



Community Health Nursing

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Greentree Group

Received: 14.02.2016

Edited : 12.04.2016

Accepted: 12.05.2016

Published: 16.05.2016



Abstract

The Millennium Development Goals were framed to address the world's major development challenges with health and its related areas as the prime focus. In India, considerable progress has been made in the field of basic universal education, gender equality in education, and global economic growth. However there is slow progress in the improvement of health indicators related to mortality, morbidity, and various environmental factors contributing to poor health conditions. Peripheral Health Workers, who provide essential access to inexpensive, basic, life-saving health care. Peripheral Health workers deliver low-cost and life-saving interventions. They can contribute greatly to the achievement of Millennium Development Goals 4, 5 and 6, Present study focused on to Assess the Effectiveness of Structured Teaching Programme on Knowledge and Attitude Regarding Selected Millennium Development Goals among Peripheral Health Workers working In Selected PHCs of Gujarat State with **Objective** 1) To assess the knowledge of peripheral health workers regarding selected millennium development goals before administering structured teaching programme. 2) To assess the attitude of peripheral health workers regarding selected millennium development goals before administering structured teaching programme. 3) To evaluate the effectiveness of structured teaching programme on knowledge and attitude regarding selected millennium development goals among peripheral health workers .4) To find the correlation between post test knowledge score and post test attitude score regarding selected millennium development goals among peripheral health workers.

Methods: An evaluative research approach with Quasi-experimental design was used and the study was conducted at selected P.H.Cs of Gujarat state. The sample comprised of 40. Sample was selected by using Simple Random sampling technique. Data was collected by using Structured Knowledge Questionnaire and Likert's Attitude Scale. Data was analyzed using descriptive and inferential statistics.

Results: The mean pre-test knowledge score was 8.025 while mean post-test knowledge score was 28.78 with the difference of 20.75. The mean pre-test attitude score was 56.9 while mean post-test knowledge score was 97.63 with the mean difference of 40.73. Majority 39(97.5%) had poor knowledge, 1 (2.5%) had average knowledge in pre-test. Whereas in the post-test 100% of the subjects has attained very good knowledge. All 40 (100%) had unfavorable attitude in pre-test. Whereas in the post-test 40 (100%) of the subjects developed favorable attitude.

Interpretation and conclusion: There was a significant increase in the knowledge and attitude of the Peripheral Health Workers after the administration of the STP on Selected MDGs. Hence it is concluded that Structured Teaching Programme was effective in increase knowledge and attitude of the Peripheral Health Workers working in Selected P.H.C s of Gujarat State.

Keywords Effectiveness; Knowledge; Attitude; Millennium Development Goals; Peripheral Health Workers; P.H.Cs; Structured Teaching Programme



Introduction

“A GOAL PROPERLY SET IS HALFWAY REACHED”

- Zig Ziglar

This statement signifies the importance of proper goal setting. A goal properly set does give the direction; specify tasks, measurable milestones and deadlines needed for achievement. It gives structure to turn dreams into reality-without it misdirection, rework, delays and loss of focus. **(Stephen C. Schlesinger)**.

The Millennium Development Goals are eight international development goals that were established following the Millennium Summit of the United Nations in 2000, following the adoption of the United Nations Millennium Declaration. The Millennium Development Goals (MDGs) which include eight goals were framed to address the world's major development challenges with health and its related areas as the prime focus. these goals are further subdivided into 18 numerical targets which are further measured by means of 40 quantifiable indicators. Health constitutes the prime focus of the MDGs. While three out of eight goals are directly related to health, the other goals are related to factors which have a significant influence on health. These goals are, 1. To eradicate extreme poverty and hunger. 2. To achieve universal primary education. 3. To

promote gender equality and empower women. 4. To reduce child mortality. 5. To improve maternal health. 6. To combat HIV/AIDS, malaria, and other diseases. 7. To ensure environmental sustainability. 8. To develop a global partnership for development. **(Manelkar R K)**. In this study three goals that are directly related to health are selected

In India, considerable progress has been made in the field of basic universal education, gender equality in education, and global economic growth. However there is slow progress in the improvement of health indicators related to mortality, morbidity, and various environmental factors contributing to poor health conditions. Even though the government has implemented a wide array of programs, policies, and various schemes to combat these health challenges, further intensification of efforts and redesigning of outreach strategies is needed to give momentum to the progress toward achievement of the MDGs **(United Nations Development Fund)**.

The MDGs deadline is in year 2015. The sustainable development goals (SDGs) follow, and expand on, the millennium development goals. The sustainable development goals are a new, universal set of goals, targets and indicators that UN member states will be expected to use to



frame their agendas and political policies over the next 15 years- deadline is 2030. (**The Guardian News and Media**). This study has been carried out on selected MDGs.

Need Of The Study

Eight reasons why it is important to achieve the MDGs: More people would grow and develop, More people would learn and know, More people would be equal and just, More children would survive and live More mothers would be healthier, More people would be able to combat illness, More people would think of the future, More people would work together.

(<http://www.unesco.org/new/en/education/>).

According to **Dalberg global Development advisors, May 2012 report**, peripheral health workers, who provide essential access to inexpensive, basic, life-saving health care, are indispensable to improving global health outcomes. Developing countries face an acute shortage of health workers, as there is a global shortfall of 2.3 million physicians, nurses and midwives, and a shortage of more than 4 million health workers overall. In the absence of medical professionals, millions of people rely on Peripheral Health workers as their only point of contact with the health system. Peripheral

Health workers deliver low-cost, life-saving interventions in areas such as child and maternal health, vaccinations, and basic health education. They can contribute greatly to the achievement of Millennium Development Goals 4, 5 and 6.

Given the broad role that many peripheral health workers play in primary care, a program must assure that a core set of skills and information related to MDGs be provided to most peripheral health workers. They should be trained, as required, on the promotive, preventive, curative and rehabilitative aspects of care related to maternal, newborn and child health, malaria, tuberculosis, HIV/AIDs as well as other communicable and non-communicable diseases. (**Open Journal of Clinical Diagnostics**)

Statement of the Problem

“A study to assess the effectiveness of structured teaching programme on knowledge and attitude regarding selected millennium development goals among peripheral health workers working in selected PHCs of Gujarat state”.

Objectives of the Study

1. To assess the knowledge of peripheral health workers regarding selected millennium development goals before administering structured teaching programme.



2. To assess the attitude of peripheral health workers regarding selected millennium development goals before administering structured teaching programme.

3. To evaluate the effectiveness of structured teaching programme on knowledge and attitude regarding selected millennium development goals among peripheral health workers

4. To find the correlation between post test knowledge score and post test attitude score regarding selected millennium development goals among peripheral health workers.

Hypothesis of the Study

H₁: There will be significant difference between mean pre-test and mean post-test knowledge score of the samples after administration of structured teaching programme on selected millennium development goals as evident from the structured knowledge questionnaire at 0.05 level.

H₂: There will be significant difference between mean pre-test and mean post-test Attitude level of the samples after administration of the structured teaching programme on selected millennium development goals as evident from the structured knowledge questionnaire at 0.05 level.

H₃: There will be significant correlation between post test knowledge score and post test attitude score regarding selected millennium development goals among peripheral health workers.

1.6. Operational Definition

1. Assess:

It is the organized, systematic and continuous process of collecting data from peripheral health workers regarding selected MDGs.

2. Effectiveness:

It refers to extent to which structured teaching programme has achieved its objectives towards improvement of knowledge regarding selected MDGs among peripheral health workers.

3. Structured teaching programme:

It refers to the teaching programme conducted by investigators among peripheral health workers about Introduction, Definition, List of MDGs, Target and Indicators of Selected MDGs, Current progress of India in achievement of Selected MDGs, Role of peripheral health workers in the achievement of Selected MDGs, strategy and Schemes launched by government to reach Selected MDGs

4. Knowledge

It is the level of understanding of peripheral health workers regarding selected MDGs.



5. **Attitude:**

A settled way of thinking or feeling of peripheral health workers about selected MDGs.

6. **Millennium development goal:**

The Millennium Development Goals (MDGs) are eight international development goals that were established following the Millennium Summit of the United Nations in 2000, following the adoption of the United Nations Millennium Declaration. In this study health related goal has been selected-4, 5 and 6.

7. **Peripheral health workers:**

Persons with minimal training providing services at peripheral level are called peripheral health workers. In this study multipurpose health workers (MPHWs) and female health workers (FHWs) are included as peripheral health workers.

8. **Primary health centre:**

The Primary health centre (PHC) is the basic structural and functional unit of public health services in developing countries.

Delimitation

- 1) The study is delimited to knowledge and attitude aspects only.
- 2) The study is delimited to sample size - 40 only.
- 3) Peripheral health workers who are available at the time of data collection are

Included in the study.

Conceptual Framework

Conceptual framework adopted in present study was based on "General system model" [WHO, SEARO Technical Publication, No-6, 1985].

Review OF Literature

Literature review is a process that involves finding, reading, understanding and forming conclusions about the published research and theory on a particular topic. The related literature review was done from journals, research articles, books and published dissertations, internet and Medline.

The related literature has been presented under the following heading:

1. Literature related to Millennium Development Goals in General
- 2 Literature related to importance of peripheral health workers in achievement of health related Millennium Development Goals
3. Literature related to knowledge of peripheral health workers regarding Millennium Development Goal Number: 4 & 5.
4. Literature related to knowledge of peripheral health workers regarding Millennium Development Goal Number: 6.
5. Literature related to importance of teaching/training programme for peripheral health



Workers.

RESEARCH METHODOLOGY

Research approach: A quasi experimental approach

Research design: one group pre-test post-test design.

Variables:

Independent variable: Structured Teaching Programme on selected MDGs.

Dependent Variables: Knowledge and Attitude of peripheral health workers regarding selected MDGs

Extraneous variables: Any uncontrolled variable that greatly influence the result of the study is called as extraneous variables. In this study extraneous variables are: Age, Educational status of peripheral workers, Previous source of knowledge regarding MDGs, Work experience, Exposure to any in-service education programme /training related to MDGs.

Research Setting:

The setting for the study was selected P.H.Cs of Gujarat state. From the five zones of Gujarat state central zone was selected for the pilot study by lottery method and remaining four zones were selected for the final data collection.

For the main study the investigator choose one district from each zone of Gujarat state. From that each district were selected by lottery method. Investigator had

selected following areas by lottery method in Gujarat state.

Target Population: all peripheral workers working at selected PHCs of Gujarat state.

Sample: peripheral workers working in selected PHCs of Gujarat state.

Sample Size: 40

Sampling Technique: Simple Random Sampling

Criteria for sample selection:

1. Peripheral workers are selected through simple random sampling technique.
2. Peripheral workers who are working in selected PHCs of Gujarat state.
3. Peripheral workers who are available during the study period.
4. Peripheral workers who want to participate in research study.

Tool:

1. Structured Knowledge Questionnaire to assess the knowledge of samples.
2. Likert's attitude scale to assess the attitude of samples.

Reliability:

The reliability of the structured knowledge questionnaire was determined by 'Test-retest method' using 'Karl Pearson's formula'. Reliability of structured knowledge questionnaire was 0.81. The reliability of Likert's Attitude scale was determined by Cronbach's alpha method. The Likert's Attitude scale was 0.8

Validity:



The structured knowledge questionnaire along with statement, objectives and Likert's Attitude scale and lesson plan on Selected MDGs was submitted to 10 experts comprising of 5 nurse educators (Master of Nursing) in Community Health

Nursing and 5 experts in the field of preventive and social medicine. The tool was modified according to the suggestion and recommendation of experts in consultation with guide.

Major Findings

Frequency and percentage wise distribution of samples based on demographic data.

[N = 40]

Table 5 Area wise Mean, Mean Percentage, Percentage Gain, Mean Difference, Standard Deviation (SD) of Pre-Test and Post-Test Knowledge Scores of samples on Selected Millennium Development Goals.

[N=40]

Sr NO	Personal Data	Frequency (f)	Percentage (%)
1	Age		
	a) 20-30 years	13	32.5
	b) 31-40 years	16	40
	c) 41-50 years	6	15
	d) above 50 years	5	12.5
2.	Sex		
	a) Male	18	40
	b) Female	22	60
3.	Education		
	a) Secondary	4	40
	b) Higher Secondary	17	20
	c) Graduate	19	40
	d) Other	0	0
4.	Work Experience		
	a) 0 - 5 years	13	32.5
	b) 6 – 10 years	9	22.5
	c) 11 – 15 years	6	15
	d) 16-20 years	8	20
	e) Above 20 years	4	10
5	Source of Information		
	a) News paper	19	47.5
	b) T.V	0	0
	c) Health Workers	15	37.5
	d) Internet	6	15
	e) others	0	0
6	In-service programme / training on MDGs		
	a) yes	0	0
	b) no	40	100



Area	Pre-Test Knowledge Score of Sample				Post-Test Knowledge Score of Sample				Mean Percentage Gain (%)	Mean Difference
	Max. Score	Mean Score	Mean Percentage	S.D	Mean Score	Mean Percentage	S.D			
Introduction	4	0.13	3.25	0.33	3.7	92.5	0.5	89.25	3.57	
MDG No. 4	9	1.75	19.44	1.24	8.8	97.78	0.5	78.34	7.05	
MDG No. 5	8	2.43	30.38	1.06	7.8	97.5	0.4	67.12	5.37	
MDG No.6	9	3.73	41.44	1.5	8.5	94.44	0.6	53	4.77	
TOTAL	30	8.05		2.12	28.8		0.73		20.76	

Table 6 Distribution of Samples according to grading of pre-test and post-test knowledge [N=40]

Score	Grade	Pre –Test		Post –Test	
		Frequency	Percentage	Frequency	Percentage
≤12	Poor	39	97.5	-	-
	Average	1	2.5	-	-
	Good	-	-	-	-
	Very Good	-	-	40	100
13-18					
19-24					
25-30		40	100	40	100
Total					

Max score: 30

Table 7 Mean Score, Mean Difference, SD & ‘t’ Value of pre & post test knowledge Score of samples [N = 40]

Note: *t= p < 0.05 df= 39

Table 8 Area wise Mean, Mean Percentage, Percentage Gain, Mean Difference, Standard Deviation (SD) of Pre-Test and Post-Test Attitude Scores of samples on Selected Millennium Development Goals [N=40]

Knowledge	Mean	Mean Difference	SD	SE	Calculated 't' test	Tabulated 't' Value
pre-test	8.05	20.76	2.12	0.35	59.29	2.03
post-test	28.8		0.73			

Area	Pre-Test Attitude Score of Sample				Post-Test Attitude Score of Sample				Mean Percentage Gain (%)	Mean Difference
	Max. Score	Mean Score	Mean Percentage	S.D	Mean Score	Mean Percentage	S.D			
Importance of MDGs	15	10.8	71.67	0.98	14.88	99.2	0.463	27.5	4.1	
Achievement of MDGs	05	3.1	62	0.63	4.125	82.5	0.791	20.5	1.02	
Role Of Peripheral Health Workers In Achieving MDG No. 4	20	10.6	52.9	2.35	19.8	99	0.464	46.1	9.22	
Role Of Peripheral Health Workers In Achieving MDG No. 5	25	13.4	53.4	2.57	24.48	97.9	0.847	44.5	11.13	
Role Of Peripheral Health Workers In Achieving MDG No.6	30	16.9	56.27	2.56	29.38	97.9	0.979	41.6	12.5	
Improvement In Government Strategy To Reach MDGs	05	2.25	45	0.98	4.98	99.6	0.158	54.6	2.73	
TOTAL	100	56.9		6.01	97.63		1.079			

Note: *t = p< 0.05 df= 39



Table 9 Mean Score, Mean Difference, SD & “t” Value of pre & post test Attitude Score of samples [N=40]

Attitude	Mean	Mean Difference	SD	SE	Note:*t<p<0.05 df=39	
					Calculated ‘t’ test	Tabulated ‘t’ test
pre-test	56.9	40.73	6.01	0.97	42.29	2.03
post - test	97.63		1.08			

Conclusions

Knowledge deficit exist in all areas of Selected Millennium Development Goals. The Structured Teaching Programme was found to be effective in enhancing the knowledge and attitude of the samples regarding Selected Millennium Development Goals. Samples has gained sufficient knowledge and enhanced the attitude after the administration of Structured Teaching Programme. The findings indicate that Structured Teaching Programme developed by investigator was effective in enhancing knowledge and attitude of samples regarding Selected Millennium Development Goals. Thus the Structured Teaching Programme can be used for the large population in different settings. The investigator has concluded that there was significant increase in the mean post-test score as compared to mean pre-test score after administration of Structured Teaching Programme on Selected Millennium Development Goals. In knowledge and attitude the calculated “t” value was greater than the tabulated “t” value at 0.05 level of significance which is

proved statistically significance of the study. Thus null hypotheses were rejected and researcher hypotheses were accepted. So researcher concluded that Structured Teaching Programme on Selected Millennium Development Goals is effective in improving knowledge and attitude of Peripheral Health Workers working in Selected P.H.Cs of Gujarat state.

Implication And Utilizations

The present study was conducted to determine the effectiveness of Structured Teaching Programme on knowledge and attitude of Peripheral Health Workers regarding Selected Millennium Development Goals. The findings of the present study have several implications in the field of nursing practice, nursing education and nursing research and nursing administration.

Nursing Practice

Health care must be preventive before promotive and curative. The extended and expanded role of professional nurse emphasizes those activities which promote the health and prevent illness. Role of



nurses are multifaceted and numerous. Nurses are innovators, guides and also teachers. They are a vital link in the health care delivery system. Nurses play the roles of teacher and a guide at community setting. Hence nurses could play a crucial role in increasing knowledge regarding Selected Millennium Development Goals and simultaneously develop desirable attitude among Peripheral Health Workers who are considered as a cornerstone of health care delivery system. The result of the study will help the nurses to enlighten their knowledge on the importance of Selected Millennium Development Goals to improve health and other conditions around the world.

Health information can be imparted through various methods like lecture, mass media, pamphlets, information booklet, self instructional module, structured teaching programme etc. any teaching strategy which is simple, clear, and attractive provides interest for the learner to follow the instruction easily. Nurses have to impose themselves in all the areas of community health nursing practices and to organize and provide education regarding Selected Millennium Development Goals to bring out awareness about Selected Millennium Development Goals and can plays a crucial role in achievements of set target of Selected

Millennium Development Goals which are the means to improve health conditions of people all over the world.

Nursing Education

The study implies that health personnel have to tries to impart knowledge regarding Millennium Development Goals. They should be aware first and then put a action to bring awareness about Millennium Development Goals in community and aid to achieve set target of Selected Millennium Development Goals.

Although communication is included in the nursing curriculum more emphasis should be given to develop the skill so that students who are the future member of health care delivery system can impart the information to the clients effectively. Nurses need to be made aware that community participation is an important aspect of care. Continuing nursing education should be conducted to increase awareness.

Nursing Research

Professional organizations in nursing are convinced of the importance of nursing research as a major contribution to meeting health and welfare needs of the people. One of the aims of nursing research is to expand and broaden the scope of nursing. The result of the study contributes to the body of knowledge of nursing. In future, the investigators can use the findings and



the methodology as reference material. Further studies can be conducted on this topic for broader and in-depth coverage of the sample population so as to get a more detail information regarding knowledge and attitude regarding Selected Millennium Development Goals. A teaching programme will be effective in improving the knowledge and attitude regarding Selected Millennium Development Goals

Nursing administration

Nursing administration may involve in policy making and budgeting for health programmes and also formulate policies that will include all nursing staff to be actively involved in health education programmes in their respective hospital and community.

Limitation of the study

1. The study was conducted for a small representative group of the whole population in a selected setting which restricts the generalizability.
2. The study did not use any control group. Hence there were possibilities of threats to internal validity such as events occurring between the pre-test and post-test session, influences of mass media or people in the environment on subject's knowledge.

3. The Structured Teaching Programme had its major focus only on Selected Millennium Development Goals.

5.7 Recommendations

Keeping in view the findings of the present study, the following recommendations have been made for the study:

4. Similar study can be replicated on a large sample.
5. A study can be conducted with control group.
6. The comprehensive study may be conducted to find out the effectiveness between STP and ITP regarding the same topic.
7. A co relational study can be conducted to assess the knowledge and practice of peripheral health workers.
8. A longitudinal study can be done using post-test after 1 month, 6 month and 1 year to see the retention of knowledge.
9. A descriptive study can be conducted to assess the knowledge and attitude regarding Millennium Development Goals.
10. A study may be conducted to assess the knowledge and attitude regarding Millennium Development Goals among university students and faculties.



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