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A STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING PROGRAMME (PTP) ON PREVENTION OF OSTEOARTHRITIS AMONG WOMEN IN SELECTED AREA, KASHMIR.

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***Abstract*— Title: A study to assess the effectiveness of planned teaching programme on prevention of osteoarthritis among women in selected area, Kashmir. Objectives: To determine the effectiveness of planned teaching programme on prevention of osteoarthritis among selected women. Materials and Methods: An evaluative one group pre-test and post-test pre-experimental design was used. With the purposive sampling 50 study participants were selected. Tool used in this study included two sections, Section-I including demographic Performa of women such as age, education, occupation, family history and source of information. Section-II including close ended structured knowledge questionnaire with 35 items regarding knowledge of osteoarthritis and its management. STP was administered after conducting pre-test and post-test was conducted after 7 days. Data was analyzed by using descriptive and inferential statistical technique. Result: The data analysis revealed that the post-test knowledge score 66% was higher than that of pre-test knowledge score 8%. Post-test findings revealed that subjects had gained adequate knowledge. Conclusion: The study concluded that the planned teaching programme(PTP) on prevention of Osteoporosis was an effective method of enhancing the knowledge of women regarding prevention of osteoarthritis.**

***Keywords*—Assess, Effectiveness, PTP, Knowledge, Women, Prevention, Osteoarthritis.**

I. INTRODUCTION

Osteoarthritis is a very common condition which can affect any joint in the body. It's most likely to affect the joints that bear most of our weight, such as the knees and feet. Joints that we use a lot in everyday life, such as the joints of the hand, are also commonly affected. When a joint develops osteoarthritis, part of the cartilage thins and the surface becomes rougher. This means the joint doesn't move as smoothly as it should. Osteoarthritis is a major cause of disability both in developing and developed countries and is the most common musculoskeletal disorder affecting the world population, the leading cause of pain and disability in the community. With the population aging, the prevalence of osteoarthritis is increasing and its consequences are impacting significantly on society. This is one of the reasons why osteoarthritis has been adopted as a major focus (along with osteoporosis, rheumatoid arthritis, back pain and musculoskeletal trauma) by the global initiative-the Decade of Bone and Joint Disease.

Need of the Study:

Osteoarthritis is ranked third highest after depression and breast cancer as a cause of disability adjusted life years. Osteoarthritis was the ninth leading cause of disability burden, measured in years of life lost due to disability (YLD), in men (3.9%) and third leading cause of disability burden among women (5.75%). Disability affects the quality of life in terms of both physical function and role limitations. Indian culture is such that squatting is unavoidable. Household chores or the Indian latrines involve acute bending of knees, and pressure on the joint has potential to damage the joint at a young age. The impact is not seen immediately but the joint begins to wear out after a prolonged period of time. WHO estimates that 10% of men and 18% of women over the age of 60 years have symptomatic osteoarthritis. In India prevalence of osteoarthritis varies from 22% to 39% in different parts of the country. Approximately 45% of Indian women over the age of 65 have osteoarthritis. By the age of 40 years, 90% of people have some level of osteoarthritis in weight bearing joints but they remain asymptomatic until they get older. There is X-ray evidence of osteoarthritis in 70% of people aged 55 and older. It is important to understand the existing knowledge of specific population at risk, which will provide important clause to develop strategies for controlling the incidence of osteoarthritis among population and is vital for the women to identify themselves the key factors about osteoarthritis

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especially the risk factors, clinical manifestations and management of osteoarthritis.

Objectives of the study:

1) To assess the knowledge on prevention of osteoarthritis among selected women in selected area.
2) To determine the effectiveness of planned teaching programme (PTP) on knowledge regarding prevention of osteoarthritis among selected women.
3) To find out the association between post-test knowledge score regarding prevention of osteoarthritis among selected women with their selected demographic variables.

II. PROPOSED ALGORITHM

Research Approach: Evaluative approach.
Research Design: Pre-experimental, i.e., one group pre-test and post-test design was adopted.
Research Setting: Study Samples were selected from Shamswari, Kashmir.
Population: The population under study are women who attended the health talk on Osteoarthritis in selected area Shamswari, Kashmir.
Sample: Women in selected area Shamswari, Kashmir.
Sample Size: 50.
Sampling Technique: Non-probability purposive sampling technique.

Criteria for Sample Selection:
Inclusion criteria:

- Women who were available at the time of data collection.

Data Collection tool: A closed ended structured questionnaire was prepared to measure the dependent variable before and after the administration of Planned teaching programme.

III. EXPERIMENT AND RESULT

1. Findings related to demographic characteristics of subject:

Age wise distribution of study samples revealed that majority of the samples 52 %were in the age group of 31-35 Years. Among all the participant's majority of the respondents 62% had secondary education. Sample distribution with regard to their occupational status revealed that most of respondents 90% were housewives. Percentage distribution of samples according to family history of osteoarthritis revealed that highest percentage of respondents 52% didn't had any family history of osteoarthritis. Findings of the study also revealed that majority of respondents (52%) source of information were health personnel's.

2. Findings related to pre-test knowledge and post-test knowledge scores of study subjects:

The findings revealed that the majority of the study subjects 54% had average pre-test knowledge and post-test knowledge scores of the study subjects showed that majority of the study subjects 64% had adequate post-test knowledge. The pre-test median score was 14 whereas post-test median score was 25. This indicates that there is significant increase in the knowledge of women regarding prevention of osteoarthritis after the planned teaching programme.

3. Findings related to area wise effectiveness of Planned teaching programme on knowledge regarding prevention of osteoarthritis among women:

In the area of 'concept of osteoarthritis', the pre-test mean percentage of knowledge score was 40.55% and post-test score was 71.27%. In the area of 'risk factors of osteoarthritis' 26.75% increase in mean percentage knowledge score was found. In the area of 'clinical manifestations of osteoarthritis' the pre-test mean percentage of knowledge score was 45.67% and 71.27% in the post-test. The effectiveness of planned teaching programme was 29.8% in the area of 'prevention of osteoarthritis' with a pre-test mean percentage score of 44.40% and post-test knowledge score of 74.20%. Results revealed that overall percentage of post-test knowledge score was more compared to the percentage of the pre-test knowledge score and showed that PTP is effective in improving the knowledge of women regarding prevention of osteoarthritis.

4. Findings related to association of post-test knowledge scores of study subjects with their selected demographic variables:

Analysis revealed that there was a significant association between the post-test knowledge score of women on prevention of osteoarthritis and the educational status of study subjects, which is ruled by chi-square test. There was no significant association between the pre-test knowledge scores of women on prevention of osteoarthritis and other selected demographic variables like age, occupational status, family history and source of information.

IV.CONCLUSION

Most of the samples 52% were in the age group of 31-35. Most of the participants 62% had completed their S.S.L.C. Findings related to occupation of the participants' showed that majority of women 90% were house wives. Samples showed that 52% didn't had any family history of osteoarthritis. Distribution of study subjects according to the source of information revealed that 52% of respondents gained information from health care personnel. The findings of the present study revealed that majority of respondents 54% had average knowledge, 38% of samples had poor knowledge, 8% of sample has good knowledge. After implementing PTP, the post-test findings showed significant increase in the knowledge of women regarding prevention of osteoarthritis.

Therefore, Planned teaching programme is proved to be one of the effective teachings methods.

A programmed health education regarding identification of signs and symptoms of osteoarthritis and its management and prevention could be arranged by health professionals in nursing homes and community. Health professionals must take actions in order to identify the clients with osteoarthritis by proper screening techniques and motivate them to practice therapies and to follow a proper management to improve functional performance. The nursing personnel should be encouraged to conduct educational programs in community areas to help in imparting knowledge regarding osteoarthritis and making them aware regarding its prevention. In-service education can be planned for the nurses to keep them updated with various alternative therapies and pharmacological, non-pharmacological treatments related to osteoarthritis. Pamphlets on osteoarthritis and its prevention in local languages can be distributed so that it can bring about an awareness among general masses especially women.

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