

Study To Assess the Effectiveness of Planned teaching Program on Knowledge Regarding Side Effects of Chemotherapy And Its Coping Strategies Among the Patients Admitted in Cancer Unit of Pt.Bds Pgims, Rohtak.

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Abstract: A Pre-Experimental One Group Pre-test Post-test study was conducted to assess the Effectiveness of Planned Teaching Program on Knowledge regarding side effects of Chemotherapy and its coping strategies among 200 patients admitted in cancer unit of Pt.BDS, PGIMS, Rohtak, Haryana by using simple random sampling technique. Structured knowledge questionnaire was used to assess the knowledge of patients. The findings of the study revealed that the mean post-test scores were significantly higher than mean pre-test scores.

Keywords: Planned Teaching Program, Chemotherapy, Coping Strategies, Patients.

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I. Introduction

“Continuous effort, not strength or intelligence is the key to unlocking our potential.”

Among chronic non communicable diseases, cancer is at present one of the leading causes of death in developed countries accounting for 70-75% of total death . Cancer will be a major and growing health problem over the 20 years and we must prepare ourselves to meet this formidable challenge. The population of India is about 1.12 billion. Cancer killed 7.6 million people last year worldwide and is expected to kill 10.3 million annually by 2020. In India alone, an estimated 1.5 million new cases of cancer are diagnosed and approximately 1.5 million patients died in 2007. At any given time there are about 2.5 million cases of cancer in India alone. Methods of treating client with cancer are surgery, radiation therapy, chemotherapy, chemoradiotherapy, biotherapy and bone marrow transplantation. The choice of therapy depends on the type of tumor, extent of disease. In chemotherapy, antineoplastic agents are used in an attempt to destroy tumor cells by interfering with cellular functions and reproduction. Chemotherapy is generally not painful, that is, it does not directly cause pain, but the side effects of chemotherapy can initiate the pain experience. Most of the chemotherapy drugs administered have some or the other side effects which can even initiate the pain experience.

The chemotherapy leads to side effects which generally depend on the type of therapy being offered. Most chemotherapy side effects cease after treatment. Although uncommon, some treatments may produce long-term effects.⁸ The most common side effects of chemotherapy are, anemia/low red blood cell counts, diarrhea and constipation, fatigue, fertility issues, hair changes, infection, memory loss, menopause and menopausal symptoms, mouth and throat sores, nail changes, neuropathy (problems with hands and feet), taste and smell changes, vomiting, weight changes bone loss/osteoporosis, heart problems, vision/eye problems, flu-like symptoms, fluid retention. The side effects from cancer chemotherapy depend on the type of drug, dosage, frequency and its duration of administration. According to American Cancer Society the most common side effects include: nausea, vomiting, hair loss, fatigue, increased chance of bruising & bleeding, anemia and infection. However today most of the side effects associated with chemotherapy can be prevented or minimized.

Aims and Objectives of the Study

- To assess the existing level of knowledge of the patients regarding side effects of chemotherapy and their management.
- To determine the effectiveness of planned teaching program on knowledge regarding side effects of chemotherapy and their management in terms of gain in knowledge score among the patients.

II. Materials And Methods

The present study was conducted to assess the effectiveness of Planned Teaching Program on knowledge regarding side effects of chemotherapy and their management among patients in cancer Unit of Pt.B.D.S,PGIMS, Rohtak, Haryana. Pre Experimental (One Group Pre-test Post-test) research design was used in the study using simple random sampling technique and sample size was 200. Data was collected by structured

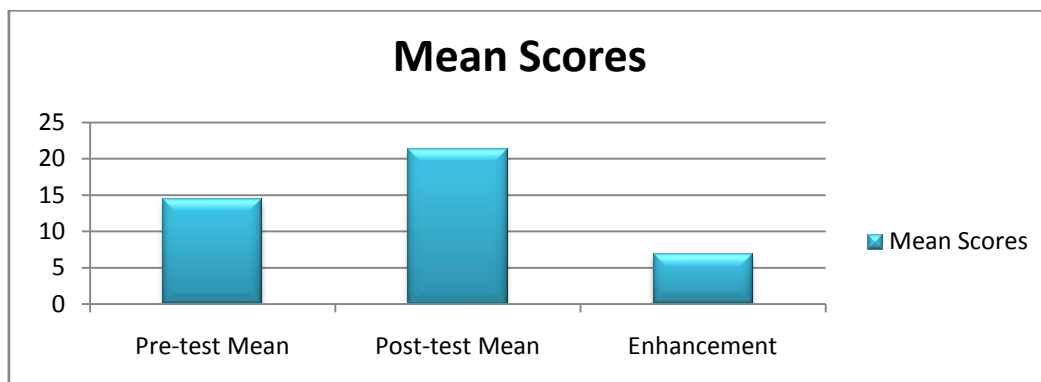
knowledge questionnaire regarding knowledge of side effects of chemotherapy and their management among patients in cancer Unit of Pt.B.D.S,PGIMS, Rohtak, Haryana in the month of January and February 2013. Descriptive and inferential statistics were employed to analyze the data.

Sr. No.		Demographic Variables	Frequency	Percentage (%)
1.	Age (in years)	a. Less than 25	6	3
		b. 26-40	34	17
		c. 41-55	78	39
		d. 56 -70	67	33.5
		e. More than 70	15	7.5
2.	Gender	a. Male	114	57
		b. Female	86	43
3.	Monthly Income (in Rs.)	a. <10,000	114	57
		b. 10,000 -30,000	62	31
		c. 30,000 -50,000	24	12
		d. >50,000	0	0
4.	Occupation	a. Self- employed	28	14
		b. Service	40	20
		c. Farmer	46	23
		d. Pensioner	19	9.5
		e. Student	5	2.5
		f. Laborer	21	10.5
		g. Housewife	41	20.5
5.	Education Qualification-	a. Illiterate	49	24.5
		b. Primary	65	32.5
		c. Senior Secondary	49	24.5
		d. Graduate	37	18.5
		e. Post Graduate	0	0
6.	Type of Family	a. Nuclear	69	34.5
		b. Joint	131	65.5
7.	Residential Area	a. Rural Area	152	76
		b. Urban Area	37	18.5
		c. Semi- Urban Area	11	5.5
8.	Marital Status	a. Married	183	91.5
		b. Unmarried	17	8.5
9.	Religion	a. Hindu	187	93.5
		b. Muslim	4	2
		c. Sikh	9	4.5
		d. Christian	0	0
		e. Others	0	0
10.	Source of information	a. Newspaper	63	31.5
		b. Television	68	34
		c. Radio	39	19.5
		d. Friends	7	3.5
		e. Internet	23	11.5
11.	Habits	a. Cigarette smoking	64	32
		b. Tobacco chewing	14	7
		c. Alcohol drinking	44	22
		d. Chewing betel nuts	2	1
		e. None of the above	76	38
12.	Family History	a. Yes	112	56
		b. No	88	44
13.	Attended Educational Program	a. Yes	23	11.5
		b. No	177	88.5

III. Results

The Study articulated that the overall post-test mean with SD(19.9±4.19) was higher than pre-test mean with SD(13.9±4.07) with mean difference of 6.00. 't' value was computed to find the level of significance between the means and it was observed highly significant ('t'₁₉₉=15.93) at p<0.05. This result reveals that the planned teaching programme was effective in increasing the knowledge of the patients regarding side effects of cancer and their management.

Group	Mean	SD	Mean difference	't' value	df	Significance / Not significant
Pre-test (n=200)	13.9	4.07	6.0	15.93	199	HS <0.05
Post-test (n=200)	19.9	4.19				



Level of knowledge	Range of scores	P r e - t e s t		P o s t - t e s t	
		Frequency	%	Frequency	%
Adequate	21 - 30	0	0	119	59.5
Moderate	11-20	112	56	81	40.5
Inadequate	0-10	88	44	0	0

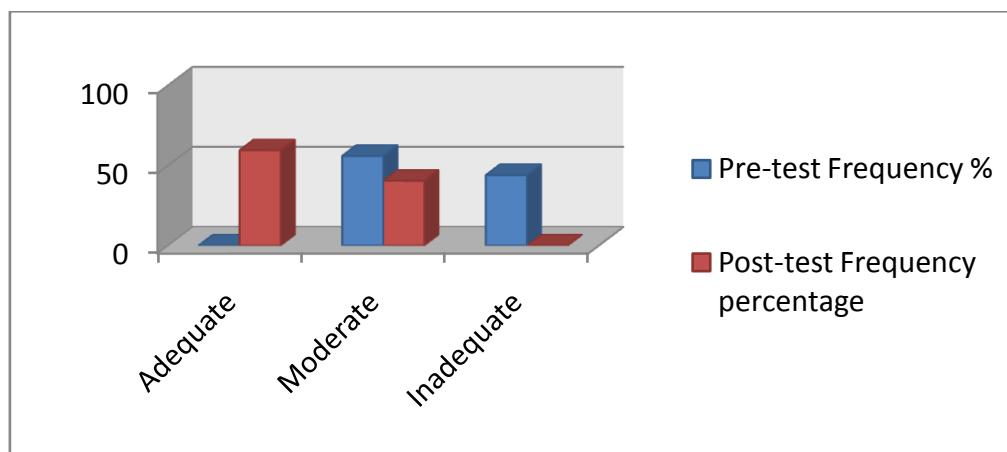
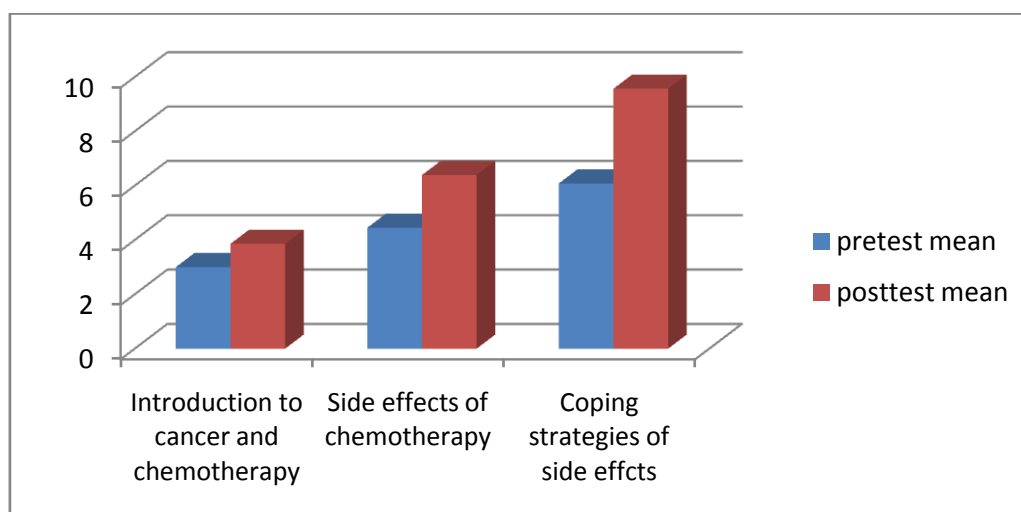


Table-: Significance of the difference between pre-test and post-test knowledge score

A r e a s	Mean Effectiveness	't' value	Level of significance
Introduction to cancer and chemotherapy	0.86	14.58	HS <0.05
Side effects of Chemotherapy	1.94	23.85	H S < 0 . 0 5
Coping strategies for side effects	1.39	16.69	H S < 0 . 0 5
O v e r a l l	3 . 4 9	3 3 . 8 4	H S < 0 . 0 5



II. Discussion

Findings in the present study revealed that the planned teaching programme was effective in increasing the knowledge of the patients regarding chemotherapy side effects and their management. The result of the study are supported by **Mohammed HA, Elsawi KAB and Saber MM; (2012)** conducted a quasi experimental study on a sample of 60 elderly male and female patients with gastrointestinal cancer to examine the impact of proposed nursing rehabilitation program on self management of selected side effects of chemotherapy. The patients were randomly divided into two groups (study and control group). The study results revealed that there was statistical significant difference between study and control group in relation to incidence of chemotherapy's adverse effects as nausea and vomiting, mucositis and diarrhea after the last chemotherapeutic cycles. Post test knowledge scores related to chemotherapy, adverse effects and balanced diet and post test mean self management scores related to elimination, mucositis, nausea and vomiting, oral care practice were higher in the study group than control group. Nursing rehabilitation program seemed to have impact on gastrointestinal elderly patient's outcomes.³⁹

Rodgers C. et al.; (2012) conducted a prospective cohort study in pediatric teaching hospital in the Southern States on children to identify anticipatory, acute and delayed chemotherapy induced nausea and vomiting (CINV) frequency and coping strategies used among pediatric patients with cancer. Sample of 40 children aged 7-12 years were selected through convenience and scheduled to receive either moderately emetic chemotherapy or highly chemotherapy for cancer treatment. Children completed the Adapted Rhodes Index of nausea and vomiting for pediatric and Kid cope-Younger Version. Findings showed that CINV occurred during the anticipatory, acute and delayed times, with the highest frequency occurring during the delayed time. The most frequently used coping strategies were distraction and wishful thinking, whereas the most effective strategies were social support and distraction. Nurses can assist children in developing active coping strategies to manage their CINV.⁴⁰

Kokilvani N, ValsonandRadhak; (2010) conducted an evaluative study in India with structured teaching program on selected nursing measures among women with breast cancer using pre experimental one group pre-post test design in which non probability convenient sampling of 40 women with breast cancer within the age group of 20-60years participated in the study. The results revealed that, majority (82.5%) had an inadequate knowledge and in post test 92.5% had adequate knowledge regarding breast cancer. The study concluded that the structured teaching program was very effective in improving knowledge, attitude, and practice and decreasing the level of anxiety about the breast cancer among women with breast cancer.⁴¹

Molassiotis A et al.; (2009) conducted on study to assess the effectiveness of symptom-focused care programme in patients with cancer who were receiving oral chemotherapy in relation to toxicity levels, anxiety, depression, quality of life, and service utilization. A randomized controlled trial was carried out with 164 patients with diagnosis of colorectal (n=110) and Breast (n=54) cancer who were receiving oral Capecitabine. Patients were randomly assigned to receive either home care programme by nurse or standard care for 18 weeks (i.e. six cycles of chemotherapy). Toxicity assessment were carried out weekly for duration of patients participation in the trial and validated self report tools assessed anxiety, depression and quality of life. Significant improvements were observed in the home care group in relation to the symptoms of oral mucositis, diarrhea, constipation, nausea, pain, fatigue (first four cycles) and insomnia. The improvements were most significant during the initial two cycles. Unplanned service utilization, particularly the number of inpatient days

(57 v 167 days), also was lower in home care group. A symptom-focused home care programme was able to assist patients to manage their treatment adverse effects more effectively than standard care.⁴²

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