

## A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON PREVENTION OF SWINE FLU AMONG NURSING STUDENTS IN SELECTED NURSING SCHOOLS IN MORADABAD (U.P)

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### **Abstract**

*Flu viruses have mainly affected humans, birds and pigs worldwide. During the past 10 years these viruses are in limelight at a global level due to pandemic threats of Avian/Bird Flu and Swine Flu and their public health impacts, with added pandemic of swine flu virus recently. The current ongoing episodes of bird flu and swine flu are beyond the control, when and where or which country they start with nobody can predict. The continuous evolution and emergence of new strains indicate that the flu viruses are becoming more and more dangerous and this situation has posed a challenge to researchers to discover effective vaccines and therapeutics. Moreover, the role of pig as 'mixing bowl' for the virus to get reassorted has added to the complicated epidemiological scenario.*

**Keywords:** *Effectiveness, Structured teaching programme, Knowledge, Swine flu, Prevention*

### **INTRODUCTION**

Health is the right of every individual who is living in the society. Good health is always around the corner but never actually reached, because there's always something more to be achieved. Like proverbial elephant, it is difficult but easy to spot when we see it.

H1N1 influenza (swine influenza or swine flu) is a respiratory disease of pigs caused by type A influenza virus that regularly causes outbreaks of influenza in pigs. H1N1 virus causes high levels of illness and low death rates in pigs (Centers for Disease Control and Prevention). The classical swine flu virus (influenza type A H1N1 virus) was first isolated from a pig in 1930. Like all influenza viruses, H1N1 viruses change constantly. Pigs can be infected by avian influenza and human influenza viruses as well as H1N1 viruses. The Centers for Disease Control (CDC) has identified that influenza viruses from different species infect pigs, thus the viruses can reassert (i.e. swap genes) and new viruses that are a mix of swine, human and/or avian influenza viruses can emerge. At this time, there are four main influenza types A virus subtypes that have been isolated in pigs: H1N1, H1N2, H3N2, and H3N1. Most of the recently isolated influenza viruses from pigs, however, have been H1N1 viruses which do not normally infect humans. But, sporadic human infections with swine flu have occurred. Initially, these cases occur in persons with direct exposure to pigs [e.g. children near pigs at a fair or workers in the swine industry]. The symptoms of H1N1 flu virus in people include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and some people may have vomiting and diarrhea (WHO). People may be infected with the flu, including H1N1 respiratory symptoms without fever. Severe illnesses and death has occurred as a result of illness associated with this virus. Seasonal influenza occurs every year and the viruses change each year. Many people have some immunity to the circulating virus that helps limit infections. Some countries also use

seasonal influenza vaccines to reduce illness and deaths. But influenza A (H1N1) is a new virus and one to which most people have no or little immunity. Therefore, this virus could cause more infections than are seen with seasonal flu. The WHO has identified that the new influenza A (H1N1) appears to be as contagious as seasonal influenza, and is spreading fast, particularly among young people (ages ten to 45 years). The severity of the disease ranges from very mild symptoms to severe illnesses that can result in death. Most people who contact the virus experience the milder disease and recover without antiviral treatment or medical care. Of the more serious cases, more than half of hospitalized people had underlying health conditions or weak immune systems.

### OBJECTIVE OF THE STUDY

- To assess knowledge regarding prevention of Swine Flu among nursing students.
- To evaluate effectiveness of structured teaching programme on prevention of Swine Flu.
- To find out association between pre-test and post-test level of knowledge about Swine Flu.

### HYPOTHESIS

**H<sub>1</sub>**- Their will be significant association of nursing students attending structured teaching programme will be higher than the mean pre test knowledge.

**H<sub>2</sub>**- There will be a significant association between the the level of knowledge of the nursing students with the selected demographic variables.

### MATERIALS AND METHODS

Quantitative research approach will be used to evaluate the knowledge of nursing students on the prevention of swine flu.

### STUDY DESIGN

The Quasi Experimental Design is used in the study

### TARGET POPULATION

The target population is students of GNM IInd year of Vivekananda College of Nursing, Moradabad.

### SETTING OF THE STUDY

The setting for the particular study is proposed to be in Vivekanand College of Nursing, Moradabad.

### POPULATION

In present study population consist of G.N.M II year of Vivekanand colleges of Moradabad.

### SAMPLE

In present study the sample consisted of students of GNM II Year in Vivekanand College of Nursing, Moradabad.

### SAMPLE SIZE

Sample size for this study is 30 students GNM II year of Vivekanand College of Nursing,

Moradabad.

### **SAMPLING TECHNIQUE**

A sampling random technique was used for data collection.

### **CRITERIA FOR SELECTION OF SAMPLE**

#### **INCLUSIVE CRITERIA**

- Students of General Nursing Midwifery
- Students who are willing to participate in the study.

#### **EXCLUSIVE CRITERIA**

- Students who are not present during the period of data collection
- Students who are not willing participate in the study.

### **PROCEDURE METHODOLOGY**

#### **DEVELOPMENT OF THE TOOL**

The development of the tool is a step by step procedure. It is designed in such a way that procedure should not take more than 10 min for individual keeping in mind the interest & co-operation of nursing students.

The questionnaire consist of Section A and Section B

#### **SECTION A**

This Section A includes items seeking information on demographic profile which includes the age, course, gender, qualification, interested in subject, residence among the nursing students.

#### **SECTION B**

The questionnaire consist of 30 questions it included 15 related to general information of Swine flu 10 related to treatment of swine flu and 10 related to prevention of swine flu.

#### **METHOD OF DATA COLLECTION**

A structured questionnaire method is use for data collection. Official permission will be taken from the principal of Vivekanand College of Nursing, Moradabad. After introduction to the subject data will be collect by using the structured questionnaire. The timing of data collection is 10AM to 12 noon. The investigator introduce herself to the sample & develop good rapport with them. Privacy & comfort is provided for each sample while collecting the data.

#### **PLAN FOR ANALYSIS**

The data analysis was done according to the objectives of the study. Both descriptive and inferential statistics were used Paired t test was used to compare the effectiveness of structured teaching programme. Chi - square test was used to determine the association

#### **RESULT**

**The finding of the study is discussed under the following:**

**The first objectives were to assess knowledge regarding prevention of Swine Flu among**

nursing students.

The major findings of this study was the majority of nursing students (66.7%) average knowledge about prevention and treatment of Swine Flu,(6.7%) had good knowledge about the prevention and treatment of swine flu, (26.7%)had poor knowledge.

**The second objective was** to evaluate effectiveness f structured teaching programme on prevention and treatment of Swine Flu.

The Pre test knowledge was 48.50% when effectiveness of nursing students was evaluated , and Post test was 78.67 % when effectiveness of nursing students was evaluated.

**The third objective was** to find out association between pre-test and post-test knowledge about prevention of Swine Flu.

Analysis reveals that majority (96.7%) of the students were from the age group of 20 – 25 years and (3.3) of students were from age group of 25-30, and 0% from age group 30-35 years. All the students i. e (100%) belongs to the G.N.M course. The majority of students ( 96.7%) were girls and (3.3%) were boy. The analysis reveals that majority of students (70.0%) were intermediate, (30.3%) were graduate, and (0%) were post graduate. Majority of students (80.0%) were interested in Medical Surgical Nursing, (16.7%) were interested in Community Health Nursing, and ( 3.3%) of students were interested in Midwifery. Majority of students (63.3%) were from urban community, and (36.7%) were from rural community.

#### **THE MAJOR FINDINGS OF THE STUDY**

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#### **SUGGESTIONS**

There are some measures which help to prevent swine flu and limit its spread, wash your hands frequently with soap, do not touch your nose ,eyes or mouth unless you have thoroughly washed your hands, follow the travel restriction guidelines issues by the CDC'C, conduct role play in community area ,workshop and seminar conduct time to time to update knowledge.

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