



ISSN: 0975-833X

Available online at <http://www.journalcra.com>

INTERNATIONAL JOURNAL  
OF CURRENT RESEARCH

International Journal of Current Research  
Vol. 10, Issue, 12, pp.76800-76801, December, 2018

DOI: <https://doi.org/10.24941/ijcr.33743.12.2018>

## RESEARCH ARTICLE

### A STUDY TO ASSESS THE EFFECT OF SELF INSTRUCTIONAL MODULE ON HOME CARE MANAGEMENT AMONG THE PATIENTS WHO UNDERGONE CATARACT SURGERY IN SELECTED GOVERNMENT HOSPITAL KUMBakonam

\*Raghavendran, M. and Andal, S.

Associate Professor, Rama College of Nursing, Kanpur

#### ARTICLE INFO

##### Article History:

Received 19<sup>th</sup> September, 2018  
Received in revised form  
28<sup>th</sup> October, 2018  
Accepted 29<sup>th</sup> November, 2018  
Published online 31<sup>st</sup> December, 2018

##### Key Words:

Assess, effect, Self Instructional  
Module, Home care management,  
Cataract surgery

#### ABSTRACT

**Introduction:** Cataract derives from the Latin *cataracta* meaning "waterfall" and the Greek *kataraktes* and *katarrhaktes*, from *katarassein* meaning "to dash down". Cataract is an opacity within the lens the patient may have a cataract in one or both eyes. If present in both eyes one cataract may affect the person's vision more than other. Most of the cataracts are age related or they can be related or they can be associated with other factors the development of cataract is mediated by number of factors. In senile cataract it appears that metabolic processes within the lens can cause an accumulation of water, alterations in lens fiber structure, these changes affect lens transparency causing vision changes. **Objectives:** To assess the pre test knowledge on home care management among the patients, To assess the effectiveness of Self Instructional Module on home care management and to find out the association between the level of knowledge on home care management with selected socio demographic variables of patients who undergone cataract surgery. **Methodology:** In this study Quasi-experimental one group pre test and post test design was used. It was conducted at Government hospital Kumbakonam. 50 Cataract patients who had satisfied the inclusion criteria were selected as sample by using simple random sampling technique. **Results:** The results of the study shows that in pre test the level of knowledge on home care Management among Patients under gone cataract surgery. Out of 50 patients 35 (70%) of them had inadequate knowledge and 12 (24%) of them had moderately adequate knowledge and only 3 (6%) of them had adequate level of knowledge. In post test the level of knowledge on home care management among Patients undergone cataract surgery. Out of 50 patients 5 (10 %) of them had inadequate knowledge and 20 (40%) of them had moderately adequate knowledge and 25 (50%) of them had Adequate level of knowledge. The chi – square test revealed that there was no significant association between the level of knowledge and the demographic variables.

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**Citation:** Raghavendran, M. and Andal, S. 2018. "A study to assess the effect of self instructional module on home care management among the patients who undergone cataract surgery in selected government hospital, Kumbakonam", *International Journal of Current Research*, 10, (12), 76800-76801.

## INTRODUCTION

Visual perception is the ability to interpret information from visible light reaching the eyes. The resulting perception is also known as eyesight, sight or vision. The various physiological components involved in vision are referred to collectively as the visual system. Cataract derives from the Latin *cataracta* meaning "waterfall" and the Greek *kataraktes* and *katarrhaktes*, from *katarassein* meaning "to dash down" (*kata-* "down"; *arassein*, "to strike, dash") (Smeltzer, 2005). As rapidly running water turns white, the term may later have been used metaphorically to describe the similar appearance of mature ocular opacities.

Cataract surgery is the removal of the lens of the eye (also called "crystalline") that has developed an opacification, which is referred to as a cataract. During cataract surgery, a patient's aging and cloudy natural lens is removed and replaced with a synthetic lens to restore the lens's transparency (Lewis, 2007). National Eye Institute, (2005) had stated that cataract is clouding of the eye's lens that causes blurring of vision. The most common problem is related to ageing. Cataract removal is one of the most common operations performed worldwide which is considered to be the safest and most effective method of management. Fifty percent of people between the age of 65 to 74 years and 70% of them are those aged 75 years have cataract. After cataract surgery, about 90 percent felt to have better vision (National Eye Institute & Lions Clubs International Foundation, 2007).

\*Corresponding author: Raghavendran, M.,  
Associate Professor, Rama College of Nursing, Kanpur.

**need Of the problem:** Cataracts are the third leading cause of preventable blindness.

A study says approximately 50% of Americans between ages 65 & 74 years have some degrees of cataract formation. Age related cataracts are responsible for 48% of world blindness. Which represent about 18 million people according to World Health Organization. It is the responsibility of the nursing profession to discover, verify and structure the professional knowledge regarding newer trends in nursing practice. Research is the only way to build the body of nursing knowledge, validate improvement in nursing practice and make health care efficient as well as cost effective.

### Objectives

- To assess the pre test knowledge on home care management among the patients who undergone cataract surgery.
- To assess the effectiveness of Self Instructional module on home care management among the patients who undergone cataract surgery.
- To find out the association between the level of knowledge on home care management with selected socio demographic variables.

**Hypothesis:** There is a significant difference in the level of knowledge of cataract surgery patients before and after Self Instructional module regarding home care management of cataract surgery.

### MATERIALS AND MEHTODS

In this study Quasi –experimental one group pre test and post test design was used. It was conducted at Government hospital Kumbakonam. 50 Cataract patients who had satisfied the inclusion criteria were selected as sample by using simple random sampling technique (Polit, 1997). The data was collected by using Structured Knowledge Questionnaire on homecare management of patients undergoing Cataract surgery. Self Instructional Module was used to provide knowledge to patients. The results was analysed by using descriptive and inferential statistics (Sundar Rao, 2007).

### RESULTS

The results of the study shows that in pre test the level of knowledge on home care Management among Patients under gone cataract surgery. Out of 50 patients 35 (70%) of them had inadequate knowledge and 12 (24%) of them had moderately adequate knowledge and only 3 (6%) of them had adequate level of knowledge. In post test the level of knowledge on home care management among Patients undergone cataract surgery. Out of 50 patients 5 (10 %) of them had inadequate knowledge and 20 (40%) of them had moderately adequate knowledge and 25 (50%) of them had Adequate level of knowledge as knowledge as shown in Table 1.

**Table 1. Shows the level of knowledge on home care management**

Knowledge Level	Pretest		Post test	
	Number	Percentage	Number	Percentage
Inadequate Knowledge	35	70	5	10
Moderately Adequate Knowledge	12	24	20	40
Adequate Knowledge	03	6	25	50

**Table 2. Shows mean and standard deviation of knowledge level on home care management**

Test	Pre test	Post test
Mean	6.4	17.4
Std deviation	6.29	4.1

The mean and standard deviation of pre test level of knowledge was 6.4 and 6.29 respectively. In post test mean and standard deviation was 17.4 and 4.1. which shows there is an increase in knowledge level as shown in Table 2. The calculated 't' values are greater than table value showing that there was significant difference in patients knowledge of home care management of cataract patient after Self Instructional Module. The chi – square test revealed that there was no significant association between the level of knowledge and the demographic variables.

### Conclusion

This study concludes that there was decreased level of knowledge on patients undergoing cataract surgery regarding home care management. It is important for the nurse to provide knowledge to the patients on home care management. This study concludes that Self instructional module will help to improve knowledge among patients.

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