

A Study to Assess the Effectiveness of Structured Teaching Programme on the Knowledge Regarding the Dietary Pattern Among Piles Patients in Selected Hospital in the City

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Abstract: There are several very painful experiences that one suffers in stillness as it is a discomfoting topic to be even discussed. Hemorrhoids or Piles is such a common occurrence in adults but is rarely talked about because of the embarrassing nature of the condition. **Objectives:** Assess the knowledge of dietary pattern to be followed in piles. To assess the effectiveness of planned teaching program on patients' knowledge. **Methods and Materials:** The research approach used in the study is Quasi Experimental Study. The sample size of 60 individuals was selected and study was carried out at Kamalnayan Bajaj Hospital, Aurangabad. Samples were selected by randomized sampling technique. After pretest, structured teaching program was given to the patients followed by a post test evaluation was done after 7days. The tool used was structured teaching questionnaire. **Results:** Higher percentage (45%) were between 21-30 years followed by (20%) between 31- 40 years and 51-60 years and (15%) between 41-51 years. More than half patients (78%) were male and remaining (22%) were female. Majority (38%) of labour remaining of were (28%) of farmer, (17%) of students, (15%) of housewife and (2%) of engineer. Majority (73%) patients were married and other (27%) were unmarried. Higher percentage (98%) were belonging to Hindu religion and only (2%) belong to Muslim religion. Highest percentage of mixed type of food is consumed by (58%) then vegetarian (42%). Majority of non-addicted person were (87%) were (13%) was addicted. Majority of not have any previous history were (88%) and (12%) were having previous history of piles. Majority of patients were unhealthy (85%) remaining were with diabetes mellitus (10%), (3%) thyroid, (2%) hypertension. Almot half of the patients (47%) have working time of 8hours, (18%) were having 10 hours, (13%) were having 15 hours, (12%) were having 12 hours, (5%) were having 9 hours and (5%) were having

7 hours. Type of work – majority were having both type of work (56%), sitting were of (32%), and standing were of (12%). **Conclusion:** The Dietary pattern of piles patients helps to prevent the further complications of piles. It was evident that the dietary pattern does have significant impact in piles patient. The therapeutic dietary pattern is a most preventive intervention for preventing the complication of piles. It is recommended that the dietary pattern can be improve the health of piles patient and it is one of the nursing strategies for prevention of Piles.

Key words—Assess, Dietary Pattern, Knowledge

I. INTRODUCTION

There are several very painful experiences that one suffers in stillness as it is a discomfoting topic to be even discussed. Hemorrhoids or Piles is such a common occurrence in adults but is rarely talked about because of the embarrassing nature of the condition. Hemorrhoids are clusters of vascular tissue, smooth muscle, and connective tissue arranged in 3 columns along the anal canal. They are present in healthy individuals as cushions that help to maintain continence. Although hemorrhoids are normastructures. The term *hemorrhoid* has come to refer to a pathologic or symptomatic process. There has only been one national survey of hemorrhoids in the United States and that survey was conducted in 1989. In a digestive disease supplement to the National Health Interview Survey, participants were asked if a doctor had ever diagnosed them with hemorrhoids. The survey data were extrapolated to the US population. An estimated 23 million adults (13% of the

US population) were diagnosed with hemorrhoids in the prior year. An estimated 36 million adults (20% of the US population) were ever diagnosed with hemorrhoids. Women were more likely to report hemorrhoids than men (24% vs. 16%). Overall, 21% (7.7 million) reported having had surgery for their hemorrhoids. The number of US citizens with hemorrhoids in 2018 is not known. A proposed mechanism is straightening the anorectal angle during squatting. Although there is some evidence of straightening of the anorectal angle on squatting, the studies were performed in normal volunteers.

II. PROBLEM STATEMENT

“A study to assess the effectiveness of structured teaching program on knowledge regarding dietary pattern among piles patients in selected hospital in the city.”

III. OBJECTIVE

1. Assess the knowledge of dietary pattern to be followed in piles.
2. Assess the effectiveness of planned teaching program on patients' knowledge

IV. RESEARCH METHODOLOGY

- *RESEARCH APPROACH*: Descriptive approach
- *RESEARCH DESIGN*: Quasi experimental research design
- *POPULATION*: Piles patients in Aurangabad
- *SAMPLE*: Piles patients
- *SAMPLE SIZE*: 60 Piles patients
- conducted in day care OPD of Kamalnayan Bajaj Hospital, Aurangabad.
- *SAMPLING TECHNIQUE*: probability sampling technique
- *TOOL*: Structured knowledge questionnaire including demographic variables is used.
- *SAPMLING CRITERIA*:
- *INCLUSION CRITERIA*:

Piles patients, who are:

- Above 20 years of age group
- Able to understand and speak Marathilanguage
- Available during data collection period.

- *EXCLUSION CRITERIA*:

Exclusion criteria Piles patients, who are

1. Acutely ill and unable respond to tool

2. Having bleeding disorder and cancer diseases
3. Unwilling to participate

V. FINDINGS

- Higher percentage (45%) were between 21-30 years followed by (20%) between 31- 40 years and 51-60 years and (15%) between 41-51 years.
- More than half patients (78%) were male and remaining (22%) were female.
- Majority (38%) of labour remaining of were (28%) of farmer, (17%) of students, (15%) of housewife and (2%) of engineer.
- Majority (73%) patients were married and other (27%) were unmarried.
- Higher percentage (98%) were belonging to Hindu religion and only (2%) belong to Muslim religion.
- Highest percentage of mixed type of food is consumed by (58%) then vegetarian (42%).
- Majority of non-addicted person were (87%) were (13%) was addicted
- Majority of not have any previous history were (88%) and (12%) were having previous history of piles.
- Majority of patients were unhealthy (85%) remaining were with diabetes mellitus (10%), (3%) thyroid, (2%) hypertension.
- Almost half of the patients (47%) have working time of 8hours, (18%) were having 10 hours, (13%) were having 15 hours, (12%) were having 12 hours, (5%) were having 9 hours and (5%) were having 7 hours.
- Type of work – majority were having both type of work (56%), sitting were of (32%), and standing were of (12%)

VI. DISCUSSION

The researcher used the theoretical framework of modified Ludwig Von Bertalanffy helping art of clinical nursing theory (1968) based on the environment, input, process, output and feedback.

It was Quasi experimental study and the sample size consisted of 60 piles patients, the sample was selected by randomized sampling technique.

After pretest, structured teaching program was given to the patients and after that a post test evaluation was done. A structured teaching program consisted of structured knowledge questionnaire which was used to collect the data, which comprised of:

Section A: which includes socio demographic data of piles patients like age, gender, occupation, marital status, religion, diet, addiction, previous history, working hours and type of work.

Section B: included the assessment of the knowledge of dietary pattern to be followed in piles with the help of multiple choice question.

Description of socio demographic data of piles patients

Higher percentage (45%) of Piles patient under study were 21-30 years of age. It was consistence with the study of Sharma B that (50%), of patients under his study were also more than 65 years of age 44. Majority (78%) of patient in were female and (22%) were male, this finding was similar to Bei-Hung Chang study that (52%) female and male 48%.

Assessment the knowledge of dietary pattern to be followed in piles. In pre-test the overall mean score was (10.8± 2.5) which indicate the Piles patient under study had poor knowledge on diet piles patients. This finding was congruent with the study findings of Mahadeo B Shinde that pre-test mean score was 9.07 and S D was 4.26. Shows the patients had poor knowledge on diet.

Assess the effectiveness of planned teaching program on patients' knowledge: During post-test the overall mean score for the improve knowledge on dietary pattern was (19.6±1.5) which is more than the pre-test score indicates there is good improvement in knowledge on piles. This study result was consistent with the study carried out by Sangeeta MacCune.

Testing of hypotheses Testing of Hypotheses Paired t test was calculated to analyze the difference in knowledge of dietary pattern to be followed in piles patient before and after the structured teaching program. A significant difference was found was between the knowledge between the pre and post test (t value 23.03). This finding was well documented by Mahadeo B.

VII. CONCLUSION

The Piles patient Suffers From various problems related to health and daily living activities. The Dietary pattern of piles patients helps to Prevent the further complications of piles.it was evident that the

dietary pattern does have significant impact in piles patient. The dietary pattern is a most preventive intervention for prevention and prevent the complication of piles. It is recommended that the dietary pattern can be improve the health of piles patient and it is one of the nursing strategies for prevention of Piles.

VIII. RECOMMENDATIONS

Recommendations for the further study based on the findings of the study, the following recommendations can be made:

- A similar study can be undertaken for the larger sample size for generalization of the findings.
- A similar study can be conducted on the effectiveness of planned teaching programme on patients knowledge.

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