

## EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE AND ATTITUDE REGARDING RADIATION THERAPY AMONG CANCER PATIENTS RECEIVING RADIATION THERAPY RESIDING AT SELECTED COMMUNITIES, BHARATPUR

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### *Abstract*

*Cancer can be considered a chronic disease requiring ongoing management, rather than a terminal illness, which consists of different conditions characterized by uncontrolled growth and spread of abnormal cells. Radiation therapy should be given with a curative intent it includes radiation therapy alone, chemo radiation, adjuvant radiation following surgery, As a Curative chemo radiation is used for organ preservation, like bladder cancer and cervical cancer, as a curative adjuvant radio therapy for CNS malignancies and cervical cancer. A pre experimental research design, one group pre test and post test is used forty patients diagnosed with cancer were planned to have radiation therapy, Convenience sampling technique is used cancer patient who met the inclusion criteria were selected for study. Multiple choice questionnaire regarding radiation therapy administered after the pre test, they were given structured teaching programme for about 45 minutes. in the findings of study Majority of the patients with cancer receiving radiation therapy had adequate knowledge. None of the subjects had inadequate knowledge. Majority of patients with cancer receiving radiation therapy had positive attitude none of the subjects had negative attitude.*

**Keywords:** *Effectiveness, structured teaching programme, Knowledge, attitude, radiation therapy, cancer patients.*

### **INTRODUCTION**

The word 'cancer' means death and the cancer was incurable, But today because of advances in early diagnosis and treatment more and more people are living after the diagnosis has been made. Prevention of side effects and best available radiation therapy are standard expectations for an effective health care system in developed countries. These are equally needed in developing nations, but limited resources and competing demands require a rationale, and pragmatic approach which help to address these issues. Cancer can perpetuate stress and a series of crisis for the individual, radiation therapy presents a challenge to patients and their families because of altered abilities for self care. To cope with the threat and the emotional crisis, patients frequently need information that they can participate in their own care and reduce the likelihood of hospitalization. Patient's education is an important function because cancer is life threatening and chronic disease and affects the life style of the patient. Patients receiving radiation undergo severe physiologic and emotional stress. Patient sought teaching from a variety of sources, but many found, that nurses and other patients were the most helpful sources. Although most patients wanted as much information as possible, they would be prepared for managing the side effects. Lack of knowledge on radiation therapy leads to the cancer patients and their family members experienced worries and concerns

about the patient being at home after treatment and there is variation in their knowledge about what precautions are needed. Many experienced psychological distress, but very few received adequate assistance for their difficulties. Those patients experienced a low grade of fatigue and psychological distress, but their functional status and quality of life were high.

### NEED FOR STUDY

Cancer prevalence in India is estimated to be around 2.5 million, with over 8,00,000 new cases and 5,50,000 deaths occurring each year due to this disease. More than 70% of the cases report for diagnostic and treatment services in the advanced stages of the disease, which has led to a poor survival and high mortality rate. Rajasthan shares 5.67% of the country's [cancer burden](#), which is a cause of serious concern for health authorities and people of the state. [Cancer cases](#) are on the rise in state. Rajasthan is one of the states with high incidence of cancer in the country. there were total 11.48 lakh cases of cancer in the state in 2015. Out of them, 65,215 were detected in the state accounting for 5.67% of total cases of the country. in 2014 there were 63,459 cases. In 2013, as many as 61,743 incidences of cancer were reported. As far as [estimated mortality](#) of cancer is concerned in the state, it was 28,695 in 2015. While in 2014, it was 27,922. And in 2013, it was 27,168. Thus, indicating an upward trend in the estimated mortality of cancer cases in state. Cancer patients need to understand the physical changes attributed to the treatment, treatment choices, knowledge of the disease and the use of radiation therapy to control symptoms post treatment. patients education and to assist patients in making appropriate treatment choices. Knowledge on radiation therapy provides cancer patients to interact with the environment in a positive way, further transforming experience to other group. Their knowledge towards cancer as, sickness and death, cancer as an obstacle, cancer as a transforming agent. Understanding the meaning of cancer may enhance to paint a new vision of cancer survivorship that comprises potentially positive and transforming experience. Patients with cancer may be at risk for development of late complication, knowledge on radiation therapy is essential for the various treatment modalities and awareness of the risks for developing late complication of their treatment.

### STATEMENT OF THE PROBLEM

'Effectiveness of structured teaching programme on knowledge and attitude regarding radiation therapy among cancer patients receiving radiation therapy residing at selected communities Bharatpur.

### OBJECTIVES

- To assess the level of knowledge regarding radiation therapy among patients with cancer receiving radiation therapy residing at selected communities Bharatpur
- To assess the level of attitude regarding radiation therapy among patients with cancer receiving radiation therapy residing at selected communities Bharatpur
- To assess the effectiveness of structured teaching programme on knowledge and attitude regarding radiation therapy among patients with cancer receiving radiation therapy residing at selected communities Bharatpur
- To find out the relationship between knowledge and attitude regarding radiation therapy among patients with cancer receiving radiation therapy residing at selected communities Bharatpur.
- To find out the association between selected demographic variables and knowledge regarding radiation therapy.

- To find out the association between selected demographic variables and attitude regarding radiation therapy.

### **HYPOTHESIS**

**H1:-**The mean post test knowledge and attitude score regarding radiation therapy will be significantly higher than the mean pre- test score of patients with cancer who receive structured teaching programme.

**H2:-**There will be significant association between selected demographic variables and knowledge, attitude regarding radiation therapy.

### **RESEARCH APPROACH**

The research approach used in this study was evaluative approach.

### **RESEARCH DESIGN**

A pre experimental, one group pre test, post test design was adopted for this study.

### **SETTING OF THE STUDY**

The study was conducted in the sewar PHC area Bharatpur.

### **POPULATION**

Patient with cancer who resides at the sewar PHC area of Bharatpur as population of the study selected.

### **SAMPLING METHOD**

Convenience sampling technique was employed for the study.

### **SAMPLE SIZE**

Forty patients with cancer were planned to have radiation therapy.

### **SAMPLING TECHNIQUES**

Convenience sampling technique was selected for the study.

### **VARIABLES**

**1. Independent Variables:** - In this study, independent variable is Structured Teaching Program on the radiation therapy.

**2. Dependent Variables:-**Dependent variable is the Knowledge and attitude of cancer patients.

**3. Demographic variables:** Age, Sex, Educational status, clinical variables such as Duration of illness, Duration of treatment.

### **TOOL**

Part-1 Demographic data:-A structured interview schedule was used to assess the information on the demographic variables.

Tool – 1 A structured knowledge questionnaire was used to assess the knowledge of cancer patients on radiation therapy.

Tool – 2 the attitude was measured on a three point like rt scale to assess the attitude of the patients

with cancer regarding radiation therapy.

**Table no.1: Comparison of mean scores of knowledge and attitude and correlation between pre and post test**

N=40

Score	MEAN	SD	Paired 't' Test
Pre test knowledge score	50.00	18.27	7.592*
Post test knowledge score	78.83	12.27	
Pre test attitude score	49.00	23.48	7.088*
Post test attitude score	81.25	13.43	

p\* < 0.01 level

**Table no.2: Association between post test knowledge and attitude scores with selected demographic variables of cancer patients regarding radiation therapy**

Sr. NO	Demographic characteristics	f	$\chi^2$
1	Age in years	20-30	1.032
		30-40	
		40-50	
2	Sex	Male	.060
		Female	
3	Marital status	Married	.494
		Unmarried	
4	Educational status	Illiterate	1.709
		Primary education	
		College	
5	Income in `	< 2000	1.306
		2000-5000	
		> 5000	
6	Occupation	Agriculture	1.481
		Employee	
		Unemployed	
7	Religion	Hindu	2.751
		Christian	
		Muslim	
8	Residence	Rural	.985
		Urban	
9	Life style factor tobacco	Yes	.008
		NO	
10	Life style factor alcohol intake	Yes	.002
		No	

## CONCLUSION

The findings of the study were to assess the effectiveness of structured teaching programme on knowledge and attitude regarding radiation therapy among patients with cancer. This Shows post test knowledge score of patients with cancer regarding radiation therapy. In all aspects of radiation therapy, like nutritional care, skin care, management of side effects, there was a difference because of structured teaching programme. In the post test knowledge score on general information was 161(82%) were correct response, and only 39 (19%) came with incorrect response. Regarding fear & anxiety, 169 (85%) were with the correct response, only 31 (15) questions were incorrect responses. In response to skin care, 165 (83) were correct responses in, 35(17) the questions elicited incorrect responses, regarding nutrition care 156 (78) were correct responses 44 (22) were incorrect responses, regarding sexuality 164 (82)

were correct responses, 36 (18) were incorrect responses, in side effects 185(93) were correct responses, 15 (7) were incorrect responses. Regarding attitude, 27 (68) had positive attitude, 9(32) had neutral, and none of them had negative attitude. The patients with cancer had gained adequate knowledge regarding radiation therapy during post test. 27 (68) had adequate knowledge and none of the subjects had inadequate knowledge. This difference in the pre test knowledge scores and post test knowledge score could be due to structured teaching program regarding radiation therapy. The post test majority of subjects 100% had positive attitude whereas in the pre test only (7out of 40) 17.5% had positive attitude. None of the subjects had negative attitude. The difference in the pre test and post test attitude scores might be due to structured teaching programme. There is no association between the knowledge and demographic variables, and attitude and demographic variables.

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