



Assess the Effectiveness of Video Assisted Teaching Programme on Knowledge and Practice regarding post covid syndrome among elderly people

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ABSTRACT

Corona virus disease 2019 (Covid-19) is a contagious disease caused by a virus, the Severe Acute Respiratory Syndrome Corona Virus-2 (SARS-COV-2). The first known case was identified in Wuhan city of China, in December 2019. The disease quickly spreaded worldwide resulting in Covid-19 pandemic. It affects the respiratory system of the human and sometimes leads to death. Post acute Covid-19 (long covid) or post covid syndrome seems to be a multisystem disease, sometimes occurring after a relatively mild acute illness. WHO has defined "post Covid-19 conditions as occurring in individuals with a history of probable or confirmed SARS-COV-2 infection, usually three months from the onset of Covid-19 with symptoms that last at least two months and cannot be explained by an alternative diagnosis". The causes may vary from organ damage residing from acute phase infection, complications from a dysregulated inflammatory state, on going viral activity associated with an in turn-host viral reservoir, autoimmunity, inadequate antibody response and other potential causes. investigator felt that elderly people are more susceptible because they tend to ignore the symptoms of Post covid syndrome and the fear not to visit hospital again. Seeking treatment may prevent them from normal life activities time it needs strict isolation. Hence, the investigator decided to conduct a study to evaluate effectiveness of video assisted teaching programme on knowledge and practice regarding Post covid syndrome among elderly people of Olapalayam, Namakkal District. **Objectives :** To assess the knowledge and practice regarding prevention of Post covid syndrome

among elderly people at Olapalayam, Namakkal District. **Research approach:**Quantitative evaluate approach was used for this study. **Research design:**One group pre-test and post test (pre-experimental) design was adopted for the present study. **Setting:**The study was conducted at Olapalayam Village, Namakkal District. The study setting is 2 kms away from Sresakthimayil Institute of Nursing and Research, Namakkal. **Sampling technique:** Non-probability convenience sampling technique was used to select the elderly people residing at Olapalayam, Namakkal district. **Sample size:** The investigator selected 50 elderly people residing at Olapalayam, Namakkal district who met the inclusion criteria.After obtaining the consent 50 samples who fulfilled the inclusion criteria were selected through non-probability convenience sampling technique. Pre test on structured interview knowledge questionnaire and practice questionnaire respectively. The investigator took 30 minutes to collect data on prevention of Post covid syndrome.After pre test the samples were grouper together and the Video assisted teaching programme on Post covid syndrome was given to the samples for about 30 minutes. Post test was conducted after one week of intervention. **Results:** This study was done to evaluate the effectiveness of video assisted teaching programme on Knowledge and Practice regarding prevention of post covid syndrome among elderly people of Olapalayam, Namakkal district. The results of this study showed that there is an improvement in Knowledge and Practice regarding prevention of post covid syndrome among elderly people of Olapalayam, Namakkal district.

Key words: Post covid syndrome ,video assisted teaching programme , Knowledge, Practice, Elderly people.

Corona virus disease 2019 (Covid-19) is a contagious disease caused by a virus, the Severe Acute Respiratory Syndrome Corona Virus-2 (SARS-COV-2). The first known case was identified in Wuhan city of China, in December 2019. The disease quickly spreaded worldwide resulting in Covid-19 pandemic. It affects the respiratory system of the human and sometimes leads to death. Post acute Covid-19 (long covid) or post covid syndrome seems to be a multisystem disease, sometimes occurring after a relatively mild acute illness.

WHO has defined "post Covid-19 conditions as occurring in individuals with a history of probable or confirmed SARS-COV-2 infection, usually three months from the onset of Covid-19 with symptoms that last at least two months and cannot be explained by an alternative diagnosis"

In global census, 70% of the persons affected are above 60 years. 80% of persons who died had more than one ailment. A co-morbid condition is the most important factor in the elderly and is responsible for mortality. The common ailments are diabetes, asthma, renal disease and cancer. In Indian study a web-based survey had 2038 respondents with almost 40.1% reporting post covid syndrome beyond 3months.

Alhamdi, et al., (2021) in a survey stated that the prevalence of post covid syndrome in elderly is about 9.3%. The most common symptoms reported by elderly after 90 days following recovery were fatigue (8.9%) followed by cough(4.3%) and breath illness (1.8%) dizziness (1.4%) myalgia (1.1%) smell and taste (0.8%) and chest discomfort (0.7%). The prevalence of risk of anxiety in the study population after 90 days of recovery was

7.5%. While that of risk of depression was 12.2%. After 90 days of recovery 23.6% of patients reported the presence of at least one clinical features, while 9.3% had two or more clinical features.

STATEMENT OF THE PROBLEM

A study to assess the effectiveness of Video Assisted Teaching programme on knowledge and practice regarding Post Covid Syndrome among elderly people at Olapalayam, Namakkal District.

OBJECTIVES OF THE STUDY

1. To assess the knowledge and practice regarding prevention of Post covid syndrome among elderly people at Olapalayam, Namakkal District.
2. To evaluate the effectiveness of Video Assisted Teaching programme on knowledge and practice regarding prevention of Post covid syndrome among elderly people.
3. To associate the level of post-test knowledge and practice regarding prevention of post covid syndrome among elderly people with their selected demographic variables.

MATERIALS AND METHODS :

Quantitative evaluative approach was used for this present study .The research design selected for this study was one group pre test and post test design was selected to evaluate the effectiveness of Video Assisted Teaching programme on prevention of Post covid syndrome among elderly people. The present study was conducted in olapalayam area .The Population for this present study was the elderly people , The sample selected for the present study was elderly people were fulfilling the inclusion criteria. The inclusion criteria were male, female or transgender available at the time of data collection, willing to participate in the study and those who can understand Tamil or English . A Study was conducted with 50 elderly people. The sample were selected by using Non-probability convenience sampling technique. I excluded who are,not willing to participate in the study and suffered with severe health issues. Statistical methods adopted were mean , median, mode , paired and unpaired , chi-square value for assessing the effectiveness of video assisted teaching programme.

DESCRIPTION OF THE TOOL

The knowledge and practice regarding prevention of post covid syndrome among elderly was assessed through the following tools.

- **Part - A:** Structured interview knowledge questionnaire
- **Part - B:** Practice questionnaire

Part - A: Structured interview knowledge questionnaire

Section :A

It consists of demographic variables such as age, sex, education qualification, occupation, monthly family income, history of covid hospitalization and previous exposure to the covid.

Section : B

This section consists of the structured interview knowledge questionnaire which had 25 multiple choice questions regarding general information of post covid syndrome and its prevention. Each correct response was given a score of one (1) and the score of zero (0) was given to wrong response.

The total knowledge score of each sample was calculated, converted into percentage and interpreted as follows:

Percentage	Interpretation
00 – 50 %	Inadequate
51 – 75%	Moderately adequate
Above 75%	Adequate

II. Practice questionnaire

It consists of 10 items about the practice of the samples regarding prevention of post covid syndrome. The investigator interviewed the samples about their practice regarding prevention of post covid syndrome. For each `yes` answer a score of one (1) was given and for the `No` answer zero (0) score was given. The total practice score of each sample was calculated, converted into percentage and interpreted as follows:

Percentage	Interpretation
00 – 50%	Inadequate
51 – 75%	Moderately adequate
Above 75%	Adequate

INTERVENTION

Video Assisted Teaching Programme regarding prevention of post covid syndrome.

Development of Video Assisted Teaching Programme

The video assisted teaching programme was developed based on the objectives, review of literature, sample size, method of instruction and the experts opinion. It was prepared in English and translated to Tamil language also.

The following steps were adopted to develop the video assisted teaching programme.

- Preparation of content for video assisted teaching programme.
- Preparation of video according to the content .
- Validation of video assisted teaching programme.
- Modification of the video assisted teaching programme based on the suggestion of experts.
- Preparation of final draft of the video assisted teaching programme on prevention of post covid syndrome.

ETHICAL CONSIDERATION

The study was conducted after the approval of dissertation committee. Permission was obtained from the concerned authorities of the Olapalayam Namakkal district consent was obtained from the study samples.

VALIDITY

The structured interview knowledge questionnaire and practice questionnaire and video assisted programme constructed by the investigator was sent along with statement of the problem, objectives and hypothesis to experts. Validity of the tool was obtained on the basis of opinion from one medical expert, three nursing experts and one statistical expert. Minor modification was made as suggested by the experts.

Period of data collection

Data was collected with in 2 weeks

Pre test

Immediately after selection of sample to conducted the pre test by using structured knowledge and practice questionnaire.

Implementation of video assisted teaching programme

After conduction on pre test administered the video assisted teaching programme on prevention of post covid syndrome among elderly people.

Post test

Post test was conducted after a week of administration of video assisted teaching programme by using same knowledge and practice questionnaire

RESULTS

DISCUSSION

Table 3

Frequency and percentage wise distribution of demographic variables among elderly people

(n=50)

S. No.	Demographic variables	Frequency (F)	Percentage (%)
1.	Age		
	a.60 - 65 years	28	56%
	b.66 - 70 years	15	30%
	c.71 years and above	07	14%
2.	Gender		
	a. Male	29	58%
	b. Female	21	42%
3.	Education		
	a. No formal education	14	28%
	b. School education	34	68%
	c. Collegiate education	2	4%
4.	Monthly income of the family		
	a. Less than 5,000	2	4%
	b. 5,000 – 10,000	6	12%
	c. 10,001 – 15,000	17	34%
	d. Above 15,000	25	50%
5.	Dietary pattern		
	a .Vegetarian	3	6%

S. No.	Demographic variables	Frequency (F)	Percentage (%)
	b. Non vegetarian	47	94%
6.	History of suffering from Covid 19 and treatment		
	a .Hospitalized in ICU	8	16%
	b. Hospitalized in Covid ward	36	72%
	c .Home care only	6	12%
7.	Duration of hospital stay / treatment		
	a. 5 days	7	14%
	b. 6 days	14	28%
	c. 7 days	21	42%
	d. 8 and more days	8	16%
8.	History of Covid 19 among family members		
	a. Yes	42	84%
	b. No	8	16%
9.	Co-morbidity		
	a. Diabetes Mellitus	18	36%
	b. Hypertension	13	26%
	c. Both	10	20%
	d. Others	7	14%
	e. None	2	4%
10.	Ill habits if any		
	a. Alcoholism	5	10%
	b. Smoking	8	11%
	c. Tobacco chewing	6	12%
	d. No ill habits	31	62%
11.	Are you separated from the family members due to old age?		
	a. Yes	2	4%
	b. No	48	96%
12.	Did anyone teach about post covid syndrome and its prevention?		
	a. Yes	-	-

S. No.	Demographic variables	Frequency (F)	Percentage (%)
	b. No	50	100%

From the above **table 4.1**, it can be interpreted that majority of the samples 28 (56%) were in the age group of 60-65 years and 29 (58%) were male. Almost 34 (68%) had school education. According to the family monthly income half of the samples 25 (50%) of them had above Rs.15,000. Almost 47 (94%) of them were non-vegetarian. To the maximum of 36 (72%) were suffered from covid -19 and hospitalized in covid ward for treatment.

Nearly 21 (42%) had treatment or hospitalized for about 7 days. At most importantly 49 (98%) of the samples family members were affected by covid-19. Based on the co-morbidity profile 18 (36%) had Diabetes mellitus. Almost 31(62%) of them were not having any ill habit. Almost 48(96%) of the samples were not separated from the family due to old age. Surprisingly, all the 50 (100%) were not taught about post covid syndrome by any one.

Level of knowledge on prevention of post covid syndrome among elderly people during pre-test and post-test.

(n=50)

S. No.	Level of Knowledge	Pre Test		Post Test	
		F	%	F	%
1.	Inadequate	26	52%	1	2%
2.	Moderately adequate	21	42%	27	54%
3.	Adequate	3	6%	22	44%

Table 4.2 reveals that in pre-test majority of the subjects (52%) had inadequate knowledge, 42 % of them had moderately adequate knowledge and only 6 % of them had adequate knowledge. Whereas in Post-test, 44% of the samples had gained adequate knowledge and 54% of them had moderately adequate knowledge regarding prevention of post covid syndrome.

Level of practice on prevention of post covid syndrome among elderly people during pre-test and post-test.**(n=50)**

S. No.	Level of Practice	Pre Test		Post Test	
		F	%	F	%
1.	Inadequate	49	98%	0	0%
2.	Moderately adequate	1	2%	32	64%
3.	Adequate	0	0%	18	36%

Table 4.3 reveals that in pre-test majority of the samples (98%) had inadequate practice, only 2% of them moderately adequate practice and none of them had adequate practice. But in post-test, 36% of them have gained adequate practice and 64% had moderately adequate practice regarding prevention of post covid syndrome.

Effectiveness of video assisted teaching Programme on Knowledge and Practice regarding prevention of post covid syndrome among elderly people..**(n=50)**

S. No.	Variables	Pre – test		Post - test		Mean Difference	Paired ‘t’ test value
		Mean	SD	Mean	SD		
1.	Knowledge	14.24	3.95	20.62	2.71	6.38	11.815*
2.	Practice	2.62	1.444	7.8	1.59	5.18	8.46*

***P<0.05 level**

From the above **Table 4.4**, it can be interpreted that there is a significant increase ($P < 0.05$) in post-test mean knowledge score (20.62 ± 2.71) compared to the pre-test mean knowledge score (14.24 ± 3.95). Similarly, a

significant improvement ($P < 0.05$) has been observed in post-test mean practice score (7.8 ± 1.59) compared to the pre-test mean practice score (2.62 ± 1.44) on prevention of post covid syndrome among elderly people.

Association between the pre-test level of Knowledge Regarding Prevention of post covid syndrome among elderly and their selected demographic variables

(n=50)

S. No.	Demographic Variables	Level of Knowledge			Chi - square value
		Adequate & Moderately adequate	Inadequate	Df	
1.	Age				
	a. 60 – 65 years	15	12	2	2.7075*
	b. 66 – 70 years	7	8	(5.9)	
	c. 71 years and above	4	4		
2.	Gender				
	a. Male	15	18	1	2.4004*
	b. Female	9	8	(3.84)	
3.	Education				
	a. No formal education	5	5	2	0.16*
	b. School education	12	13	(5.9)	
	c. Collegiate education	7	8		
4.	History of suffering from covid -19 and hospitalization				
	a. 5 days	3	5	2	6.4*
	b. 6 days	7	8	(5.9)	
	c. 7 days	5	9		
	d. 8 days and more	9	4		
5.	History of suffering from covid 19 and treatment				
	a. Hospitalised in ICU	12	9	1	1.32*
	b. Hospitalised in covid ward	9	11	(3.84)	

S. No.	Demographic Variables	Level of Knowledge			Chi - square value
		Adequate & Moderately adequate	Inadequate	Df	
	c. Home care only	6	5		

The above **Table 4.5** shows that there is significant association ($P < 0.05$) between the pre-test level of knowledge and age, gender, education, history of suffering from covid -19 and hospitalization and history of suffering from covid 19 and treatment.

Association between the pre-test level of Practice regarding prevention of post covid syndrome among elderly adults and their selected demographic variables

(n=50)

S. No.	Demographic Variables	Level of Practice			Chi - square value
		Adequate & Moderately adequate	Inadequate	Df	
1.	Age				
	a. 60 – 65 years	0	15	2	5.3571*
	b. 66 – 70 years	0	27	(5.9)	
	c. 71 years and above	1	7		
2.	Gender				
	a. Male	1	32	2	0.5859*
	b. Female	0	17	(5.9)	
3.	Education				
	a. No formal education	0	10	2	2.61*
	b. School education	0	26	(5.9)	
	c. Collegiate education	1	13		
4.	History of suffering from covid -19 and			4	27.8103

S. No.	Demographic Variables	Level of Practice			Chi - square value
		Adequate & Moderately adequate	Inadequate	Df	
	hospitalization			(949)	
	a. 5 days	0	8		
	b. 6 days	0	26		
	c. 7 days	1	14		
	d. 8 days and more	1	0		
5.	History of suffering from covid 19 and treatment				
	a. Hospitalised in ICU	1	20	1	0.4*
	b. Hospitalised in covid ward	1	19	(3.84)	
	c. Home care only	0	9		

The above **Table 4.6** shows that there is significant association ($P < 0.05$) between the pre-test level of knowledge and age, gender, education, history of suffering from covid -19 and hospitalization and history of suffering from covid 19 and treatment.

CONCLUSION

This study was done to evaluate the effectiveness of video assisted teaching programme on Knowledge and Practice regarding prevention of post covid syndrome among elderly people of Olapalayam, Namakkal District. The results of this study showed that there is an improvement in Knowledge and Practice regarding prevention of post covid syndrome among elderly people of Olapalayam, Namakkal District.

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