

## A STUDY TO ASSESS THE EFFECTIVENESS OF METHODOLOGICAL TUTELAGE ON KNOWLEDGE REGARDING NIKSHAY POSHAN YOJNA SCHEME AMONG THE TUBERCULOSIS PATIENTS VISITED DOTS's OPD, ERA's LUCKNOW MEDICAL COLLEGE AND HOSPITAL

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### **ABSTRACT**

*Background: Tuberculosis is one of the dead full disease caused by Mycobacterium Tuberculosis which most commonly affects the lungs. Still causes thousands of death every year. The Govt. of India is planning to eradicate Tuberculosis by 2025. The Central Government took it upon itself to implement scheme to eradicate this disease from India. The Nikshay Poshan Yojna was the outcome of this thought. Under this project Tuberculosis patients receive financial assistance in form of Rs 500/ month through to Direct Benefit Transfer (DBT). Methodology: This study was conducted using Quantitative approach. Non-experimental one group pre-test post-test research design was used in this study. The total sample size was 40 Tuberculosis Patients selected through non probability convenient sampling technique. The data was collected by self structured Questionnaire. Result: The data obtained have been tabulated and analyzed by using non experimental and inferential statistics. The statistical analysis showed that knowledge of tuberculosis patients (55%) having moderate adequate knowledge, (45%) having inadequate knowledge. After teaching practice knowledge of the tuberculosis patients 72.5% had adequate knowledge. 27.5% had moderate adequate knowledge regarding nikshay poshan yojna scheme. Conclusion: The finding revealed that there was a significant improvement in knowledge of Nikshay Poshan Yojna Scheme among tuberculosis patients in post-test after teaching practice selected methodical tutelage.*

**Keywords:** Evaluate, Effectiveness, Methodical tutelage, Knowledge, Nikshay Poshan Yojna Scheme, Tuberculosis patients.

## INTRODUCTION

Tuberculosis is an infectious bacterial disease caused by Mycobacterium Tuberculosis which most commonly affects the lungs. It transmits through droplet from an infected person. Active Tuberculosis patient to a immune compromised person. Tuberculosis and Malnutrition are linked in a complex relationship.

Tuberculosis can lead to sudden weight loss and micronutrient deficiency through increased metabolic demands and decreased intake, On the other hand a malnourished person has increased risk of getting Tuberculosis as it makes the immune system weak.

As the medical science is growing and getting advanced day by day and India is working on the health care system the Govt. of India is planning to eradicate Tuberculosis by 2025.

The Ministry of Health and Family Welfare in collaboration with Government of India has launched the Direct Benefit Transfer which implemented on 1st January 2013. The Nikshay Poshan Yojna Scheme was launched from 1st April 2018 by the Government of India with the aim to support every Tuberculosis patient by providing a Direct Benefit Transfer (DBT) of Rs 500 per month for nutritional Needs.

## OBJECTIVES OF THE STUDY

- 1 Assess the knowledge regarding Nikshay Poshan Yojna Scheme among the Tuberculosis patient at Era's Lucknow Medical College and Hospital.
- 2 Assess the effectiveness of methodical tutelage regarding Nikshay Poshan Yojna Scheme.
- 3 Associate the knowledge regarding Nikshay Poshan Yojna Scheme among the Tuberculosis patient at Era's Lucknow Medical College and Hospital.

## RESEARCH METHODOLOGY

This study was conducted using Quantitative approach. Non-experimental one group pre-test post-test research design was used in this study. The total sample size was 40 Tuberculosis Patients selected through non probability convenient sampling technique. The data was collected by self structured Questionnaire.

**Section A-** There is Socio demographic variables tool consist of 11 questions such as Age, Gender, Education, Occupation, Monthly Income, Food Habit, Living Area, Type of Tuberculosis, Duration of Tuberculosis, Any substance abuse, Previous Knowledge.

**Section B-** Self structured Questionnaire which consists of 26 Questions related to different aspects regarding Objectives, Disease, Beneficiaries, Amount, Health Sector, Portal, Sources, Nikshay Mitra, Nikshay Platform. The total score range was 0-26 were classified into 0-8 Inadequate, 9-17 Moderate

and 18-26 Adequate.

Content validity of tool was done by 05 experts in the field of Medical Surgical Nursing.

## DATA COLLECTION PROCESS

The data collection procedure includes the following phase-

**Phase 1:** The formal written permission was received from the principle of Era college of nursing after the explaining the benefits of Nikshay Poshan Yojna Scheme among the Tuberculosis patients.

**Phase 2:** The data was collected in Era's Lucknow Medical College and Hospital The research obtained written consent from the participants. After explaining the benefits of this study. Using non probability purposive sampling technique. Data was collected from 40 Tuberculosis patients for the main study on date 22nd September to 7th October 2023.

Data analysis was done by using descriptive and inferential statistics.

## RESULT

The data was analyzed and interpreted according to the objectives of the study by using descriptive and inferential statistics.

The data collected were organized under the following sections;

- 1: Distribution of demographic variables of tuberculosis patients.
- 2: Evaluate the pre-test knowledge regarding Nikshay Poshan Yojna Scheme among tuberculosis patients.
- 3: Evaluate the post-test effectiveness of methodical tutelage regarding Nikshay Poshan Yojna Scheme among the tuberculosis patients.

### 1. Distribution of demographic variables of tuberculosis patients-

Table 1 reveals age group among 40 samples: 52.5% from 18-28 years of age 15.0% from 29-39 years of age 15.0% 40-50 years of age 17.5% from 50 years of age. Most of patients are male 50.0% most of patients are female 50.0%. most of the patients Education 55% primary, 12.5% secondary, 15% graduated, 17.5% illiterate. Most of patients occupation 47.5% employed, 20% unemployed, 5.0% business, 27.5% homemaker. Most of patients monthly income are 47.5% no income, 40.0% 5000-10000 rupees, 2.5% 10000-15000 ruppes 10.0% 15000 rupees. Most of 50% patients are vegetarian 50% non-vegetarian. 32.5% patients are living in rural area, 60% urban area,7.5% slum area. Most of patients having pulmonary tuberculosis 45% extra pulmonary tuberculosis. Duration of tuberculosis 52.5% < 6 months 37.5% 7-9, months 15% 10-12 months 2.5% >12 months. Majority of patients using substances 40% 37.5% patients shows previous knowledge 62.5% shows no any

previous knowledge.

**2. Evaluate the pre-test knowledge regarding Nikshay Poshan Yojna Scheme among the tuberculosis patients.**

Table 2 reveals that in this study findings shows that frequency and percentage of the knowledge regarding Nikshay Poshan Yojna Scheme 55% Tuberculosis patients had moderate adequate knowledge.

**3. Evaluate the post-test effectiveness of methodical tutelage regarding Nikshay Poshan Yojna Scheme among the tuberculosis patients.**

Table 3 reveals that in this study Post-test frequency and percentage of effectiveness methodical tutelage regarding Nikshay Poshan Yojna Scheme 72.5% tuberculosis patients had adequate knowledge 27.5% tuberculosis patients had moderate adequate knowledge.

**TABLE 1: DISTRIBUTION OF DEMOGRAPHIC VARIABLES OF TUBERCULOSIS PATIENTS**

S.No	DEMOGRAPHIC DATA	CATEGORY	FREQUENCY	PERCENTAGE(%)
1.	Age in years	18-28	21	52.5
		29-39	6	15.0
		40-50	6	15.0
		> 50	7	17.5
2.	Gender	Male	21	52.5
		Female	19	47.5
		Others	0	0
3.	Education	Primary	22	55.0
		Secondary	5	12.5
		Graduate	6	15.0
		Illiterate	7	17.5
4.	Occupation	Employed	19	47.5
		Unemployed	8	20.0
		Business	2	5.0
		Homemaker	11	27.5
5.	Monthly income	No income	19	47.5
		≤ 5000 rupees - 10,000 rupees	16	40.0
		10,001 rupees- 15,000 rupees	1	2.5
		>15,000 rupees	4	10.0
6.	Food Habits	Vegetarian-	20	50.0
		Non - vegetarian -	20	50.0
		Eggetarian-	0	0
7.	Living Area	Rural area -	13	32.5
		Urban area -	24	60.0
		Slum area-	3	7.5
8.	Types of Tuberculosis	Pulmonary Tuberculosis-	22	55.0
		Extra Pulmonary Tuberculosis-	18	45.0
		Drug Resistance Tuberculosis-	0	0

9.	Duration of Tuberculosis	≤6 Month-	21	52.5
		7-9 Month	12	37.5
		10 – 12 Month	6	15.0
		>12 Month-	1	2.5
10.	Any substance uses	Yes	16	40.0
		No	24	60.0
11.	Any Previous Knowledge	Yes	15	37.5
		No	25	62.5

**TABLE 2: EVALUATE THE PRE-TEST KNOWLEDGE REGARDING NIKSHAY POSHAN YOJNA SCHEME AMONG THE TUBERCULOSIS PATIENTS**

Pre- test assessment	Score	Frequency	Percentage %
Adequate	18-26	0	0
Moderate Adequate	9-17	22	55
Inadequate	0-8	18	45

**TABLE 3: EVALUATE THE POST-TEST EFFECTIVENESS OF METHODOLOGICAL TUTELAGE REGARDING NIKSHAY POSHAN YOJNA SCHEME AMONG THE TUBERCULOSIS PATIENTS**

Post- test assessment	Score	Frequency	Percentage %
Adequate	18-26	29	72.5
Moderate Adequate	9-17	11	27.5
Inadequate	0-8	0	0

## CONCLUSION

The finding revealed that there was a significant improvement in knowledge of Nikshay Poshan Yojna Scheme among tuberculosis patients in post-test after teaching practice selected methodical tutelage. It also showed that there was an association with the level of Nikshay Poshan Yojna Scheme knowledge and selected demographic variable like Age in years, Previous knowledge about Nikshay Poshan Yojna Scheme and duration of tuberculosis.

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