

EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE AND PRACTICE OF MOTHERS REGARDING CARE OF CHILDREN WITH SEIZURE DISORDER

Harmanjot Kaur,¹ Deepak Sharma²

¹Nursing Tutor, ²Assistant Professor

Faculty of Nursing, Desh Bhagat University, Mandi Gobindgarh, Punjab

Corresponding Author: Harmanjot Kaur Faculty of Nursing,

Desh Bhagat University, Mandi Gobindgarh, Punjab

Email: harmanjot321@deshbhagatuniversity.in

ABSTRACT

Seizure disorder is a common neurological condition among children and places a major burden on families, especially mothers who are the primary caregivers. Lack of knowledge regarding seizure management and home care can affect the child's quality of life. The present study aimed to assess the effectiveness of a structured teaching programme on knowledge and practice of mothers regarding care of children with seizure disorder. A quantitative one-group pre-test and post-test design was adopted among 50 mothers in selected community areas of Bathinda, Punjab, using non-probability convenient sampling. Data were collected using structured knowledge and practice questionnaires. After the pre-test, a structured teaching programme was administered through lecture and PowerPoint presentation. The findings showed that the mean knowledge score increased from 14.5 to 20 and practice score improved from 10.7 to 13 after the intervention. The calculated 't' values were statistically significant at $p < 0.05$ level, indicating that the teaching programme was effective in improving maternal knowledge and practice regarding seizure care. The study concluded that structured teaching programmes are useful in promoting better home management of children with seizure disorder.

Keywords: Seizure disorder, epilepsy, mothers, structured teaching programme, pediatric nursing, knowledge, practice.

INTRODUCTION

Children are an important part of society and their health is essential for the future development of a nation. During childhood, children are vulnerable to many diseases and disorders, among which seizure disorder is one of the most common neurological conditions. Seizure disorder occurs due to abnormal electrical activity in the brain, leading to changes in movement, behavior, consciousness, or sensation. Epilepsy and seizure disorders are often associated with myths and misconceptions, especially in developing countries, which may affect proper treatment and care. Mothers play a major role in caring for children with seizure disorder. Adequate knowledge regarding seizure management, medication administration, and home care is important to prevent complications and improve the quality of life of affected children. However, many mothers lack proper awareness regarding seizure care. Therefore, the present study was undertaken to assess the effectiveness of a structured teaching programme on knowledge and practice of mothers regarding care of children with seizure disorder.

MATERIALS AND METHODS

Research Approach

A quantitative research approach was adopted for the study as the investigator intended to scientifically evaluate the effectiveness of a structured teaching programme.

Research Design

A one-group pre-test and post-test experimental design was used for the study.

Setting of the Study

The study was conducted in selected community areas of Bathinda, Punjab.

Population

The population consisted of mothers of children diagnosed with seizure disorder residing in selected community areas.

Sample Size

The sample size consisted of 50 mothers.

Sampling Technique

Non-probability convenient sampling technique was used for selecting the samples.

DISCUSSION

The present study assessed the effectiveness of a structured teaching programme on knowledge and practice of mothers regarding care of children with seizure disorder.

The findings revealed that mothers had inadequate to average knowledge regarding seizure care before the intervention. Following the structured teaching programme, there was significant improvement in knowledge scores. Similar

findings were reported by Mohith (2014), who found that educational programmes significantly improved parental knowledge regarding seizure management.

The study also demonstrated improvement in maternal practices following the intervention. Many mothers initially lacked knowledge regarding appropriate first aid measures during seizures. After the educational programme, mothers demonstrated improved understanding of seizure precautions, medication administration, and emergency management.

The positive correlation between knowledge and practice indicates that increased knowledge contributes to improved caregiving practices. This finding is consistent with studies conducted by Kepler et al. and Haneef et al., which reported similar positive relationships.

The present study emphasizes the important role of nurses in educating caregivers regarding seizure disorders. Structured teaching programmes are effective, economical, and easy-to-administer educational interventions.

The findings also highlight the continuing presence of misconceptions regarding epilepsy in society. Many families continue to believe myths associated with seizures, leading to stigma and delayed treatment. Community-based awareness programmes are essential to improve public understanding.

NURSING IMPLICATIONS

Nursing Education

Nursing curricula should emphasize seizure disorders and management of childhood epilepsy. Student nurses should be trained to conduct educational programmes for caregivers.

Nursing Practice

Nurses working in hospitals and communities should provide health education to parents regarding seizure precautions, medication adherence, and home care management.

Nursing Administration

Nursing administrators should organize regular in-service education programmes to update the knowledge of healthcare professionals regarding seizure care.

Nursing Research

Further studies can be conducted on larger populations and in different settings to validate the findings.

CONCLUSION

The study concluded that the structured teaching programme was effective in improving the knowledge and practice of mothers regarding care of children with seizure disorder.

Significant improvement was observed in post-test scores compared to pre-test scores. Positive correlation between knowledge and practice indicated that increased awareness contributes to better caregiving behavior.

Educational interventions play a major role in empowering mothers to manage seizure disorders effectively at home. Nurses should take active responsibility in organizing health education programmes for caregivers and communities to reduce misconceptions and improve quality of life among children with seizure disorders.

RECOMMENDATIONS

1. Similar studies can be conducted with larger samples.
2. Comparative studies between rural and urban populations can be undertaken.
3. Experimental studies with control groups may be conducted.
4. Educational interventions can be evaluated over longer follow-up periods.

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