

“A study to evaluate the effectiveness of nursing intervention in improving knowledge on self-care capability among elderly in selected urban areas, Bangalore , Karnataka.”

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Abstract: Background: Ageing is universal, biological fact, and natural process. It begins from the day we are born, or perhaps even before. No factor causes it and of course, there is no cure. In today’s demographic change is a global phenomenon resulting from two almost universal trends: declining fertility and increasing life expectancy. In most developed countries fertility is below replacement level and the majority of countries report increase life expectancy. **Objectives:** 1. Assess the knowledge regarding selfcare capability among the elderly. 2. Evaluate the effectiveness of nursing interventions on knowledge regarding self-care Capability among the elderly. 3. Determine the association between the post-test knowledge scores regarding self-care capability among the elderly with their selected demographic variables. **Materials and Methods:** One group pretest-posttest design and convenient sampling were followed including 60 samples. Data was collected using a knowledge questionnaire. Data analysis was done with SPSS. **Results:** Findings showed that the majority of subjects (31)51.66% has moderate knowledge and of the subject had inadequate knowledge (29)48.33% with a mean of 13.71 and standard deviation +-3.67. The pretest knowledge mean score was 13.71 with SD 3.67 and the mean for the post-test level of knowledge score was 19.9 with SD 3.76. The paired ‘t’ value was 11.57 was significant at the 0.05 level it is inferred that the nursing intervention was effective in improving the knowledge. Knowledge association between pretest and post-test shows that no significant association was found between the level of knowledge related to Age, Educational Status, previous knowledge at $p < 0.05$, and there was no significant association found between levels of knowledge related to elderly with their sex, religion. **Conclusion:** The present study concluded that the elderly have inadequate knowledge on self-care capability before intervention which effectively improved the level of knowledge on self-care capability. The result of the study shows that

educational programs can help to enhance the level of knowledge on self-care capability. Key words: Nursing intervention, self care capability, elderly.