maternal, environmental and social demographical variables and to identify the risk factors. **Methodology:** The descriptive cross sectional survey study was conducted among 200 neonates born after completing 37 weeks of gestation. Subjects were selected by using total enumerative sampling. Transcutaneous bilirubin was measured by bilirubinometer, Clinical and demographic variables were collected by using semi structured questionnaire, and the risk factors were assessed by interview schedule. **Results:** Research showed that most of the neonates (81.5%) had transcutaneous bilirubin levels more than 12 mg/dl out of that , 15% subjects had elevated level of bilirubin of 15 to 20 mg/dl. According to hours after birth, only Two percent had hyperbilirubinemia of 24 hours of life which peaked to 56.5% by 72 hours after birth. Prevalence of hyperbilirubinemia was high at 72 hours after birth(56.5%) compared to 48 hours of birth(38%) .There was significant associate with hyperbilirubinemia and parity( $p=0.03$ ,  $\chi^2=4.37$ ) mode of consumption  $p=0.012$ ,  $\chi^2=6.37$ ), family history of genetic disease, gender of neonates, gestational age and duration of second stage of labour. The study revealed that family history of genetic disease at level of significant 0.05 is risk factor lead to hyperbilirubinemia .**Conclusion:** Neonatal jaundice is a leading cause of hospitalization in the first few weeks of life through out the world. Though major complications may arise like kernicterus, encephalopathy and neural sequelae. Hence there is an exigent need for assessing the bilirubin value in the routine neonatal assessment..

**Key words:** Hyperbilirubinemia, prevalence, risk factors.



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## **The Effect of child to child approach on hand hygiene practice among primary school children**

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### **ABSTRACT III**

The research project was titled as “The Effect of child to child approach on hand hygiene practice among primary school children”. The aim of the study was to assess the effect of child approach on hand hygiene practice among primary school children. The objectives of the study were to assess the hand hygiene practice among primary School children, to evaluate the effect of child to child approach on hand hygiene practice among primary school children with selected socio- demographic variables. The study was conducted among 70 primary school children between the ages of 8 to 11 years. Design used was pre-experimental one group pre testpost test design. Subjects were selected by using non probability convenient sampling. Pre test was conducted by assessing the practice score of children with observation checklist on hand hygiene practice, student trainers for providing training were selected using simple random sampling (Lottery method) > Training were provided to students trainers. Their efficiency were ensured after post-test. Then the student trainers were provided training to the allotted study participants. Post test conducted after 7 days by using same tool. Results showed that the mean hand hygiene post- test practice score was significantly(12.5) higher than the mean hand hygiene pre-test practice score (6.5) was calculated by paired t test. The obtained ‘t’ value of (29.7) was significant (p<0.001). Hence the finding reveals that child to child approach is an effective method to increase the hand hygiene practice of primary school children

Key words: Effectiveness: child to child approach: hand hygiene practices: primary School child

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## **Knowledge and attitude regarding relieving children's pain and perceived barriers to optimal pain management among staff nurses**

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### **ABSTRACT**

Pain is one of most common adverse stimuli experienced by children, occurring as a result of injury, illness and necessary medical procedure. So assessment of pain in children is very important. **Objectives:** The objectives of the study were to assess the knowledge and attitude of staff nurse regarding children's pain management and the knowledge in children. Also to find out the association of knowledge and attitude with the selected demographic variables. **Methodology:** This observational analytical survey study was conducted among 120 staff nurses working in paediatric care unit. Subjects were selected by using convenience sampling Knowledge and attitude was assessed by using a semi structured questionnaire and the perceived barriers were identified by using a structured checklist. **Results:** Research showed that among 120 study participants more than half of subjects had average knowledge (58.3%) and (41.7%) and only (4.2%) had negative attitude regarding children's pain management. Among 21 barriers most frequently reported 5 barriers were identified. Majority of the study participants reported delay in orders being proceed by the PHARMACY AS BARRIER (89.2%). Rest of the barriers reported were my concern about children becoming tolerant to analgesics (76.7%), delay in orders being proceed by the pharmacy (62.5%), my concern about side effects of medications (53.3%) and patient's reluctance to report or rate pain (78.3%) there was no significant association between the knowledge scores and attitude scores withy socio personal and professional variables **Conclusion:** A nurse's knowledge and attitude can affect his or her ability to adequately provide paediatric pain management. Hence there is an exigent need for assessing the knowledge and attitude towards children pain management.

**Key words :** Children, pain management, nurse's knowledge, attitude, perceived barriers.

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## Knowledge, attitude and involvement of men in postnatal and baby care

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### **ABSTRACT**

Men's role in postnatal care is crucial in preventing maternal mortality and morbidity. This study was undertaken to assess knowledge, attitude and involvement of men in postnatal and baby care and to find the correlation between these variables. This study also finds the association of knowledge, attitude and involvement with selected demographic variables. Using convenience sampling, 85 men who brought postnatal mothers and or babies to postnatal/; immunization clinic of a tertiary care hospital in Ernakulam district were enrolled in the study. A structured knowledge questionnaire, structured attitude scale and self-reported involvement checklist were used to collect data. Result revealed that majority of subjects (55.3%) had average knowledge. 35.3% had poor knowledge and only 9% had good knowledge. About the attitude of men towards postnatal and baby care, 82.4%, 12%, 16.4% had positive, negative and natural attitude respectively. About men's involvement in postnatal and baby care, nearly half of subjects (43.9%) had poor involvement, 24.5% had good involvement and 31.6% had limited involvement. The researcher found statistically significant weak positive Correlation between knowledge and attitude ( $p=0.252$ ) as well as knowledge and involvement ( $r=0.353$ ). But there was no statistically significant correlation between attitude and involvement of men on postnatal and baby care ( $p=0.167$ ) There was significant association between knowledge and religion, attitude and type of family to which the men belonged whereas there was no significant association between involvement and selected variables. This study is one of the few studies to Kerala that has focussed on exploring and identifying the level of knowledge attitude and involvement of men regarding postnatal and baby care.

Key words :Knowledge: attitude: involvement: postnatal care; baby care.

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## **Effect of structured teaching program on knowledge of staff nurses regarding prevention of Clostridium difficile infection**

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### **ABSTRACT**

Clostridium difficile is a gram-positive, spore forming anaerobic bacteria. It is imperative that the nurses must be aware about the prevention of Clostridium difficult infection. The objectives of the study were to assess the knowledge of staff nurses, to evaluate the effect of structural teaching programme and to find out the association between the knowledge regarding the prevention of Clostridium difficult infection and socio personal and professional variables among staff nurses. A quantitative pre experimental one group pre-test post test design was used and data was collected from staff nurses working at the Medical and surgical units of a tertiary care hospital at Ernakulam district. The subjects were selected by sample of convenience and the sample size was estimated as 70. Socio-personal professional data sheet. Structured knowledge questionnaire were used to assess the knowledge of staff nurses regarding prevents of Clostridium difficult infection. Invention of structured teaching programme was given immediately after pre-test . Post-test was done 14 days after the intervention. Analysis was done by descriptive and inferential stastics. The mean pre-test knowledge score was 8.2 and the mean post test knowledge score was 22.3 after the intervention. There is a statistical difference in the average knowledge regarding prevention of Clostridium difficult infection after the intervention ( $p=0.001$ ). Therefore the study concluded that structured teaching programme is effective in enhancing the knowledge of staff nurses regarding prevention of Clostridium difficult infection. There is no association found between the socio personal professional variables and knowledge level of staff nurses.

**Key words:** effect; Clostridium difficult; knowledge; prevention; structured teaching programme; staff nurses.

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# **Effect of structured teaching program on knowledge regarding fat soluble vitamin deficiency disorders and their management among mothers of under-five children**

**Ms.Seena Narayanan<sup>1</sup>, Mr.Prashanth P.V<sup>2</sup>**

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## **ABSTRACT**

The present study was undertaken to assess the effectiveness of structured teaching program on knowledge regarding fat soluble vitamin deficiency disorders and their management among mothers of under-five. Objectives of the study were to assess the knowledge regarding fat soluble vitamin deficiency disorders and their management among mothers of under five children, to determine the effect of structured teaching program regarding fat soluble vitamin deficiency disorders and its management among mothers of under five children and to find the association between knowledge of fat soluble vitamin deficiency disorders and their management with selected demographic variables. Method: A quantitative approach was used with descriptive cross-sectional survey design; 60 mothers of under-five children were selected as study subjects by purposive sampling. Data were collected by using demographic profile and structured knowledge questionnaire. After pre test knowledge assessment a structured teaching programme on fat soluble vitamin deficiency disorders and their management was given to mothers and 10 days later post test knowledge was assessed using the same questionnaire. Results: the study revealed that in pre test, most of the mothers of under five children (73.3%) had poor knowledge whereas in post test, most of the mothers (73.3%) had significant higher knowledge and the difference between mean pre-test and post test knowledge scores was found to be statistically significant, which showed that structured teaching programme was effective in increasing the knowledge scores of mothers. Conclusion: the study concluded that mothers had poor knowledge regarding fat soluble vitamin deficiency disorders and their management among under five children and the educational programme was able to significantly enhance the knowledge scores of mothers.

Key words: Fat-soluble vitamins: Deficiency disorders: Under five children.

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# **Effectiveness of an educational package on knowledge regarding prevention and management of febrile seizures among mothers of under five children**

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## **ABSTRACT (IV)**

The research project was titled as “Effectiveness of an educational package on knowledge regarding prevention and management of febrile seizures among mothers of under five children”. The aim of the study was to assess the effectiveness of an educational package on knowledge regarding prevention and management of febrile seizures among mothers of under five children. The objectives of the study were to assess the level of knowledge of mothers of under five children on prevention and management of febrile seizure, to assess the effectiveness of educational package on knowledge regarding prevention and management of febrile seizures among mothers of under five children and to find association between level of knowledge and selected socio-demographic variables. The study was conducted among 70 mothers of under five children. Design used was pre experimental one group pre testpost test design. Subjects were selected by using non-probability convenience sampling. Pre test was conducted by assessing the knowledge score of mothers with knowledge questionnaire on febrile seizure. After pre test educational package is implemented to the mothers. Post test conducted after 14 days by using same tool. Results showed that the median knowledge score of mothers after the structured teaching programme was significantly (19) higher than the median knowledge score before the structured teaching programme (13) which was calculated by Wilcoxon matched pair test. The obtained value of (-7.287) was significant ( $p < 0.001$ ). This indicates teaching programme is effective in increasing the knowledge of mothers regarding the management and prevention of febrile seizures.

Key words: Effectiveness; educational package; knowledge: under five children

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# **The knowledge and practice adherence on baby friendly hospital initiative(BFHI) among staff nurses working in Obstetrics & Pediatric Care Units.**

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## **ABSTRACT**

Baby Friendly Hospital Initiative (BFHI) is a WHO initiative that promote and support breast feeding which is considered to be the key to maternal and child health . Support during breastfeeding helps to initiate and develop breastfeeding helps to initiate and develop breastfeeding efficacy. By virtue of the nature of work, constant presence and the vital role as coordinators , collaborators of care, and as patients advocates nurses have very important role to play in order to sustain the hospital policy of supporting promoting and protecting breastfeeding. A descriptive study was conducted to assess the relationship between knowledge and practice adherence on Baby Friendly Hospital Initiative guidelines among staff nurses. Eighty participants from a tertiary care hospital were enrolled in the study. A structured knowledge Questionnaire and Structured Observation Checklist were used to collect data regarding knowledge and practice adherence respectively. The data were analyzed using statistical package SPSS version 16. As per the study findings more than half (51%) of the study participants were found to have poor practice adherence with respect to BFHI guidelines even though majority of them (80%) had satisfactory knowledge regarding the same. No significant linear relationship ( $p=0.021$ ,  $p=0.85$ ) was observed between the knowledge and practice scores None of the socio personal and professional variables had significant association ( $p>0.05$ ) with knowledge score whereas the practice adherence score was significantly associated with age (0.02), number of children (0.003) personal experience in breastfeeding ( $p=0.01$ ), educational qualification ( $p=0.01$ ), years of experience in Obstetric and Paediatric wards ( $p<0.001$ ) and attendance to NCE on BFHI or breastfeeding in last five years ( $p=0.003$ ). The study strongly recommends development and implementation of BFHI practice adherence strategies for nursing personal Uninterrupted training especially in advanced skills along with up to date evidence based knowledge are essential to empower nurse to protect promote and support breastfeeding among mothers.

**Key words:** Knowledge; practice; adherence; Baby friendly Hospital Initiative (BFHI );staff nurses

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## **Effect of structured teaching program on knowledge of housekeeping staff regarding prevention and management of needle stick injury.**

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### **ABSTRACT**

A needle stick injury or percutaneous injury is the penetration of skin by a needle or other sharp object, which was in contact with blood, tissue, or other body fluid before the exposure. The objectives of the study were to assess the knowledge of housekeeping staff, to evaluate the effect of structured teaching programme and to find out the association between the knowledge regarding the prevention and management of needle stick injury and socio-personal professional variables among housekeeping staff. A quantitative pre experimental one group pre testpost test design was used and data was collected from housekeeping staff working in a tertiary care hospital Ernakulam District. Simple random sampling technique was adopted to select 50 housekeeping staff. Socio personal professional details of the housekeeping staff were collected by socio- personal professional data sheet. Structured knowledge questionnaire were used to assess the knowledge regarding prevention and management of needle stick injury. Intervention of structured teaching program was given immediately after pre- test. Post test was done 14 days after the intervention. Analysis was done by descriptive and inferential statistics . The mean pre-test knowledge core was 14.72 and the mean post test knowledge score was 21.46 after the intervention. There is statistical difference in the average knowledge score was 21.46 after the intervention. There is statistical difference in the average knowledge regarding prevention and management of needle stick injury after the intervention ( $p < 0.001$ ). Therefore the study concluded that structured teaching program was effective in enhancing the knowledge regarding prevention and management of needle stic injury. No association was found between knowledge of housekeeping staff and socio personal professional variables.

Key words: Effect; structured teaching programme; knowledge; needle stick; injury housekeeping staff.



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**Magnitude of risk factors of cervical cancer and barriers of cervical cancers screening among women-A community based cross sectional study in Ernakulam District, Kerala**

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**ABSTRACT (V)**

Cancer cervix is the second most common cancer among women after breast cancer worldwide. A study was undertaken to assess magnitude of risk factors of cervical cancer and barriers of cervical cancer screening among women and to find the association between level of knowledge on cervical cancer screening with various demographic variables of women. Using convenience sampling 730 women residing in a selected community in Ernakulam district, Kerala were enrolled in the study. A structured cervical cancer risk assessment questionnaire and structured checklist on barriers of cervical cancer risk in the sample as : low socio economic status (60.96%), age between 30-44 years, (33.84%) parity more than 3(25.62%) smoking (25.34%) contraceptive use (17.94%) Body mass Index being overweight (13.01%) age at first full term labour less than 17 years (10.82%), early age at first sexual intercourse (5.18%) low fruits and vegetables intake (1.01%) and family history of cervical cancer (%). Nearly 60% of the women were not willing for pap smear screening even if it is offered free of cost. The most frequently reported barriers of cervical cancer screening were perception of it as laborious procedure encumbrance waste of time and requires multiple visits to health care agency (85.21%) not urgent as no symptoms were manifested (80.41%) lack of facility to get information regarding the accessibility of the cervical cancer screening services (74.11%) poor knowledge (73.97%) and fear about the result of the screening (68.22%). Significant association was found between level of knowledge on cervical cancer screening with age education and occupation ( $p < 0.05$ ). The study recommends organized educational programmes to create awareness about cervical cancer and its screening among women.

**Key words:** Magnitude Risk factors, Cervical Cancer; Barriers: Cervical Cancer screening women.

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## **Effect of continuous intrapartum coaching on child birth satisfaction among parturient women**

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### **ABSTRACT**

Childbirth is one the most important event in a woman's life, leaving her with profound psychological, physical and social effects. Women's satisfaction Childbirth is an important measure of the quality of maternity care services. Satisfaction with Childbirth has immediate and long term effects on Women's health and quality of their relationship with their child. A quasi experimental, post test only control group design was used to assess the effect of Continuous Intrapartum Coaching on Children satisfaction among parturient women. Sixty participants (30each in experimental and control; group) from a tertiary care hospital were enrolled in the study using convenience sampling. A structured Questionnaire on Socio-demographic Clinical charters tics and Birth satisfaction scale (Revised) were used to collect the data from parturient women. The data were analysed using statistical package R software. There was significant difference ( $p<0.001$ )in the overall score of Childbirth satisfaction scale between experimental group ( $35.6\pm 4.20$ ) and control group ( $23.5\pm 3.98$ ). The experimental group reported decreased stress increased personal attributes and better quality of care provided as compared to control group ( $p<0.001$ ). Hence the study concluded that Continuous intrapartumCoaching improves Childbirth satisfaction among parturient women.

Key words: Childbirth; satisfaction; Parturient women; Continuous; Intrapartum.

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## **Prevalence and risk factors of anaemia among pregnant women**

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### **ABSTRACT**

Anaemia in pregnancy is a major public health problem in India contributing to 20% of the direct maternal health. This study was undertaken to assess the prevalence and risk factors of anaemia among pregnant women and to find the significant association between the risk factors and anaemia. Using convenience sampling, 398 antenatal women attending the antenatal clinic of Malakara Orthodox Syrian Church Medical College Kolenchery were enrolled in the study. A questionnaire on risk factors of anaemia was used to collect the data. Medical record of all antenatal women who visits the antenatal outpatient clinic during the data collection period was reviewed to assess the haemoglobin value. Result revealed that the overall prevalence of anaemia was 42.96%. Among them, about 18.09% were moderately anaemic 24.87% were mildly anaemic and no severe anaemia cases were found out. In order to identify the risk factors of anaemia multiple logistic regression was done and the result showed that antenatal bleeding (AOR=0.28, p=0.007), irregular menstrual cycle (AOR=4.56, p=0.001) history of heavy menstruation (AOR=11.00, p=0.001), loss of appetite (AOR= 5.57, p<0.001) haemorrhoids (AOR=4.76, p=0.01) and bleeding gums (p<(AOR=13.40, p<0.001) were the risk factors of anaemia. This study is one of the few studies in Kerala that has focused on exploring and identifying the risk factors of anaemia among pregnant women. It is suggested that early detection of risk factors will help for the effective management of anaemia in pregnancy

Key words; Prevalence; risk factor; anaemia; pregnant women

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## **Self-care practices, attitude and safety concerns related to selected aspect of antenatal care among pregnant women**

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### **ABSTRACT**

Appropriate antenatal care is crucial in preventing maternal mortality and morbidity. The study was undertaken to assess the self-care practices, attitude and safety concerns related to selected aspects of antenatal care among pregnant women. This study also identified the correlation between self-care practices and attitude and the association self-care practices and attitude with selected socio-demographic and clinical variables. Using convenience sampling 468 women in ante partum period attending the antenatal clinic of a tertiary care hospital in Ernakulam District were enrolled in the study. A socio-demographic and clinical Performa, structured checklist on self-care practices, structured attitude scale and semi-structured questionnaire on safety concerns were used to collect data. Result revealed that majority of the subjects (94.66%) had good self-care practices and more than half (55.77%) had favourable attitude. Among safety concerns, Injection Tetanus Toxoid, seafood consumption, seatbelt use, antenatal scans, mild to moderate exercise and taking warm showers were considered safe by majority of the subjects while taking over-the-counter drugs, consuming papaya, dates and pimple consuming hot and spicy foods drinking coffee, regular travel by auto/two-wheeler, active/passive smoking, alcohol consumption, use of mobiles, laptops and Wi-Fi, using headphones, listening to loud music, sexual intercourse during first or third trimester, climbing stairs, wearing tight clothes, using high-heeled shoes and grooming pets were considered unsafe by most. The researcher found a statistically significant weak positive correlation between self-care practices and attitude ( $p=0.23$ ),  $P<0.001$ ). A significant association was identified between self-care practices and education and between attitude and age, religion, occupation, husband's occupation, family income, age at marriage, trimester of pregnancy complications.

**Key words:** Self-care practices: attitude: safety concerns: antenatal care: pregnant women.

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## **Cardiac self-efficacy and it's predictors among patients with coronary artery disease – A cross sectional study**

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### **ABSTRACT**

The present study was aimed to investigate the Cardiac self- efficacy and it's predictors among 3020 patients with coronary artery disease attending cardiology outpatient department. A cross sectional survey design was adopted for this study. A structured questionnaire and cardiac self-efficacy scale was used for collecting the data. Socio demographic, clinical variables and level of cardiac self- efficacy was analyzed by using frequency, percentage, median and interquartile range. Simple logistic regression and multiple logistic regression were used to determine the predictors cardiac self-efficacy. The results revealed that 6% of the subjects had good cardiac self-efficacy. The median score of cardiac self-efficacy was 56 and with the interquartile range of 46 and 51. Age, type of family revascularization, and medical co morbidities, smoking, alcohol consumption cardiac related hospitalization, exercise, diet modification awareness about the cardiac diseases, were found to have significant influence on cardiac self efficacy and after multiple logistic regression, age (OR=0.07). p=0.04) and revascularization (OR=1.94, p=0.01) are found to be the predictors of cardiac self-efficacy. The findings helps to develop nursing interventions for enhancing cardiac self-efficacy of patients with coronary artery disease and encourage the patients to improve their cardiac self-efficacy to prevent recurrent occurrence of cardiac events.

Key words: Cardiac self-efficacy; predictors: coronary artery disease.

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# **Assessment of competency, role strain, factors affecting caregiving and its determinants among caregivers of patients with chronic mental illness**

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## **ABSTRACT**

Caring for a person with mental illness is a complex task which requires adequate knowledge, skill, and supervision. This study was undertaken to assess the competency, role strain, factors affecting care giving and its determinants among caregivers of patients with chronic mental illness. This study also assessed the correlation between caregiver competency and caregiver role strain, association of competency and role strain with selected socio personal variables. Using convenience sampling 188 caregivers attending psychiatric inpatient and outpatient units of a tertiary care hospital in Ernakulam District were enrolled in the study. Socio personal Performa, caregiver competency assessment tool, Benjamin Rose Institute caregiver strain instrument and family care giving factors assessment tool were used to collect the data. Results of the study revealed that majority of the subjects had a mean competency score of 80.58 with a maximum competency score of 124. Regarding role strain, 92.02% of the caregivers had role strain on isolation or activity restriction. Severity of patients condition, patient's emotional state, support from family, friends and society, financial adequacy and informational support from the health care team were found to be significant factors affecting care giving. whereas caregiver role strains were found to have association with duration of illness, number of dependent members and pending debt or loan. Hence the present study throws light into the areas where mental health care team members should focus on while supporting the caregivers.

**Key words:** Chronic mental illness, competency, role strain, factors affecting care giving and determinants of coping tenancy and role strain.

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# **Risk factors of cirrhosis of liver-a tertiary care hospital based**

## **Case Control study**

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### **ABSTRACT**

Cirrhosis of Liver is an end result of variety of liver diseases characterised by fibrosis and architectural distortion of the liver with the formation of regenerative nodules and can have varied clinical manifestations and complications. Liver disease rates are steadily increasing over the years. The present study was undertaken to identify the risk factors of Cirrhosis of Liver among patients attended in Gastro entomology department. Method: A quantitative approach was used with case Control Study Design. A total of 118 participants, 59 cases of liver Cirrhosis and 59 controls were selected as study subjects by convenience sampling technique. Data collected by using socio demographic Performa and disease related structured questionnaire. . Data collected by using socio demographic performa and disease related structured questionnaire. Data coded in Microsoft Excel and analyzed using R software Socio demographic data was presented in terms of frequency and ercentage for both case and control groups Logistic r egression with odds ration (OR) was used to identify the relationship between the presence or absence of Liver Cirrhosis with presence or absence of risk factors.

Results: The study revealed that adter simple Regression alcoholism (OR- 15.700, P value 2.54<sup>0</sup> ) Smoking (OR 4.38 P value0.001) and hepatotoxic Medications (OR 2.170 p value 0.109) were statistically significant. After Multiple Logistic Regression Alcoholism was found to be a risk factor for Cirrhosis of Liver (OR-20.7 p value <0.001) Conclusion: The study concluded that alcoholism is a risk factor for Cirrhosis of Liver. There is a significant relationship between the risk factors and Cirrhosis of Liver.

Key words: Cirrhosis Liver , Risk factors, Case Control study

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# **Impact of caregiver's Expressed Emotion on relapse and medication compliance of patients with chronic mental illness**

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## **ABSTRACT**

Expressed emotion(EE) refers to caregivers attitude towards a person with a mental disorder. Theoretically, high level EE results in negative outcomes among patients with chronic mental illness. The study was undertaken to assess the impact of caregiver's EE on relapse and medication compliance of patients with chronic mental illness. Other objectives of the study were to assess the association between caregiver's EE and caregivers Socio personal variables and patients clinical variables and association of relapse with socio personal and clinical variables of patients with chronic mental illness. Using purposive sampling, 80 caregivers attending psychiatric inpatient and outpatient units of a tertiary care hospital in Ernakulam district were enrolled in the study. Socio personal and clinical proforma, David Kavanagh's family attitude scale and Kemp's Clinician Rating Scale were used to collect the data. Number of readmissions in the psychiatric unit were considered as relapses. Findings of the study showed statistically significant association between caregiver's EE and patient's relapse ( $p < 0.001$ ). Also, a weak negative correlation was identified between caregiver's EE and patient's medication compliance ( $r_s = -0.48$ ). Among the selected socio personal and clinical variables EE was found to be significantly associated only with regularity in follow up ( $p = 0.01$ ), where as relapse was not associated with any socio personal and clinical variables.

These finding highlights the importance of addressing EE for prevention of relapse and improving medication compliance among patients and the need for providing psycho educational interventions for regulating EE among caregivers during hospitalisation.

Key words: Impact, Caregivers, Expressed Emotions, Relapse, Medical Compliance, patients with chronic mental illness.



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## **Effect of Tepid Sponging versus Warm Sponging on body temperature and comfort among under Five children with Pyrexia**

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### **ABSTRACT**

The research project was titled as “Effect of Tepid Sponging versus Warm Sponging on body temperature and comfort among under Five children with Pyrexia”. The aim of the study was to assess the effect of Tepid sponging Versus Warm Sponging on body temperature and comfort among under five children with Pyrexia. The objectives of the study were to compare the effect of Tepid sponging Versus Warm sponging on body temperature among under Five children with Pyrexia, to compare the effect of Tepids sponging versus warm sponging on the level of comfort and to associate the level of comfort with selected demographic variables. The study was conducted among 78 under Five children who were admitted with Pyrexia. Design used was Two group pre-tests post tests quasi experimental design. Subjects were selected by using purposive sampling. Pretests was conducted by monitoring the body temperature before intervention. Tepids sponging was provided to experimental group. I and Warm sponging to experimental group II for 15 minutes which was followed by monitoring body temperature at 15 minutes interval. Level of comfort during both procedure was assessed by using modified Katherine Kolcabs comfort behavior checklist. Results showed that both procedures were equally effective in reducing pyrexia in children( $F=3204$ ,  $p<0.001$ ). However there was no significant difference between Tepid sponging and Warm sponging in reducing body temperature. It was observed that children experienced higher comfort level during warm sponging than tepid sponging. ( $t=-42.94$ ,  $p$  is  $<0.001$ ). There was no association found between comfort level and selected demographic variables. Present study recommends that child comfort should be taken care of to enhance their care, engagement in care and health seeking behaviour.

Key words: Effect, Tepid sponging, Warm sponging, Under Five Children, Comfort, Pyrexia.

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# **Effect of Didactic Modular Educational Programme on Self- Management And Self- Efficacy of Adults With Epilepsy**

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## **ABSTRACT**

Epilepsy is a neurological disorder that causes physical and social limitations for the individual. Hence, they requires constant care, treatment and teaching to adopt many self-management behaviours and self-efficacy to control the occurrence of Epilepsy. This study assessed the effect of Didactic Modular Educational Program on self-management and self- efficacy of adults with epilepsy. Objectives of the study was to assess the self-management and self–efficacy of adults with epilepsy, to assess their relationship and to find association between self–management and self–efficacy with selected socio–demographic variables. A quantitative pre experimental one group pre–test post–test design was used and data was collected from Neuro-OPD of Tertiary care Hospital, Ernakulum District. The subjects were selected by sample of convenience and sample size was 30. Socio–demographic data was collected. Pre–test conducted using Adult Epilepsy Self–Management measuring Instrument–65 Items and Epilepsy Self – Efficacy Measuring Tool 33 – Items. Intervention of modular didactic Educational Programme (1 module) was given immediately after pre–test. Post-test was done one month after the intervention. The mean pre – test score of self – management was 206.46 and that of Self – Efficacy was 221.40, then the post-test values of self – management and Self–efficacy were 282.40 and 308.56 respectively. The difference in pre-test and post-test score were statistically significant. Pearson’s product moment correlation test was used to assess the relationship between self-management and self – efficacy and there is a moderate positive correlation ( $r = 0.581$ ) and score was statistically significant. There is no association found between the socio–demographic data with self-management and Self- efficacy of adults with epilepsy.

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# **Marital Satisfaction, Resilience and Spirituality among Spouses of patients with Alcohol Dependence Syndrome**

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## **ABSTRACT**

Spouses of patients with alcohol dependence syndrome require adequate coping strategies to maintain marital satisfaction, resilience and spirituality. The study was undertaken to assess marital satisfaction, resilience and spirituality among spouses of patients with alcohol dependence syndrome. The objectives were to assess marital satisfaction, resilience and spirituality. Other objectives were to find the relationship of marital satisfaction with resilience, to find the relationship of marital satisfaction with spirituality, to find the relationship of spirituality with resilience and to identify the association of marital satisfaction, resilience and spirituality with selected socio demographic variables. Using convenience sampling, 106 spouses of patients with alcohol dependence syndrome who were attending the psychiatric inpatient deaddiction unit of tertiary care hospital in Ernakulam District, were enrolled in the study. Socio demographic proforma, Enrich marital satisfaction scale, Connor Davidson scale, Daily spiritual experience scale were used to collect the data. Findings of the study showed a statistically high positive correlation between marital satisfaction and resilience ( $p < 0.001$ ), marital satisfaction and spirituality ( $p < 0.001$ ), resilience and spirituality ( $p < 0.001$ ). Among the selected socio demographic variables, marital satisfaction, resilience and spirituality were found to be significantly associated with religion ( $p = 0.019$ ), type of marriage ( $p = 0.006$ ) and history of physical and sexual abuse ( $P = 0.045$ ) respectively.

**Key words: Resilience, Marital satisfaction, Spirituality, Spouses of patients with alcohol dependence syndrome.**

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## **Perceptions on Nurse Caring Behaviour among Parents and Nurses in Paediatric Units in a Tertiary Care Hospital in Ernakulam District, Kerala**

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### **ABSTRACT**

Every parent - child unit is unique and their attitudes and expectations differ. The perceptions on nurse caring behaviour may be different for each care receiver. The assessment of parents' perceptions can reveal the areas which need changes in nurse caring behaviour. The objectives of the study were to estimate and compare the perceptions on nurse caring behaviour between parents and nurses and to find out the association of perceptions on nurse caring behaviour among parents and nurses with selected socio-demographic variables. A two group comparative cross sectional study was conducted among 52 parents and 52 nurses in paediatric units. The perceptions on nurse caring behaviour were assessed using Caring Behaviour Inventory. Sociodemographic data were collected by using structured questionnaire. Results showed that the total mean score of perception on nurse caring behaviour among parents was  $229.56 \pm 15.28$  and that among nurses was  $234.42 \pm 10.45$ . There is no significant difference in the perception on nurse caring behaviour among parents and nurses ( $p=0.06$ ). There was significant difference in the perception on nurse caring behaviour among parents and nurses in the domain respectful deference to others ( $p=0.01$ ). No significant difference in other domains professional knowledge and skill and attentive to other's experience ( $p=0.05$ ). There was no association between the perception on nurse caring behaviour with selected socio-demographic variables of parents and nurses. Even though the present study doesn't show significant difference in the perception, many other studies show disparity among parents' and nurses' perceptions on nurse caring behaviours. The nurses should aim to neutralize this disparity, so the patient expected care can be delivered.

**Key words:** nurse caring behaviour, perceptions on nurse caring behaviour, perceptions among parents, perceptions among nurses.

