

A study to assess the effectiveness of structured teaching programme on knowledge regarding the prevention and complications of heatstroke among middle age men in selected village of Pedatadepalli.

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ABSTRACT

The present research project is "A study to assess the effectiveness of structured teaching programme on knowledge regarding the prevention and complications of heatstroke among middle age men in selected village of pedatadepalli". Heat exhaustion is where the persons become very hot and start to lose water or salt from the body which leads to the symptoms of heatstroke and generally feeling unwell. Heat exhaustion and heatstroke can often be prevented by taking sensible precautions when it is very hot.

KEYWORDS: Heatstroke, Effectiveness, complications, Structured Teaching Programme.

INTRODUCTION

Heatstroke also known as sunstroke is a serious medical condition. A medical emergency, when the body's temperature rises to high as a result of excessive heat exposure. The body loses its ability to cool itself and over heats. When a person's body temperature is greater than 40.6°C (105.1°F) and this is caused by environmental heat exposure with poor thermoregulation (Temperature control), they have a heatstroke.

Heatstroke is not a fever, where the body deliberately raises its temperature in response to, for example, an infection. There are three levels of heat emergencies. Heat cramps, heat exhaustion and heatstroke, with heatstroke being the most severe and life threatening. The normal temperature of the skin is 32°C to 34°C (89.6°F – 93.2°F). Any outside temperature above those ranges will result in the skin producing more sweat to cool the body down.

THE OBJECTIVES

- To assess the existing knowledge regarding the prevention and complications of heatstroke among middle age men in pedatadepalli.
- To evaluate the effectiveness of structured teaching programme and to assess the level of knowledge same after the post test among middle age men
- To find out association between post test knowledge and the prevention of heat stroke with the selected demographic variables among middle age men.

HYPOTHESIS

H₁: There was significant difference in knowledge regarding prevention and complications of heatstroke before and after structured teaching programme.

H₂: There was significant association between post test level of knowledge regarding prevention and complications of heatstroke with the selected demographic variables.

NEED FOR THE STUDY

Heatstroke is an acute medical emergency caused by failure of the heat regulating mechanism of the body. It usually occurs during extended heat waves, especially when accompanied by high humidity. The present study was conducted with objectives to assess the prevalence rate of heat stroke and its complications.

That researcher found that excessive exposure to the ultraviolet rays of the sun especially in fair skinned, blue or green eye people increases the risk of skin cancer, factors such as clothing styles, use of sunscreens the researcher selected this topic because it will make community to understand the need of gaining knowledge regarding prevention of heat stroke and its complications.

REVIEW OF LITERATURE

A cross sectional study was conducted on prevalence of heat exposure effects i.e Heat exhaustion, heat syncope, heat pyrexia and heat cramps recorded among the fighters of Ahmadabad fire brigade, India. The materials and methods of study focused on prevalence of heat exposure effects between 262 fire fighters and others that assessed the fire men. These were seen in different age group duration of exposures. The study result shown that a total of 53(20%) fire fighters reported

health exposure effects and the effects were higher among fire man than other group

The study was conducted on heat stroke or their heat related illness to a selected population of athletes, Mining workers and military personnel, the available data was collected from hospital based emergency departments in the united states the method used was HLUP accounting for the complex survey design and the results were an estimated total of 8,251 ED visits for heat stroke, exclusive of 101,995 ED visits for unspecified heat exhaustion and 39,142 ED visits for other heat related illness. The estimated annual incidence rate of heat stroke was 1.34 visits per 1,00,000 population over one fifth of the ED visits for the heat stroke were made by patients age 70 years and older.

METHOD

Quasi – Experimental design approach was used for this study to assess the level of knowledge regarding prevention and complications of heatstroke among middle age men before and after the administration of structured teaching programme. The sample were selected from middle age men at pedatadepalli. The sample size for the study was 30 middle age men. Convenient sampling technique was used for this study.

THE FINDINGS OF THE STUDY

- All the subjects 30 were of 46-50 yrs of age
- Regarding age in years 14 (46.66%) were 46-50 years, 16(53.33%) were 51-55 years and none of them were 56-60 years.
- Regarding religion 11(36.66%) were hindu, 19(63.33%) were Christians none of them were muslims.
- Regarding educational status 20(66.66%) were primary school, 10(33.33%) were high school 0(0%) were illiterate
- Regarding occupation 20(66.66%) were daily labour, 10(33.33%) were others 0(0%) were house wife
- Regarding income 13(43.33%) were low (15000), 13 (43.33%) were moderate (15000-25000), 4 (13.33%) were high(25000-40000).
- Regarding type of diet 7 (23.33%) were vegetarian 10 (33.33%) were non vegetarian 13(43.33%) were both.
- Regarding source of information 24(80%) were people 6(20%) were TV 0(0%) were news paper.

The Structured Teaching Programme regarding heatstroke its prevention and complications was effective in increasing the knowledge in the samples.

There was significant differences between the pre test and post test knowledge, 't' = 1.69.

	Status	Regarding prevention and complications of heat stroke		't' Test Value
		Mean	SD	
1	Pre test	12	3.10	4.50
2	Post test	15.3	2.84	

Mean post test knowledge score was 15.3 with standard deviation of 2.84 was higher than the pretest mean value 12 with standard deviation of 3.10 and paired value was 4.50.

CONCLUSION

Following conclusion was drawn from the study

- There was knowledge regarding heatstroke, its prevention and complications among middle age men between age group 46 to 60 years
- There was existed learning needs among middle age men regarding knowledge on heatstroke, its prevention and complications.
- The level of knowledge of middle age men regarding heat stroke, its prevention and complications and complications is not depend on Age, Religion, Educational Status, Occupation, Income, Type of diet and Source of Information.

RECOMMENDATIONS

A similar study can be conducted in the hospital settings. Replication of the study on a large sample in different community setting were worthwhile.

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S.No	Test	Level of knowledge	Paired
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