

EFFECTIVENESS OF SELECTED NURSING INTERVENTION PACKAGE ON KNOWLEDGE AND SKILL AMONG CLIENTS AT RISK FOR SLEEP APNEA AT SELECTED HOSPITAL, CHENNAI QUASI EXPERIMENTAL STUDY

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ABSTRACT

Background

Sleep apnea is commonly seen among all the age groups. In adults it occurs approximately in 15% of men and 5% of women. In older adults, sleep apnea occurs among 70% of men and 56% of women. Sleep apnea prevalence increases with aging among both genders. Sleep apnea in older adults contributes to poorer quality of life, nocturia, cardiovascular diseases, hypertension, heart failure and diabetes mellitus. Globally 100 million people are suspected to have sleep apnea; of which 80% remain untreated & undiagnosed. Globally around 84% of people with sleep apnea have other co- morbid illness

Objective

To determine the effectiveness of selected nursing intervention package on knowledge and skill regarding sleep apnea among clients at risk for sleep apnea.

Design

Quasi experimental equivalent control group design.

Setting

Sir Ivan Stedeford Hospital, Chennai

Population

Client at risk for sleep apnea.

Methods and Materials

Data obtained using non-probability purposive sampling technique. After screening the clients at risk for sleep apnea using modified STOP BANG questionnaire 60 clients at risk for sleep apnea (30 in experimental group and 30 in control group) were selected. Knowledge was assessed using structured knowledge questionnaire and skill was assessed using observational check list. Pre and post test was done. Intervention regarding sleep apnea was done using selected

nursing interventional package.

Results

The findings revealed that in the experimental group the pre test mean knowledge score was 2.40 with S.D 1.49 and the post test mean score was 17.40 with S.D 1.00. The calculated value $t=40.389$ was highly significant at $p<0.001$. In the control group, the pre test mean score was 2.07 with S.D 0.87 and the post test mean score was 2.33 with S.D 0.88. The calculated value $t=1.975$ was not found to be statistically significant. The post test skill score showed a mean of 8.87 with S.D 0.68 in the experimental group and in the control group the mean score was 2.30 with S.D 0.53. The calculated t value of $t=41.515$ was not found to be statistically significant. The correlation of post test knowledge and skill showed a 'r' value of 0.458 which was significant at $p<0.001$ in the experimental group; whereas in the control group, the correlation 'r' value of 0.999 was not significant.

Conclusion

When compare to control group the post test mean score for knowledge and skill was found high in experimental group, which indicated that the selected nursing intervention package was a effective intervention to improve the level of knowledge and skill regarding sleep apnea among clients at risk for sleep apnea.

KEYWORDS: Selected Nursing Intervention Package, Sleep Apnea, Modified STOP BANG Questionnaire