

Effectiveness of Informational Booklet on Cure and Management of epileptic Children in Karnataka

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Epilepsy is one among the oldest known neurological illness. Seizure, which means, to take possession of, is a major symptom of epilepsy due to chronic underlying process. Approximately five to ten per cent of the population will have at least one seizure during their lifetime, with the highest incidence occurring in early childhood and late childhood, more commonly in the first decade of life, particularly under the age of one year. The WHO estimates that 3-10 per 1,000 of the total world population has epilepsy. In India the prevalence of epilepsy among children ranges from 64-177 per 1,00,000.

Seizure control is more in the hands of the patient and the caregiver. The prognosis of the epilepsy depends on the understanding and compliance of the patient and person entrusted with the treatment and management of the disease.

The parents respond best to the information that focuses on their specific area of concern. Hence for the therapeutic regimen to be beneficial, patient and their care giver must be informed about the disease and motivated to share responsibility in maintaining good health. Keeping all these in view, the investigator felt to prepare a booklet on epilepsy care and home management, for mothers of epileptic children.

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Objectives

- To assess the knowledge of mothers of epileptic children using the structured knowledge questionnaire.
- To develop and validate a booklet on epilepsy care and home management for mothers of epileptic children.
- To find out the effectiveness of booklet on epilepsy care and home management in terms of gain in knowledge scores.
- To find out the association between the pre-test knowledge score of mothers and selected factors i.e. age, education, socioeconomic status, place of domicile, duration of the disease, family history of epilepsy, exposure to mass media.
- To determine the acceptance and usability of the booklet on epilepsy care and home management in terms of expressed opinion of mothers.

Methodology

The conceptual framework adopted for the study was based on the open systems model of JW Kenny. The study utilised an evaluative research approach with one group pre-test post-test design. The population comprised of mothers of children with epilepsy, who were in the age group of 2 to 12 years. Non-probability purposive sampling technique was utilised

for selecting sample. Independent variable was booklet on epilepsy care and home management and dependent variable comprised of knowledge of mothers on epilepsy and care of children with epilepsy. Extraneous variables were age of the mother, educational status of the mother, place of domicile, socio-economic status, exposure to mass media, duration of the disease, family history of epilepsy.

Tools used for the study included, Background Information, Structured Knowledge Questionnaire and an Opinionnaire. Reliability of the knowledge questionnaire was established by Spearman Brown Prophecy formula. The reliability was found to be $r = 0.88$.

A pilot study was conducted for checking the feasibility of the study in a selected hospital at Mangalore. Final data was collected from 35 mothers of epileptic children, in Dr TMA Pai Hospital and Hi-Tech Medicare Hospital, Udupi in Karnataka state. On day one, tool on background information was administered to the subjects; pre-test was given by administering structured knowledge questionnaire. A reinforced teaching was given to the mothers after administering a booklet on epilepsy care and home management. On day seven, a post-test was conducted to assess the gain in knowledge using the same knowledge questionnaire. An opinionnaire was given to find

out the acceptability and usability of booklet by the mothers of epileptic children. The collected data was organised and analysed according to the objectives of the study using descriptive and inferential statistics.

Findings

□ Findings related to sample characteristics

The study showed that 37.14 percent of the mothers were 25 to 30 years of age. Majority of children (62.85%) were in the age group of two to seven years; 60 percent of them were males; 85.71 percent of mothers belonged to rural community. 34.28 percent of mothers had high school education and 60 percent belonged to middle socioeconomic group; 74.28 percent of mothers informed that they got epilepsy-related information from health professionals. 82.85 percent children had been diagnosed to have epilepsy within last six years. 74.28 percent children had no family history of epilepsy, six children (66.66%) had one family member (parent) with epilepsy.

□ Findings related to knowledge and selected variables

The mean post-test knowledge score (17.71) of the mothers was found to be significantly higher than their mean pre-test knowledge score (9.91) as evident from 't' value (34)=17.13, ($p < 0.05$ level), suggesting the effectiveness of the booklet in improving the knowledge of mothers of epileptic children in care of their children with epilepsy.

Also a significant association was found between the pre-test knowledge scores and the

selected variables i.e. place of domicile ($\chi^2=4.81$), education ($\chi^2=10.07$), exposure to mass media ($\chi^2=10$), duration of the disease ($\chi^2=15.34$) and family history of epilepsy ($\chi^2=6.56$). 75.35 percent of mothers strongly agreed that the information booklet was useful for them.

Recommendations

On the basis of the study findings, the following recommendations are made:

- The study can be replicated on a large sample of mothers of epileptic children for making wider generalisations.
- The study may be replicated with experimental research approach method.
- A follow-up study may be conducted to determine the effectiveness of the information booklet in terms of gain in knowledge and improved practice in the same subjects,
- A study can be done on specific areas of epilepsy and its management, such as effect of Ketogenic diet on seizure control.

Implications

Most of the health problems are preventable or controllable if anticipated, recognised and treated early. Nurses play a vital role in health care delivery system, the nurse directed programmes have significant role in the prevention and control of health problems among children.

The Nursing Education consists of health information knowledge and appropriate strategy for imparting that knowledge. It should empha-

size the prospective nurses to impart health education regarding home management of the disorders such as epilepsy, with due importance to prevention of most of the complications and disability resulting from such diseases. Epilepsy causes not only ill health and complications, but also creates a lot of social stigma due to lack of community awareness. Thus nurses can assist the society in developing positive attitude towards epilepsy, by involving themselves in the work of social and voluntary agencies thus helping these children and their families.

Conclusion

The study concludes that the information booklet on epilepsy care and home management and reinforced teaching was an effective strategy for enhancing the knowledge of the mothers of epileptic children regarding care and rehabilitation of their children.

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