“A STUDY TO ASSESS THE EFFECTIVENESS OF SELF INSTRUCTIONAL MODULE (SIM) ON KNOWLEDGE REGARDING ADVERSE EFFECT OF SELECTED ANTIPSYCHOTIC DRUGS AMONG INTERNS IN SELECTED NURSING COLLEGE'S OF HUBBALLI”.

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ABSTRACT:

Background: Antipsychotic drugs are also called major tranquilizers and neuroleptics. They also used in the treatment of acute and chronic psychosis, particularly when accompanied by increased psychomotor activity.(1) Use of antipsychotic drugs and attitude to mentally be affected by their knowledge and beliefs about psychotropic drugs, the underlying cause (s) of mental disorders, and mental health. To evaluate the extent at which knowledge, beliefs and socioeconomic factors affect people attitudes towards mental illness.

Methodology: A pre experimental study was conducted among 50 GNM interns from Nursing Institutes Hubballi; sample was opted by non probability convenient sampling technique; self structured questionnaire to assess the level of knowledge regarding the adverse effects of antipsychotic drugs. Results: Study reveals that in pre-test majority of the nursing interns 35(58.33%) had average knowledge and 12(20%) had poor knowledge whereas, in post test 52(86.66%) had good knowledge and 8(13.33%) had average knowledge. Maximum number of students 26(43.33%) were working in psychiatry ward. Reveals that mean percentage of post-test gain in knowledge was 100%. While in the pre-test gain in knowledge was 30.35%. The post test score were higher than the pre-test scores.

Conclusion: The misuse of psychotropic drugs exposes patients to medication side effects and can lead to deterioration of medical and cognitive status.

Key Words: Self Instructional Module, Knowledge, Effectiveness, Adverse effects & Nursing Interns

INTRODUCTION:

Antipsychotic drugs are also called major tranquilizers and neuroleptics. They also used in the treatment of acute and chronic psychosis, particularly when accompanied by increased psychomotor activity.(1)

However, people respond in different ways to antipsychotic medications, and no one can tell beforehand how a person will respond. Sometimes a person needs to try several medications before finding the right one. Doctors and patients can work together to find the best medication or medication combination, and dose.(4)

Some people may have a relapse their symptoms come

back or get worse. Usually, relapses happen when people stop taking their medication, or when they only take it for sometimes. Some people stop taking the medication because they feel better or they may feel they don't need it anymore. But no one should stop taking an antipsychotic medication without talking to his or her doctor. When a doctor says it is okay to stop taking a medication, it should be gradually tapered off, never stopped suddenly. (5)

Antipsychotics can produce unpleasant or dangerous side effects when taken with certain medications. For this reason, all doctors treating a patient need to be aware of all the medications that person is taking. Doctors need to know about prescription and over-the-

counter medicine, vitamins, minerals, and herbal supplements. People also need to discuss any alcohol or other drug use with their doctor. (3)

A study identified that patient's relatives were unaware of the adverse effects of antipsychotic drug. They were found having misconceptions and usually confused the adverse effects with clinical manifestation of the disease. Due to this relative of the client usually approach for remedies late when the complications have aggravated. Thus he have formed a need to do an interventional study in this area, which involves educating the client relatives on adverse effects of antipsychotic drug .this study is planned to do by providing the relatives with self instructional module and also assessing the effectiveness of it.

OBJECTIVES OF THE STUDY:

1. To assess the knowledge regarding adverse effects of antipsychotic drugs among interns.
2. To evaluate the effectiveness of Self Instructional Module on knowledge regarding adverse effects of antipsychotic drugs among interns.
3. To associate the knowledge regarding adverse effects of antipsychotic drugs among interns with selected demographic variables.

METHODOLOGY:

Research approach : Evaluative research approach.

Research design : Pre experimental design (one group pre test post test Design)

Sampling technique : Non probability convenient sampling technique

Sample size : 50

Research setting : The study will be conducted selected nursing schools in Hubballi.

DESCRIPTION OF THE TOOL:

- Structured Knowledge Questionnaire
Section I: Items on Demographic Performa.
Section II: Items on knowledge regarding adverse effects of antipsychotic drugs.
- Attitude scale [modified 5 point Likert's scale].

PROCEDURE OF DATA COLLECTION:

The research investigator had taken formal permission

from the Principals of selected Nursing Institutes of Hubballi. The main study was conducted in the month of December 2019 at respective Nursing Institutes of Hubballi among 50 GNM Intern students. The written consent was obtained from the participants. The pre-test was conducted by using structured knowledge questionnaire and attitude scale to assess the knowledge regarding adverse effects of antipsychotic drugs. The collected data was tabulated and analyzed.

RESULTS:

Table 1: Frequency & Percentage distribution of knowledge scores of nursing interns

Knowledge Score	Pre test		Post test	
	Frequency	%	Frequency	%
Good (Mean + SD) (11-13)	13	21.66 %	52	86.66%
Average (Mean + SD)	35	58.33 %	08	13.33%
Poor (Mean – SD) (below 1-7)	12	20%	--	--

Study reveals that in pre-test majority of the nursing interns 35(58.33%) had average knowledge and 12(20%) had poor knowledge whereas, in post test 52(86.66%) had good knowledge and 8(13.33%) had average knowledge.

Table 2: Mean, Median, Mode, and Standard Deviation & Range of knowledge score of nursing interns.

n=50					
Area of Analysis	Mean	Median	Mode	S.D	Range
Pre test (x)	9.2	9	8.6	1.74	6
Post test (y)	20.75	23	27.5	5.50	18
Difference (y-x)	11.55	14	18.9	3.76	12

Table 2: reveals that in the pre-test mean was 9.2, standard deviation 1.74, where as in post-test after the administration of self instructional module mean was 20.75 and standard deviation was 5.50.

Table 3: Pre-test and Post-test knowledge score nursing interns regarding adverse effects of antipsychotic drugs.

Item	Total Score	Mean % of knowledge score of intern students		
Item on knowledge regarding adverse effects of antipsychotic drugs.	1800	Pre-test (x)	Post-test (y)	Gain in Knowledge (y-x)
		32.8 %	76.4%	43.6%

Table 3: Reveals that the mean percentage of knowledge score in pre-test was 32.8%. Where as in post-test the mean percentage of knowledge score was 76.4%. The overall gain in knowledge score was 43.6%. The post test scores were higher than the pre-test scores after administration of SIM. Hence self instructional module was effective in enhancing knowledge.

The study concluded that there was significant increase in knowledge after the administration of self instructional module. Hence SIM on knowledge on

adverse effects of antipsychotic drugs among nursing interns was effective

Graph No 1: Column Graph represents the gain in knowledge among Interns in selected nursing colleges.**CONCLUSION:**

From the present study following conclusions can be made:

Based on the findings of the study, there is increase in all the areas of the knowledge after administration of SIM. Thus it is inferred that SIM is the best teaching strategy as it enhance the knowledge of nursing interns regarding adverse effects of antipsychotic drugs.

NURSING IMPLICATIONS:

The findings of this study have implications for nursing practice, nursing education, nursing administration and nursing research.

Implication of nursing practice

The role of nurses has expanded rapidly within past ten years to include expertise specialization, autonomy and accountability. The patient is considered the consumer of nursing and health care. The self instructional module can be used for imparting knowledge regarding adverse effects of antipsychotic drugs to health team members.

Nursing education

Health care personnel should be given an opportunity to update their knowledge periodically. The educators need to remember that more emphasis is to be given for applying adverse effects of psychotropic drugs.

Nursing administration

Findings of the study can be used by the Nursing Administrator in creating policies and plans for providing education to the staff nurses.

Nursing research

Research is a systematic enquiry that uses orderly disciplined methods to answer question or solve problems. The findings of the present study can be utilized by the nurse researchers in the future to conduct extensive studies to identify/assess the knowledge regarding adverse effects of antipsychotic drugs. Other aspects of antipsychotic drugs management like role of nurses on antipsychotic drugs can also be considered for the future research.

RECOMMENDATIONS

1. A similar study on large and wider sample for a longer period of time would be more pertinent in making broad generalization.
2. A similar study can be under taken with a control group design.
3. A comparative study can be conducted on school of nursing and college of nursing on nursing interns and findings can be compared
4. A study can be conducted to degree nursing students using the same teaching programme.
5. A SIM can be developed based on learning needs of the nursing interns regarding adverse Effects of antipsychotic drugs.

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