

ABSTRACT

Self-Instructional Guide

A Necessity for Colostomates

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A STUDY to identify and analyse the learning needs of colostomates and their attending relatives to develop and test a self-instructional guide (SIG) for home management of colostomates was conducted by Prem Shiela Fredericks in partial fulfilment of the requirements for the degree of Master of Nursing at Rajkumari Amrit Kaur College of Nursing, New Delhi. The objectives of the study were:

1. To prepare a self-instructional guide to assist colostomates in self-care activities of daily living based on identified learning needs.

2. To evaluate the effectiveness of the self-instructional guide by colostomates and their attending relatives in terms of knowledge gain.

3. To determine the opinion about acceptability and utility of the self-instructional guide from the point of view of colostomates and their attending relatives.

The study was evaluative in nature, and was done in two phases.

The major findings of the study were:

1. Maximum number of colostomates (40%) were in age group of 50-59 years.

2. Majority of colostomates were married (90%) and were males (65%).

3. Knowledge score in Phase I for colostomates and their attending relatives was low, 49.8 and 35.2 respectively, where the maximum possible score was 104.

4. The 't' test done to find out statistical significance between the differences that existed among the mean scores of both groups during phase I, is not significant (2.23) at 0.05 level, indicating both groups were not different

in terms of their learning needs and had a high deficit in knowledge.

5. In Phase II, both groups had very high expressed learning needs in all areas.

6. The difference in pre- and post-test mean knowledge score of colostomates and their attending relatives was statistically significant ($t = 22.20$ and 39.15 at $.05$ and $.01$ levels respectively) suggesting effectiveness of SIG.

7. Mean scores of acceptability and utility of SIG were very high on colostomates (33.25) and attending relatives (35.55) where, maximum possible score was 36.

Conclusions

Based on the findings of the study, the following conclusions are drawn:

1. Deficit of knowledge on home management of colostomates existed in both the subjects. The maximum deficit was in the areas related to "Irrigation and appliances" and minimum in the areas of "clothing".

2. The expressed learning need score suggested that all the learning need areas had almost equal importance for planning teaching except in the area of clothing and bathing.

3. Colostomates and their attending relatives evaluated the SIG as highly acceptable and useable as a means of independent patient teaching with self-pacing and as reference material.

Recommendations

On the basis of the findings, the following important recommendations were made:

1. The study can be replicated on a larger sample, thereby findings can be generalised for a larger population.

2. A follow-up study be conducted

to evaluate effectiveness of SIG on home management of colostomy.

3. A comparative study be conducted for the colostomates who are doing irrigation with those of colostomates not doing irrigation because of associated fears.

4. A study be conducted to identify psycho-social and sexual needs of the colostomates.

5. A study be conducted to develop and evaluate an SIG in the form of pictorial booklet/pamphlet for the illiterate group.

6. A study be conducted to compare the effectiveness of teaching through SIG with other methods of teaching, such as demonstration, health teachings, audio techniques and videos.

Implications

The findings of the study have several implications for the Nursing Practice and Nursing Education. The study is very relevant for Nursing Professionals working in the area of cancer rehabilitation (Stoma Care Centre) in the Indian setting. Nursing personnel should plan teaching programmes and provide adequate information and guidance to such clients who have to cope with emotional trauma to the altered body image in order to enhance their self-care ability. The expressed learning needs of client can be considered as an indicator for planning structured health programmes. Hospital Nursing services and administration should promote and support preparation of such instructional material by Nursing personnel and they should be educationally prepared at different levels to undertake such endeavours in order to assist clients, relatives and the community in developing their self-care potentials.