



## **A study to assess the effectiveness of preparatory information booklet on knowledge regarding lifestyle modifications among patients on hemodialysis in Vijaya Hospital, Nellore.**

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**Abstract:** The study aims was to assess the effectiveness of preparatory information booklet on knowledge regarding lifestyle modifications among patients on hemodialysis and to identify the relationship between the knowledge level and socio demographic variables of patients subjected to hemodialysis. The quantitative research approach and descriptive design was adopted for the study. The study was conducted in selected hospitals in Nellore. 40 patients were selected by using non probability convenience sampling technique. Structured questionnaire method was used to collect the information from samples. Data analysis done by using descriptive and inferential statistics. The pretest results revealed that 32(80%) were having inadequate knowledge; 8(20%) of them had moderately adequate knowledge and 0(0%) of the subjects were having adequate knowledge. the post test results revealed that the majority of the subjects 40 (100%) had adequate knowledge and 0(0%) of the subjects were having inadequate and moderately adequate knowledge. The study concluded that the preparatory information booklet is effective in improving the knowledge of patients regarding life style modifications. **Key words: Knowledge, Lifestyle modifications, Hemodialysis.**

**INTRODUCTION:** Health is the ability of a biological system to acquire, convert, allocate, distribute, and utilize energy with maximum efficiency. Nowadays, lifestyle is raised as one of the major factors affecting health by the health experts and professionals and it is estimated that 7 out of 10 deaths can be prevented through changes in lifestyle. Lifestyle is an approach an individual selected during his life which is a very important factor in physical and mental health and also is affected by culture, race, religion, geographical, economic and social factors, beliefs and opinions". Chronic kidney disease (CKD) or Chronic Renal Failure is a major problem and it ranks 12th in causing mortality worldwide. It is a global threat. The

incidence of chronic kidney disease has increased by almost 8% per year for the past 5 years. Chronic kidney disease treatment may involve varying degrees of lifestyle modification.. Goals of Life style modifications are to minimize uremic symptoms, maintain fluid and electrolyte balance, maintain good nutritional status, enable patient to eat a palatable & enjoyable diet, restricting dietary protein, decreases accumulation of nitrogenous wastes, reduces uremic symptoms, restriction of fluid & maintain weight .

In India nearly 90,000 persons develop ESRD every year. Chronic glomerulonephritis (3.7%), diabetic nephropathy (24%), chronic tubulo-interstitial disease (37%), and nephro sclerosis (13%)



constitute the most frequent lying disease. Polycystic kidney disease represent 4% of incidence. 17% of Indian have some form of chronic kidney disease. This figure was reached that in a study conducted by Harvard Medical School in partnership with 13 medical centers all over India. One third of the above people have advanced stages of the disease.

**Objectives:**

- To assess the knowledge among patients subjected to hemodialysis regarding lifestyle modifications.
- To evaluate the effectiveness of preparatory information on knowledge regarding lifestyle modifications among patients on hemodialysis by comparing pretest & post test knowledge scores.
- To determine the association between the pre-test and post-test knowledge scores of patients on to hemodialysis on knowledge regarding lifestyle modifications with selected demographic variables.

**Materials and Methods:** The cross sectional descriptive study was carried out to assess the knowledge regarding lifestyle modifications among patients subjected to hemodialysis in Vijaya Hospital, Nellore .After obtaining ethical clearance 40 adults were selected by using non probability convenience sampling technique. The data collected from sample by using structured Questionnaire method and documented. Statistical analysis was performed by using descriptive and inferential statistics.

**CRITERIA FOR SAMPLE SELECTION**

**Inclusion criteria:** The study includes CKD patients Who are:

- Admitted in Vijaya Hospital for hemodialysis
- Willing to participate in the study.
- able to speak or write in Telugu/English

**Exclusion criteria:** The study excludes the CKD patients Who are

- Not available at the time of data collection.
- Seriously ill with other complications.
- Not willing to participate in the study.

**DESCRIPTION OF THE TOOL**

**Part-I: Demographic variables:** The socio demographic variables of patients are age, sex, religion, educational status, occupation, family income, previous knowledge, history of chronic diseases.

**Part-II:** Consists of structured questionnaire to assess the knowledge regarding life style modifications.

**PLAN FOR DATA ANALYSIS**

The data was analyzed in terms of objectives of the study using descriptive and inferential statistics.

**Results and Discussion:** The demographic data of the participants revealed that 22(55%)were in 51years and above age group, 31 (77.5%) of subjects are male, 33(82.5%) of subjects belongs to Hindu, 19(47.5%) are illiterates, 22(55%) subjects were daily labors, 23(57.5%) were having less than Rs.10000 per month, 25(62.5%) were from rural area, maximum number 23(57.5%) were having hypertension and heart problems, maximum number 31(77.5%) were not having any knowledge.

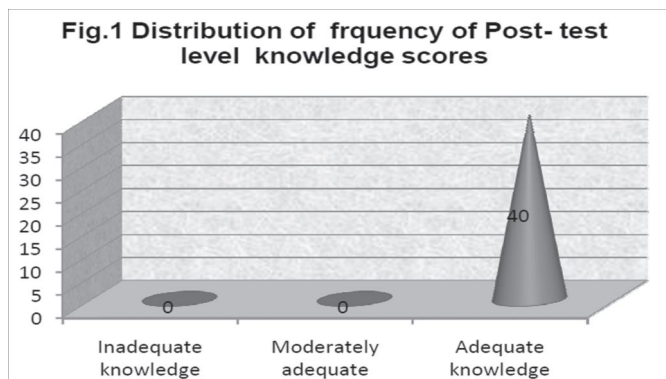
**TABLE-1:** Distribution of pre-test level of knowledge regarding lifestyle modifications among patients subjected to hemodialysis.

Sl	Level of knowledge (PRE-TEST)	Fre (F)	Pre (%)
1.	Inadequate knowledge	32	80
2.	Moderately adequate knowledge	08	20
3.	Adequate knowledge	0	0

Table 1 depicted that 32(80%) were having inadequate knowledge; 8(20%) of them had moderately adequate knowledge and 0(0%) of the subjects were having adequate knowledge



**FIGURE-1:** Percentage distribution of Post- test level of knowledge regarding lifestyle modifications among patients subjected to hemodialysis. N=40



**TABLE-2:** Association of pre test level of knowledge with selected demographic variables.

S. No.	Demographic variables	Level of knowledge						Chi Square
		Adequate		Moderate		Inadequate		
		F	%	F	%	F	%	
<b>1. Age ( in years)</b>								
a) 20 – 30	0	0	0	0	0	0		NS
b) 31 – 40	0	0	01	2.5	02	05		
c) 41 – 50	0	0	04	10	11	27.5		
d) 51 & above	0	0	03	7.5	19	47.5		
<b>2. Gender</b>								
a) Male	0	0	07	17.5	24	60		**
b) Female	0	0	01	2.5	08	20		
<b>3. Religion</b>								
a) Hindu	0	0	08	20	25	62.5		NS
b) Muslim	0	0	0	0	04	10		
c) Christian	0	0	0	0	03	7.5		
d) Others	0	0	0	0	0	0		
<b>4. Education</b>								
a) Primary (1-5)	0	0	0	0	04	10		NS
b) Secondary (6-12)	0	0	05	12.5	08	20		
c) Degree & above	0	0	03	7.5	01	2.5		
d) Illiterate	0	0	01	2.5	18	45		
<b>5. Occupation</b>								
a) Daily labor	0	0	01	2.5	21	52.5		NS
b) Private employee	0	0	03	7.5	05	12.5		

c) Govt. employee	0	0	02	05	00	00		
d) Business	0	0	02	05	06	15		
<b>6. Family income per month</b>								
a) Less than Rs.10000	0	0	02	05	21	52.5		NS
b) Rs.10000-20000	0	0	02	05	08	20		
c) Rs. 20000-30000	0	0	02	05	02	5		
d) More than Rs.30000	0	0	02	05	01	2.5		
<b>7. Location</b>								
a) Rural	0	0	04	10	21	52.5		**
b) Urban	0	0	04	10	11	27.5		
<b>8. Family history of any chronic diseases</b>								
a) Diabetes mellitus	0	0	0	0	03	7.5		NS
b) Hypertension and heart problems	0	0	7	17.5	16	40		
c) Others	0	0	0	0	0	0		
d) No history	0	0	1	2.5	13	32.5		
<b>9. Any previous knowledge</b>								
a) Yes	0	0	3	7.5	6	15		NS
b) No	0	0	5	12.5	26	65		
<b>10. If yes, the source of knowledge</b>								
a) Newspaper /TV	0	0	1	2.5	2	5		NS
b) Through education	0	0	2	5	0	0		
c) Personal experience	0	0	0	0	5	12.5		
d) No	0	0	5	12.5	25	62.5		

\*\* - significant, NS – Non significant

The above table.2. revealed that there was significant association between pretest knowledge of patients with their gender, and location where the



obtained chi square values were significant at 0.05 level of significance.

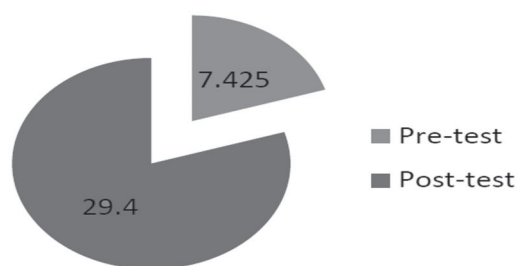
There was no significant association between posttest knowledge of patients with their demographic variables where the obtained chi square values were significant at 0.05 level of significance.

**TABLE:- 3.** Represents Mean, Standard deviation and 't' value regarding knowledge of the lifestyle modifications after hemodialysis among patients subjected to hemodialysis.

Sl.no	Level of knowledge	Mean	SD	't' value
1.	Pre-test	7.425	3.3	*2.02
2.	Post-test	29.4	0.8	

\*= Highly significant at the level of  $P > 0.05$

**Fig.15. Distribution of Mean score of pretest and posttest**



**Discussion:** The statistical analysis shows that no patients were having adequate knowledge. The Mean Pre-test knowledge score was 7.42 with a standard deviation of 3.3. This showed that there is necessity to provide education along with preparatory information booklet on knowledge regarding lifestyle modifications among patients subjected to hemodialysis.

The Post-test knowledge scores showed that all the patients (40) were having (100%) adequate knowledge. The overall mean in the post test knowledge was 29.4 with a standard deviation of 0.8. This implies that there was a significant improvement in the level of knowledge after giving education with preparatory information booklet at the level of 0.05

significance.

The above findings indicate the effectiveness of preparatory information booklet in enhancing knowledge regarding lifestyle modifications among patients subjected to hemodialysis.

**Conclusion:** The study was conducted to assess the knowledge regarding lifestyle modifications among patients subjected to hemodialysis. The study concluded that 32(80%) were having inadequate knowledge; 8(20%) of them had moderately knowledge and 0(0%) of the subjects were having adequate knowledge in the pretest results and the post test results revealed that the majority of the subjects 40 (100%) had adequate knowledge and 0(0%) of the subjects were having inadequate and moderately knowledge. So the preparatory information booklet is effective in improving the knowledge of patients regarding life style modifications.

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