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*Director, Department of Research,  
Saveetha University,  
Chennai, Tamilnadu*

**Dr. P. Mangala Gowri, M.Sc(N), Ph.D**

*Principal, Saveetha College of Nursing,  
Saveetha University,  
Chennai, Tamilnadu*



**Abstract 01**

**COMPREHENSIVE CARE PROGRAM ON PAIN, FUNCTIONAL RECOVERY,  
NUTRITIONAL STATUS AND OCCURRENCE OF COMPLICATION AMONG  
PATIENT SUBJECTED TO HIP SURGERY**

*Ms. Vijayapriya.T M.Sc(N)\* Dr.Rathinavel, M.D\*\* & Dr.Mangalagowri.P, Ph.D(N)\*\*\**

**Background:** In India 4.4 lack hip fractures occur annually it is estimated that 30.4 % patients who experience a hip fracture will die within 1 year of injury because of medical complications caused by the fracture are resulting immobility.

**Objectives:** To assess the effectiveness of comprehensive care program on pain , functional recovery, nutritional status, and occurrence of complication among patients with hip surgery, to identify relationship among pain, functional recovery, nutritional status and occurrence of complication of patients subjected to hip surgery& to associate pain, functional recovery, nutritional status and occurrence of complications with selected background variables.

**Methodology:** A quantitative research approach was carried. Research design adopted for this study was experimental design (posttest only).Sample patient who undergone hip surgery admitted in orthopedic unit at Miot Hospital and Devadoss Multi Specialty hospital, Madurai. Sample size: 30. The sample selection was based on simple random by using lottery method to allocate the group (15 samples in experimental and 15 in control group).

**Results:** The result of the study revealed that there was a significant improvement in experimental group than the control group such as the z value at  $p < 0.001$  level (5.047) is significant for pain and functional recovery (4.687), and there was no significant changes in nutritional status and occurrence of complication it may be due to small sample size.

**Conclusion:** Nurses should give comprehensive care program through video teaching and handouts to reduce pain, improve the functional recovery and promote the knowledge about nutritional status and prevention of complication.

*\*Associate Professor,*

*\*\* Consultant*

*\*\*\*Professor & Principal Saveetha College of Nursing*



**Abstract 02**

**ALLEN BUERGER EXERCISE IN PREVENTING PERIPHERAL ARTERIAL  
DISEASE AMONG PEOPLE WITH TYPE II DIABETES MELLITUS**

*Dr. Mrs Aruna.S, MSc(N, PhD\* Mrs.Kavitha.S, MSc(N)\*\* & Mrs.Thenmozhi.P, MSc(N)\*\*\**

**Background:** Diabetes mellitus increases the risk of lower extremity peripheral arterial disease by 2 to 4 times and is present in 12% to 20% of persons with lower extremity peripheral arterial disease among type II diabetes mellitus. The risk of developing lower extremity peripheral arterial disease is proportional to the severity and duration of diabetes and 7- to 15 times more likely to undergo a major amputation is also greater in diabetics than non diabetics

**Objectives:** To determine the effectiveness of Allen Buerger Exercises among people with Type II Diabetes Mellitus by using Ankle –Brachial Index

**Methods:** Quantitative approach – Experimental Research Design was adopted. 30 samples in experimental group and 30 samples in control group were selected by using random sampling technique at Kuthambakkam village. Peripheral arterial disease and the effectiveness of Allen Buerger exercise was assessed by Ankle Brachial index Scale. Data were analyzed by descriptive and inferential statistics.

**Results:** There was a significant improvement in Ankle-Brachialindex Score among people with Diabetes Mellitus in experimental group after receiving Allen Buerger exercise at the level of  $P < 0.05$  which showed that Allen Buerger exercise is the effective method to prevent peripheral arterial disease among patient with type II diabetes Mellitus and also there is a significant association between the duration of diabetes mellitus and the ankle brachial index score.

**Conclusion:** Nurses plays a significant role in preventing Peripheral Arterial Disease there by reducing the risk of amputation and restore normal function of the extremity by encouraging them to do the exercise which will help to improve the quality of life.

*\* Vice Principal, Saveetha College of Nursing, Chennai-602105*

*\*\* Asst.Prof. Saveetha College of Nursing, Chennai-602105*

*\*\*\*Asst.Prof. Saveetha College of Nursing, Chennai-602105*





**Abstract 03**

**ASSESS LEVEL OF JOB SATISFACTION AMONG VILLAGE HEALTH NURSES  
WORKING IN URBAN HEALTH CENTRE, CHENNAI.**

*Prof.Kalabarathi. S, MSc(N)\**

**Background of the Study:** Job satisfaction is an important component of Nurses lives that has an impact on patient safety, productivity, performance, quality of care, retention, turnover, commitment to the organization and profession. The current nurse shortage and high turnover is of great concern in many countries because of its impact upon the efficacy and effectiveness of any health care delivery system. Recruitment and retention of nurses are persistent problems associated with job satisfaction.

**Objectives:** The Objective of the Study was to assess the level of job satisfaction among Village health nurses and to associate the level of job satisfaction of village health nurses with selected Demographic variables.

**Methodology:** A descriptive research design was chosen for the study. The Study was conducted in Urban Health Centre, Ayanavaram. The samples include all Village health nurses who are on duty. 20 samples were selected using convenient sampling technique. The data was collected for a period of one week. Daily 2 to 3 samples who met the inclusion criteria were selected and interviewed using Structured Interview Schedule.

**Results:** Among 20 samples 13(65%) had adequate job satisfaction, 5(25%) had moderate satisfaction and 2(10%) had inadequate job satisfaction. By using Chi-square test it was found there was association between job satisfaction and demographic variables like Education, Marital status and the year of experience at  $P < 0.05$ .

**Conclusion:** This study helps in identifying job dissatisfaction which in turn affect them at any time of work causing stress to individuals.

*Professor, Saveetha College of Nursing, Saveetha University, Chennai-602105*



**Abstract 04**

**MUSCLE STRENGTHENING EXERCISES ON LOW BACK PAIN AMONG WOMEN  
AT SELECTED URBAN AREA, CHENNAI**

*Dr.Mrs.Sahbanathul Missiriya M.A., MSc(N), Ph.D (N)\**

**Background of the study:** Various household works carried out by women as a routine in day to day life. But for the most of women due to their improper posture and movement which may lead to various musculo-skeletal problems. In India, especially occurrence of low back pain is alarming. Around 60 % of the women in India have had significant back pain.

**Objectives:** They were to determine the effect of muscle strengthening exercises on low back pain among women & to find the association between level of low back pain among women and their selected demographic variables.

**Methodology:** Quasi experimental pre test and post test control group design was used. Sample size was 60 women. They were selected by using non-probability purposive sampling technique as per the inclusion criteria and the level of low back pain and disability was assessed by Aberdeen Back Pain scale and Oswestry Low Back Pain scale respectively. Muscle strengthening exercises as well proper body mechanics were demonstrated and advised women to follow regularly twice daily. After a month post assessment was done. The data were analyzed using descriptive & inferential statistics.

**Results:** Among 60 women 21(35%) were in the age group of 30-40 years, 28(47%) in 41-50 years and 11(18%) women in >50 years. Regarding the duration pain 38% had pain for less than 6 months, 41% had pain for 6 months to 1 year and 21% had pain for more than 1 year. There was statistically significant reduction of pain intensity after a month of intervention at  $P < 0.001$ .

**Conclusion:** The present study was concluded that there was effectiveness of muscle strengthening exercises and body mechanics in reducing low back pain.

*\*Asso.Prof, Saveetha College of Nursing, Saveetha University. Chennai-602105.*



**Abstract 05**

**PERSONALITY TRAITS AND ITS INFLUENCE ON MARITAL STABILITY**

*Mrs.P.Subha Rani, M.Sc(N)\**

**Background of the study:** Personality is a dynamic and organized set of characteristics possessed by a person that uniquely influences his/her cognitions, emotions, motivation and behavior

**Objective:** To assess the level of personality traits of the IT litigants

**Methodology:** The standardized Neo Five Factor inventory (Costa, Mc Crea) (3) was administered to the willing participants and data were collected. Descriptive statistics was used to analyze the data.

**Results:** The present study examined personality traits of 399 IT litigants. Results revealed that 95.7% of the divorce litigants have very low conscientiousness, 93% of the IT litigants demonstrated low or very low extraversion. Average level of openness trait was 55.4% whereas 85.2% of the litigants showed very low level of agreeableness. Similarly 70.2% of divorce litigants have high or very high level of neuroticism.

**Conclusion:** Current research finding was substantiated by Seddighe Fania, Aghile Nasaghchi Kheirabadi in 2011. Findings revealed that individuals with higher level in the scales of extraversion, openness to experience, conscientiousness and agreeableness plus lower level in neurosis showed fewer rates in mental divorce.

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*\*Professor, Saveetha College of Nursing, Saveetha University, Chennai-602105.*



**Abstract 06**

**KNOWLEDGE ON HARMFUL EFFECTS OF TOBACCO ABUSE AMONG SCHOOL GOING ADOLESCENTS AT RURAL AREAS OF TIRUVALLUR DISTRICT.**

*Mrs.Mahalakshmi.T, M.sc (N)\**

**Introduction:** Adolescents are vulnerable targets for the tobacco industry, being easily influenced by television, cinema, advertisements, and by their peers. Smoking causes cough, shortness of breath, respiratory illnesses, reduced physical fitness, poor lung function, lung cancer, cardio vascular mortalities, and morbidities. Smokeless tobacco can cause cancers of mouth, pharynx, esophagus, receding gums, leukoplakia, etc. Studies reveal that tobacco abuse is rising in this age group in India

**Objectives:** To study the knowledge and abuse of tobacco and to find out influencing socio-demographic factors.

**Methodology:** A cross sectional survey was carried out in coeducational high school of Thiruvallur district among 100 students of VIII-IX standard.

**Findings:** Knowledge score was higher in females, students from nuclear families, and those with literate parents. Low prevalence of tobacco intake was obtained among the students, with 9.8% reported having ever used smokeless tobacco and 4.3% ever smoked. Tobacco intake was higher among those with a history of parental tobacco intake. Continued information education and communication (IEC) activities should be conducted by the school authorities, with involvement of nongovernment organizations (NGOs) and parents for primary prevention.

**Conclusion:** Continued IEC activities emphasizing primary prevention and implementation of the National Tobacco Control Program are important to address this problem. Involvement of teachers, parents and nongovernment organizations (NGOs) are important steps in addressing the problems.

*\* Asst. Professor, Saveetha College Of Nursing, Saveetha University, Chennai-602105*



**Abstract 07**

**DUAL ROLE STRESS AMONG WORKING WOMEN'S IN SELECTED ARTS AND  
SCIENCE COLLEGE,**

*Mrs. Tamil Selvi.S, M.sc (N)\**

**Introduction:** Stress of working women due to her dual role in education field. To achieve the objectives of the study 50 Assistant Professors were selected. Self designed questionnaire was distributed to them. For analysis of data percentage, mean score were computed with the help of bar diagram. The result showed that the major stressors for working women were excessive work. 60% suffer with stress related diseases. Most of them have full support from family.

**Back Ground:** The women are best recognized for organizing their role as professional and house maker pretty flawlessly. However this organizing may cost them more stress than they can actually manage. It is better known as dual role stress. The oxford dictionary definition is that "Stress is a demand upon physical or mental energy". Stress is a normal physical response to events that make you feel threatened or upset your balance in some way. "Stress is a physical and emotional response to a particular situation" (Mullick Premlata, ).

**Methodology:** Purposive random sampling has been chosen for which the sample is married Assistant professors of NKT college of education Chennai Self designed questionnaire was distributed to 50 Assistant Professors of NKT college of education comprised their views and attitude towards home and institute.

**Results:** Maximum number of professors had two children followed by one. 40% professors lived in joint families & 60% professors in nuclear families. Stress in the work place is a commonality throughout world in every business.

**Conclusion:** Managing that stress becomes vital in order to keep up job performance as well as relationship with co-workers and family members.

*\*Asst.Professor, Saveetha College Of Nursing, Saveetha University, Chennai-602105*



**Abstract 08**

**EFFECTIVENESS OF VIDEO ASSISTED TEACHING PROGRAM ON KNOWLEDGE  
REGARDING BREAST SELF EXAMINATION AMONG WOMEN**

*Mrs.G.Bhuvaneshwari, M.Sc(N)\**

**Introduction:** Breast cancer is the top most cancer in women both in the developed and the developing countries. The incidence of breast cancer is increasing in the developing world due to increase life expectancy, increase urbanization and adoption of western lifestyles. Breast cancer is the most common disease causing death in women now days.

**Objectives:** To evaluate the effectiveness of video assisted teaching program on knowledge regarding Breast Self Examination among women.

**Methodology:** One group pre-test post-test method was used to assess the knowledge among women regarding breast self examination at RIMS hospital in Kadapa. Sixty adult women were selected by using simple random sampling technique. The data were collected by using structured interview questionnaire to assess the knowledge on breast self examination. After that video assisted teaching program was given. The collected data was organized and analyzed by using descriptive and inferential statistics.

**Results:** In pre test, out of 60 adult women 54 (90%) had inadequate knowledge and 6 (10%) had moderately adequate knowledge no one have adequate knowledge. In post test among 60 adult women 24(40.0%) had moderate and 36 (60.0%) had adequate knowledge. The effectiveness video assisted teaching program mean difference score was 37.56 and standard deviation was 9.18 and paired 't' test value was 31.68 which was highly significant at  $p < 0.001$  level. There was no significant association between level of knowledge on breast self examination with the selected demographic variables among adult women at the level of  $p < 0.001$ .

**Conclusion:** On the basis of the findings, video assisted teaching was very effective to improve knowledge of adult women.

*\*Assistant Professor, Saveetha College of Nursing, Saveetha University, Chennai-602105.*



**Abstract 09**

**ASSESS THE ATTITUDE OF MENTALLY ILL PATIENTS TOWARDS  
PSYCHOTROPIC DRUGS IN SELECTED PSYCHIATRIC HOSPITAL, CHENNAI**

*Ms.R.Sindhumathi, MSc(N)\* & Mrs. Meenakshi, MSc(N)\*\**

**Background of the study:** Mental illness is medical conditions that disrupt a person's feeling, thinking, mood ability to relate to others and daily functioning. Most people diagnosed with a serious of mental illness can experience relief from their symptoms by actively participating in an individual treatment plan.

**Objectives:** To assess the attitude of mentally ill patients towards psychotropic drugs methods.

**Methodology:** Non-experimental research approach (survey approach) was used in this study. A sample size of 30 mentally ill patients who meet the inclusion criteria was chosen for this study. Standardized tool was used to measure the drug attitude developed by Hogan TP, Awad AG, Eastwood R, Psychological Medicine (1983). This tool consists of ten items with both positive and negative items. A 'compliant' response is scored as +1. A dysphoric response is scored as -1. A positive sum of items indicates a positive subjective response (SR). A negative sum of scores indicates a negative subjective response (non-compliant).

**Results:** Findings revealed that mean and standard deviation for scores of drug attitude was (M=3.73). Thus the null hypothesis Ho1 was accepted. Out of 30 samples, majority of the mentally ill patients (69%) had positive attitude towards psychotropic drugs and (31%) of mentally ill patients had negative attitude towards psychotropic drugs.

**Conclusion:** Out of 30 samples, majority of the mentally ill patients (69%) had positive attitude towards psychotropic drugs and (31%) of mentally ill patients had negative attitude towards psychotropic drugs. There is no significant association between selected baseline information such as age, gender, educational status, occupational status, family income, marital status, religion and type of family and area of mentally ill patients.

*\*Tutor, Saveetha College of Nursing, Saveetha University, Chennai-602105.*

*\*\* Clinical Instructor, Apollo College of Nursing, Andhra.*



**Abstract 10**

**ASSESS THE KNOWLEDGE OF ADULTS REGARDING HEPATITIS B AT  
SAVEETHA MEDICAL COLLEGE AND HOSPITAL.**

*Mrs.K.Karpagam, BSc(N)\**

**Background of the study:** Hepatitis B approximately kills 2,50,000 people annually in the world, Quest clinical Research says that HBV infects one out of every 20 people living in the united states. Approximately 6% of adults who become infected will carry HBV in their bodies for years throughout lifespan and remain contagious. The disease can affect anyone. Therefore as a researcher to create awareness among the public we should know how knowledgeable they are before educating them. So this was a basic attempt made by the researcher towards it.

**Objectives:**

1. To assess the level of knowledge regarding hepatitis B.
2. To associate the level of knowledgewith the selected demographic variables.

**Methodology:** Research Design chosen for the study was descriptive research design. Using convenience sampling technique 30 samples were selected for the study. Data were collected through structured questionnaire.

**Results:** In a sample of 30 adults 11(36.6%) members had inadequate knowledge, 18(60%) members had moderate level of knowledge and1 (3.3%) had adequate knowledge. With a view to assess the knowledge of adults regarding hepatitis B about the general concept, causes, clinical features, management and prevention and complication of Hepatitis B.

**Conclusion:**To improve the knowledge of people we conducted mass health education programme regarding various aspects of hepatitis B to make people aware of the preventive measure.

*\*M.Sc(N) I year, Saveetha College of Nursing, Saveetha University, Chennai-602105.*





**Abstract 11**

**ASSESS THE LEVEL OF KNOWLEDGE REGARDING WEANING FOOD  
AMONG THE MOTHERS OF INFANT**

*Ms.Rebekkal.J.M, BSc(N)\**

**Background of the study:** Weaning is systematic introduction of food other than breast milk to provide significant nutrients to the infant. It is a gradual process starting around the age of six months because the mother's milk alone is not sufficient to sustain the growth beyond six months. It should be supplemented by suitable foods rich in protein and other nutrients. About two third of the under five children of our country is malnourished. Among them 5-8% are severally malnourished while rest fall in the group of mild and moderate malnutrition.

**Objectives:** To assess the level of knowledge among the mothers of infants and to find out the association between the demographic variables with the level of knowledge.

**Methodology:** Research design-Descriptive design, Sampling technique -Convenient sampling method, Sample size-30 mothers of infant who were attending outpatient department, Setting -Saveetha Medical College Hospitals, Chennai, Tools -Structured knowledge Questionnaire.

**Results:** It was found that most of mothers (43.3%) were in age group of 24-28 years. Most of the participants were literate i.e.73.3% and majority of them (80%) belong of Hindu Religion. Most of the mothers (86.6%) were housewife and monthly income Rs 3000- 5000 were (46.6%). Most of them 50% having one child and 96.6% were non vegetarian and living in a nuclear family. Most of the mothers (76.7%) had moderate knowledge regarding weaning of an infant. Significant association was found between religion and knowledge of the mother regarding weaning of an infant.

**Conclusion:** Research on weaning knowledge among the mothers of an infant found that most of the mothers had moderate knowledge regarding weaning and significant association found between the religion and knowledge of the participants.

*\*M.Sc(N) I year, Saveetha College of Nursing, Saveetha University, Chennai-602105.*



**Abstract 12**

**IMPACT OF CLINICAL EXPERIENCE AT MENTAL HEALTH SET UP ON  
THE ATTITUDE ABOUT MENTAL ILLNESS AMONG B.SC NURSING STUDENTS**

*Ms. Angel Shalini MSc(N)\* & Dr. Jain Vanitha, MSc(N), Ph.D(N)\*\**

**Background of the study:** Hence negative attitudes about mental illness among the students as well other professionals of psychiatric profession pose barriers for persons needing mental health treatment or recovering from mental illness.

**Objectives:** To assess the attitude of third year B.Sc Nursing students towards mental illness before and after clinical experience, to assess the impact of clinical experience at mental health setup on attitude towards mental illness among third year B.Sc Nursing student and to find the association between the selected demographic variables and attitude towards mental illness among of third year B.Sc Nursing students before and after clinical experience.

**Methodology:** Research Approach-Evaluation approach is used. Research Design- Experimental. Setting-GRT CON. Sample- Students of Third Year B.Sc. Nursing students of GRT College of Nursing. Posted in Institute of Mental Health, Kilpauk, Chennai. Sampling technique-purposive sampling technique. Sample Size-Sample size for the study was 50.

**Findings:** Pre-test scores indicate that majority of the students (82%) had negative attitude towards mental illness and (18%) had uncertain attitude towards mental illness. Whereas after clinical experience seventy six percentage of the students developed positive attitude towards mental illness. Mean and standard deviation for scores of attitude was high after the clinical experience ( $M=118.5\pm 10.0$ ) in comparison with before the clinical experience ( $M=66.72\pm 11.97$ ). The difference was found to be statistically significant at  $P < 0.001$ .

**Conclusion:** None of the students had negative attitude towards mental illness after clinical experience.

*\*Lecturer, GRT College of Nursing, Tiruttani*

*\*\*Principal, GRT College of Nursing, Tiruttani*



**Abstract 13**

**EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON CARDIAC REHABILITATION ON KNOWLEDGE AND SKILL AMONG STAFF NURSES**

*Ms.Kashmeera.P.S, M.Sc(N)\**

**Background of the study:** Cardiac rehabilitation is becoming an integral part of comprehensive care of clients who have been diagnosed with CHD. Nurses are involved in many aspects of Cardiac rehabilitation.

**Objectives:** To evaluate effectiveness of STP on Cardiac rehabilitation in terms of knowledge and skill among staff nurses, to find out the relationship between the pre-test knowledge score and pre-test skill score and also between the post-test knowledge score and post-test skill score and to find the association between the post-test knowledge score and selected demographic variables and also between the post-test skill score and selected demographic variables.

**Methodology:** Evaluative approach was chosen. Design, one group pre-test post-test design was used. Sample size was 40 staff nurses were chosen using purposive sampling technique. Tool was structured questionnaire and observation checklist was used for the assessment of knowledge and skill respectively.

**Results:** In the pre-test, 25 (62.5%) had inadequate knowledge, 10(25%) had average knowledge and 5(12.5%) of samples had adequate knowledge. The assessment of skill showed that 24 (60%) had inadequate skill, 15 (37.5%) had fair skill and only 1(2%) had good skill. After the structured teaching programme, 25(62.5%) had adequate knowledge, 15(37.5%) had average knowledge and none of the sample had inadequate knowledge and 30(75%) had fair skill 5(12.5%) had Good skill and remaining 5(12.5%) had poor skill. There was positive relationship between pre-test knowledge score and pre-test skill score ( $p<0.05$ ) & between the posttest knowledge score and posttest skill score ( $p<0.001$ ).

**Conclusion:** Nurse's knowledge and skill on Cardiac rehabilitation is improved the patient can get better care and health teaching by them.

*\*Asst. Prof, Faculty of Nursing, Dr. M.G.R Educational & Research Institute University.*



**Abstract 14**

**QUALITY OF WORK LIFE OF NURSES AND THEIR BURN OUT**

*Mrs. R. Jeyadeepa, M.Sc(N), MBA, PGDHM\**

**Introduction:** Today quality of work life has become an important issue and many studies have been published on the topic. Quality of work life is a process by which the organization's employees and the stakeholders learn how to work better together to improve both the staff's quality of life and the organizational effectiveness simultaneously. Today's work environment is complex and poses several challenges to hospital management during the next decade. Nurse's practice involves working in complex organizational settings and facing multiple stressors over time that can lead to burn out.

**Objectives:** To assess the quality of work life of nurses, to assess the burn out among the nurses and to find the relationship between quality of work life and burn out.

**Methodology:** Design was descriptive design. Setting was Medical college hospital. Sampling was simple random sampling. The sample size was 50. Tool consists of questions about the demographic characteristics, Brooks and Anderson scale of quality of nursing work life and a burn out inventory. Method of data collection was Questionnaire method.

**Results:** Majority of the nurses were in the age group of 20 – 25 years (42%). 78% of the samples were female and 22% of them were males. 50% of them were married and 50% of them were unmarried. 48% of them were B.Sc graduates and 52% of them were Diploma holders. 52% of the nurses had experience of below 5 years. 36% of them had experience between 5–10 years. 12% of them had above 10 years of experience. The calculated r value is 0.001 indicated no correlation between the quality of work life and burn out. There was no association between these two variables. 76% of the nurses felt that they had burn out and 74% of them felt that their quality of work life was good.

**Conclusion:** Quality of work life of nurses was good but they have burn out.

*\*Ph.D Scholar, Saveetha University, Chennai-602105.*



**Abstract 15**

**ASSESS THE EFFECTIVENESS OF SUPERFICIAL HEAT APPLICATION ON THE QUALITY OF LIFE AMONG PATIENTS WITH RHEUMATOID ARTHRITIS**

*Mrs.J. Alamelu Mangai, M.Sc (N), MBA (HM)\**

**Back ground of the study:** Rheumatoid Arthritis the auto immune reaction is a chronic and painful condition that leads to progressive joint damage, disability, deterioration in quality of life, and shortened life expectancy. It affects 0.5% to 1% of the general population worldwide. Heat modalities are the most commonly used physical agent. By using heat, analgesia is accomplished, muscle spasm relieved, and elasticity of peri-articular structures obtained.

**Objective:** To assess the effectiveness of the superficial heat application in the form of hot water bag, on quality of life of patients with rheumatoid arthritis.

**Methodology:** The study with Pretest and Posttest control group design was conducted at Rheumatology department, Rajiv Gandhi government General Hospital Chennai-3 by using simple random sampling technique (lottery method). Study participants were 60 rheumatoid arthritis patients, 30 in experimental and 30 in control group. Hot water bag with 160 degree F applied over swollen, painful joints over 20 minutes once daily. Quality of life was assessed using modified SF 36V2 QoL Questionnaire.

**Results:** Results showed that after superficial heat application Qol score has improved ( $t=28.9$ ,  $p=0.001$ ,  $df=58$ ). Physical function is more affected than mental health. The result suggests that quality of life improved with heat application. Hot water bag application is simple nursing intervention, economical and easy to carry out by patients themselves at home. It can be used a palliative therapy for Rheumatoid Arthritis patients to improve the quality of life.

**Conclusion:** Superficial heat can be used palliative therapy Rheumatoid Arthritis patients at their home to improve the quality of life.

*\*Faculty, Medical-Surgical Nursing, College of Nursing, Madurai Medical College, Madurai-20*



**Abstract 16**

**EFFECT OF CRYOTHERAPY ON POSTPARTUM PERINEAL PAIN**

*Ms.Deviga Thirunavakarasu\**

**Background of the Study:** The degree of perineal trauma predicted women's ratings of perineal pain on a visual analogue scale, with more severe trauma related to higher pain scores. Over a third of women experienced moderate or severe perineal pain, particularly when walking (33%) or sitting (39%), while 45% noted that pain interfered with their ability to sleep. A large-scale survey carried out two months after birth, revealed that most of the women submitted to instrumental delivery mentioned perineal pain, 77% of whom were primiparous and 52% multiparous, and that 31% of the 73% of primiparous women after spontaneous vaginal delivery had an episiotomy. It is a priority for health professionals who attend women in the puerperal period to identify and value the morbidities deriving from normal delivery, particularly the presence of pain.

**Objective:** To verify the effect of cryotherapy on postpartum perineal pain during hospitalization.

**Methodology:** Experimental research design- pretest posttest design was used. Twenty postpartum women after vaginal delivery, who delivered in RIMS hospital, Srikakulam between the age group 20-30 years were selected by using lottery method. They were assigned into two group, experimental and control group, each 10. Control group was advised to take rest and experimental group were given cryotherapy. The pain was evaluated by using visual analog scale.

**Results:** The mean value of post test in experimental and control group were found to be 6.1 and 7.5 respectively. This showed that greater potentiality towards experimental group which indicated the importance of cryotherapy application in relief of postnatal perineal pain.

**Conclusion:** All postnatal women subjected to cryotherapy were favourable to the procedure.

*\*Asst.Prof, Vijay college of Nursing, Srikakulam.*



**Abstract 17**

**EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE AND PRACTICE REGARDING PERSONAL HYGIENE AMONG GYPSY CHILDREN**

*Mrs.Devika, M.Sc(N)\**

**Introduction:** Children occupy an integral place in the society. Personal Hygiene plays major role in the wellbeing of the child. The gypsy community was always considered to have very poor hygiene. Due to a great lack of awareness and resources they are not able to pay enough attention towards their personal health and hygiene.

**Objectives:** To assess level of knowledge, practice and hygiene regarding personal hygiene among gypsy children & to determine the effectiveness of structured teaching programme and demonstration of hygienic practice on level of knowledge & practice on personal hygiene.

**Methodology:** Pre-experimental design was adopted. The study was based on Orem's Self Care Theory. The population of the study was gypsy children between 6-12 years. The sample was chosen from a selected camp using convenience sampling and the sample size was 50. The study tool comprised of knowledge, practice interview questionnaire, and observational check list to assess the personal hygiene. Pre test was conducted. After 14 days of the structured teaching programme and demonstration of hygienic practices post test was carried out for the same.

**Results:** The findings revealed that, there was a progression in all aspects of personal hygiene among gypsy children; moderate knowledge level (70%) to adequate knowledge level (80%), poor practice level (84%) to fair practice level (60%) and fairly good hygiene level (70%) to good hygiene level (38%). In pre-test the overall mean score for level of knowledge 7.64, for practice 13.64 and for hygiene 22.98. In post-test level of knowledge, practice and hygiene was 27.84,12.45& 21.13 respectively. The 't' value indicated that highly significant at  $p < 0.001$ .

**Conclusion:** The study concluded that structured teaching programme and demonstration on personal hygiene was effective in increasing the level of knowledge, practice and hygiene of the gypsy children.

*\*AsstisantProfessor, Faculty of Nursing, Dr.M.G.R.Educational Research Institute University*



**Abstract 18**

**EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON KNOWLEDGE OF IMMUNIZATION AMONG UNDER GRADUATE STUDENTS**

*Ms.Semmalar.R, MSc(N)\* & Dr.JainVanitha. N.S Ph.D(N)\*\**

**Background of the Study:** The immunization schedule has been updated frequently due to the introduction of newer vaccines which develops the need for health care professional to have adequate knowledge on it. In Karachi (2010), the study was conducted to determine the knowledge about immunization among nursing students and found that there was a need to have comprehensive education programme to update their knowledge (Afrain & Thikadhuma).

**Objective:** To find out the effectiveness of planned teaching programme on current trends in immunization among under graduate nursing students.

**Methodology:** Pre experimental one group pre test – post test research design was adopted for this study. The samples were selected in GRT College of Nursing by using non-probability purposive sampling technique and the sample size was 30. Structured questionnaire was used to collect the data. The instruments used to collect data comprised of 2 sections were section 1- demographic profile and section -2 structured questionnaires. The intervention strategy, planned teaching programme was done soon after the pre test. Post test was done after 7 days of teaching.

**Results:** The study findings revealed that post test mean 19.73 is greater than the pre test mean value 8.83 which clearly indicates that the students had gained knowledge after planned teaching programme. The paired ‘t’ test value showed 6.8 which was highly significant at  $p < 0.05$  level.

**Conclusion:** The present study assessed the effectiveness of planned teaching programme on knowledge of current trends in immunization among under graduate nursing students. On the basis of above study findings, it was evident that planned teaching programme had a significant effect on enhancing knowledge among the students.

*\*Lecturer, GRT College of Nursing, Tiruttani*

*\*\*Principal, GRT College of Nursing, Tiruttani*





**Abstract 19**

**EFFECTIVENESS OF VIDEO ASSISTED TEACHING ON KNOWLEDGE AND  
ATTITUDE OF BREAST SELF EXAMINATION AMONG WOMEN**

*Mrs.Selva Rani.G, M.Sc(N)\**

**Introduction:** Breast self-examination is a self-generated, non-invasive and non-irradiative method of breast cancer detection. Breast cancer is a public health problem that is increasing throughout the world especially in developing countries. The study was aimed at assessing the knowledge and attitude on breast self-examination among women.

**Objectives:** To evaluate the effectiveness of video assisted teaching program on knowledge and attitude regarding Breast Self- Examination among women

**Methodology:** Research approach was quantitative approach, Research design-Pre Experimental - One group Pretest and posttest design was used in this study. Sample size -100 women selected. Sampling technique was non probability purposive sampling technique. The tool used for this study was structured knowledge and attitude questionnaire on Breast Self -Examination. Video assisted teaching on breast self -examination given to the subject.

**Results:** The study revealed that the calculated 't' value (33.36) was much higher than the table value at 0.001 (preset level of significance was 0.05). The mean post test score of knowledge and attitude on Breast Self-examination among women after Video assisted teaching will be significantly higher than their mean pretest score of knowledge and attitude.

**Conclusion:** Breast self-examination is an easy and inexpensive screening tool compared to other diagnostic options. The findings of the study revealed that Video Assisted teaching on breast self -examination was effective on increase the knowledge and attitude among women.

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*\*Nursing Tutor, College of Nursing, Madurai Medical College, Madurai.*



**Abstract 20**

**EFFECTIVENESS OF BIRTH COMPANION OF PRIMIPARA WOMEN IN COPING DURING SECOND STAGE OF LABOUR.**

*Mrs.Mency Beninnol, M.Sc(N)\**

**Introduction:** It is always believed that women hood is complete after child bearing and rearing. Mothers from all cultures traditionally passed their knowledge about labor and birth to their daughters. These cultural and family rituals guided women through pregnancy, labour, birth and the early days of mothering. As Birth became a medical event and cultural and family rituals took a back seat eventually all but disappearing .So researcher believes that presence of companion help the women to overcome all stressors.

**Objectives:** The objectives of the study were to assess the level of coping during second stage of labour of primipara women in absence of birth companion, to assess the level of coping during second stage of labour of primipara women in presence of birth companion, to compare the level of coping of primipara women in experimental and control group, to associate the level of coping of primipara women during second stage of labour with demographic variables.

**Methodology:** The study was based on modified Wiedenbach's Helping Art of Clinical Nursing. The design of the study was quasi experimental posttest only design .the duration of the study was 30 days. Totally 40 primi-para women were selected by using non probability convenient sampling technique (20-experimental, 20-control group).Observational checklist was used to collect data regarding coping. The collected data were analyzed by inferential statistics.

**Result:** The finding of the study revealed that in experimental group 85% had high level of coping and 85% had moderate level of coping in control group. There is significant difference between the emotional and physiological changes between experimental and control group ( $p<0.001$ )

**Conclusion:** Hospital setting nursing leaders should advocate and implement presence of birth companion in second stage of labour.

*\* Faculty of Nursing, Dr MGR Educational and Research University.*



**Abstract 21**

**ASSESS THE KNOWLEDGE & ATTITUDE REGARDING EVIDENCE -BASED  
NURSING PRACTICE (EBNP) AMONG I YEAR M.SC NURSING STUDENTS**

*Mrs. Mercy Jennifer\**

**Background:** Nursing practice in evidence, rather than tradition, is necessary to meet nursing's social obligation of accountability, to gain and maintain credibility among other health disciplines and to build a nursing knowledge base that can be used to influence policy at agency and governmental levels Rafael. (2000)

**Objectives:** 1. To assess the knowledge and attitude regarding EBNP 2. To correlate the knowledge and attitude of the I year M.Sc Nursing students regarding EBNP

**Methodology:** Research Design: Descriptive research design was used and a total of 32 samples that fulfilled the inclusion criteria were selected by using convenience sampling technique. Data was collected using a structured questionnaire. An educational module was given to the subjects to create awareness on EBNP

**Results:**The study revealed that 40% had inadequate knowledge and 10 (31%) had adequate knowledge. Regarding the attitude, 14 (26%) had moderately favourable attitude, 10 (31%) had favourable attitude and 8 (26%) had unfavorable attitude. There was a significant correlation between the knowledge and attitude of the students at  $p < 0.01$ .

**Conclusion:** The present study assessed the knowledge and attitude regarding EBNP and found that majority of the students had moderately adequate knowledge and moderately favourable attitude. Considering the findings, a module regarding EBNP was given to create awareness.

\*Clinical auditor, SCIO Health Analytics, Chennai



**Abstract 22**

**ASSESS KNOWLEDGE AND PRACTICE ON MANAGEMENT OF DIABETES  
MELLITUS AMONG PATIENTS ATTENDING OUT-PATIENT DEPARTMENT,  
GOVERNMENT GENERAL HOSPITAL, CHENNAI**

*Prof.S.Poonguzhali, MSc(N ), MBA, M.A,\**

**Introduction:** The rising of diabetes in developing countries is closely associated with industrialization and socioeconomic development, Genetic predisposition, lifestyle changes due to rapid urbanization, high intake of fast food without any activity in the form of exercise in urban area may all be contributory to high prevalence of diabetes.

**Objectives:** To assess the knowledge and practice of patients with diabetes mellitus, to determine the association between knowledge and practice of diabetes mellitus with selected demographic variables and to distribute a teaching module.

**Methodology:** Descriptive study design was selected to assess the knowledge and practice on management of diabetes mellitus among patients attending outpatient department of Government General Hospital Chennai was carried among 200 patients attending outpatient department, identified from interview schedule.

**Results:** 57% of patients had adequate knowledge about the disease, 49.5% had inadequate knowledge about the diet, 64.5% had inadequate knowledge about the exercise and 42.5% of patient had adequate knowledge about the drug. There is high association between the knowledge and practice, p value=0.01.

**Conclusion:** This study had given some clues that majority of patients had inadequate knowledge about the diet and exercise. This study experience had helped the investigator to spell out some recommendations and to develop a self instructional module so as to improve the knowledge about the diseases and increase the practice for control of diabetes and prevention of complications.

*\* Principal ,College of Nursing, Madurai Medical College, Madurai*



**Abstract 23**

**PLANNED TEACHING PROGRAMME ON POLYCYSTIC OVARIAN SYNDROME (PCOS) TOWARDS IMPROVING KNOWLEDGE AMONG ADOLESCENT GIRLS**

*Ms.Sivasankari.K, M.Sc(N)\* & Dr.Jain Vanitha, M.Sc(N), Ph.D\*\**

**Introduction:** Menstrual abnormalities are the common problems of adolescents. PCOS affects  $5 \pm 10\%$  women in the developed world (Franks, 1995). Hyper-androgenism is a critical condition where the women will be affected physically and psychologically. Hence it is always better to know about the facts regarding PCOS and to reduce its occurrence.

**Objective:** To evaluate the effectiveness of planned teaching programme on PCOS towards improving knowledge among adolescent girls and to associate level of knowledge with their selected demographic variables.

**Methodology:** Quantitative approach and one group pre & post test design was adopted. Setting and participants included 50 first year B.Sc (N) students from GRT College of Nursing, Tiruttani. Samples were recruited by Convenience sampling technique. Data was collected through self report (Questionnaire) and followed by Planned Teaching Programme was given by means of PowerPoint presentation.

**Findings:** The comparison of mean value depicted that post test mean value (10.3) is greater than the pre test mean value (5.8).The paired t test value showed 16.36 which was highly significant at  $p < 0.001$  level. Association of level of knowledge on PCOS had shown no significance.

**Conclusion:** PCOS result in complications such as cardiovascular diseases and endometrial cancer, ovulation – related infertility as women ages and affects approximately 50% of women population. Hence, nurse researcher has a pivotal role in creating awareness among adolescent girls regarding PCOS.

*\*Lecturer, GRT College of Nursing, Tiruttani*

*\*\*Principal, GRT College of Nursing, Tiruttani*



**Abstract 24**

**FACTORS INFLUENCING SUICIDE ATTEMPT AMONG YOUNG ADULTS, AT  
GOVERNMENT DISTRICT HEADQUARTERS HOSPITAL, THIRUVALLUR**

*Mr. Vijay Anand, M.Sc(N)\**

**Introduction:** Suicide is a global public health problem, particularly in India where high suicide rates in a few states with large populations account for a majority of the suicides. Efforts to address the problem have been unsystematic but there is increasing recognition by governments, community members, and professional groups of the need to do more. Risks and pressures with in society, including poverty and inequalities, access to methods of suicide, prevalence of psychological, physiological, sociological problems such as marital breakdown, unemployment, love failures and exam failures.

**Objectives:** To assess the factors influencing suicide attempt among young adults, to associate factors influencing with the selected demographic variables and to determine the general chances for reattempt of suicide.

**Methodology:** Design -Descriptive design. Sampling -Purposive sampling technique and Tool - Suicide factors assessment tool

**Results:** The factors influencing suicide attempt among young adults psychological causes mean 79.45% Standard Deviation 66.93%, Physiological causes mean 5.53%, Standard Deviation 14.83, Sociological causes mean 96.28%, Standard Deviation 66.92% among the three factor sociological factor influence more in suicide attempts among young adults.

**Conclusion:** This study identified sociological causes has more influence on suicide attempt among young adults, and there is a high chances for reattempt of suicide among young adults.

*\*Lecturer, Billroth College of Nursing, Chennai.*



**Abstract 25**

**ASSESS THE EFFECTIVENESS OF SELF INSTRUCTIONAL MODULE ON KNOWLEDGE OF CORONARY ARTERY DISEASE AMONG ADULTS**

*Ms. Leela Maheswari.J, MSc,(N)\**

**Background of the study:** The incidence of CVD is greater in urban areas than in rural areas reflecting the acquisition of several risk factors such as tobacco consumption, lack of physical activity unhealthy diet (Park 2007). Gupta, et al., (2008) had stated that cardiovascular diseases are major causes of mortality in the Indian subcontinent causing more than 25% of death.

**Objectives:** To assess the knowledge on coronary artery disease of adults, to determine the effectiveness of self-instructional module on coronary artery disease and to associate the selected demographic variables with the level of knowledge of coronary artery disease among adults before and after the administration of SIM in one group study.

**Methodology:** Research design- One group pre-test, post design, Sample size – 60, Sampling technique- Multi-stage sampling technique, Tools-Structured interview schedule used to assess the knowledge of adults on coronary artery disease, Setting - Urban community, Sowcarpet.

**Results:** In Pretest, 45 (75%) of them had inadequate knowledge, nine (15%) of them had moderately adequate knowledge and six (10%) had adequate knowledge. Whereas in posttest, 20 (33.3%) of them had moderately adequate knowledge and 40 (66.7%) had adequate knowledge and none had inadequate knowledge. In the pretest mean value for knowledge on CAD was 47.69 with a standard deviation of 15.66. In posttest, the mean value for knowledge was 78.85 with a standard deviation of 13.99. The paired 't' test value 52.772 which was highly significant at  $P < 0.001$ . There was significant association between the level of knowledge in Posttest and education, occupation, family income, sources of health information and the level of knowledge in posttest at  $P < 0.001$ ,  $P < 0.01$ ,  $P < 0.05$  and  $P < 0.001$  respectively.

**Conclusion:** The findings of the study concluded that the teaching through self- instructional module was effective in improving the knowledge on CAD among adults.

*\*Lecturer, Sree Sastha College of Nursing, Chembarambakkam. Chennai.*



**Abstract 26**

**ASSESS THE KNOWLEDGE REGARDING PREVENTION OF MEDICATION  
ERRORS AMONG STAFF NURSES IN RMMCH AT CHIDAMBARAM**

*Mrs.MohanaPriya. K, M.Sc(N)\**

**Background of the study:** Medication error is a preventable adverse effect of care, whether or not it is evident or harmful to the patient. Medical errors account for 44,000 to 98,000 deaths per year, making them the eighth leading cause of mortality. These errors are associated with a tremendous economic cost, between \$17 and \$29 billion annually (Anto, Barlow, Osborne and Whittlesea(2010).

**Objectives:** To assess the knowledge regarding prevention of medication errors among staff nurses in RMMCH, to associate the knowledge on prevention of medication error with selected demographic variables and to provide an instruction module on prevention of medication error to staff nurses.

**Methodology:** Research design - Descriptive research design. Samplesize was 85 staff nurses selected by convenience sampling technique. Tools -Data was collected from staff by using a structured questionnaire. An educational module was given to the subjects to create awareness.

**Results:** The study revealed that 27 (31.76%) nurses had inadequate knowledge, 57 (67.05%) nurses had moderately adequate knowledge and only one nurse (1.17%) had adequate knowledge regarding prevention of medication error.

**Conclusion:** The present study assessed the knowledge regarding prevention of medication errors among Staff Nurses in RMMCH at Chidambaram and found that majority of the nurses had moderately adequate knowledge. Considering the study findings, an effort was made by the investigators and module was given to all the subjects and awareness was created regarding prevention of medication errors.

*\*Asst.Prof, Shenbaga College of Nursing, Chennai.*





**Abstract 27**

**EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON WARNING SIGNS  
OF PREGNANCY AMONG PRIMIGRAVIDA**

*Mrs. Sarala.M, MSc(N)\**

**Introduction:** Certain symptoms should be reported to your physician immediately, during any stage of the pregnancy. These include, bleeding or leaking fluid from the vagina, impaired vision, unusual or severe abdominal pain or backache, frequent, severe, continuous headaches, contractions before 37 weeks that occur 4 times every 20 minutes, or contractions 8 times an hour that last for more than an hour, decreased fetal movements, excessive vomiting and chills.

**Objectives:** To assess & compare the effectiveness of pre and post- test level of knowledge on selected warning signs of pregnancy among primi-gravida and to find out the association between the level of knowledge on selected warning signs of pregnancy with selected demographic variables.

**Methodology:** A pre experimental (One group pretest- posttest) design was chosen for the study. The study was conducted at Upgraded PHC at Kundrathur. Sample size consists of 30 primi-gravida were selected by using purposive sampling technique. A structured questionnaire was used to collect data.

**Findings:** Regarding the pre-test 28(93.3%) had inadequate knowledge, 02(6%) had moderate and none of them had adequate knowledge with mean value of 8.26 with sd of 3.the post test level of knowledge 27(90%) had adequate knowledge, 3 (10%) had moderate and none of them had inadequate knowledge with mean value of 17 with SD of 1.8.regarding the effectiveness of pre and post-test level of knowledge the paired "t" test value 12.43 it was significant at  $p < 0.05$ .

**Conclusion:** Nurses working in the maternity and in the community centers need to take up the challenges of assessing the level of knowledge on warning signs of pregnancy and awareness must be created among the antenatal mothers.

*\* Associate Professor, Rajalakshmi College of Nursing, Chennai.*



**Abstract 28**

**EFFECTIVENESS OF SELECTED NURSING STRATEGIES FOR GESTATIONAL  
DIABETES MELLITUS**

*Arulmozhi.D\**, *Dr.Asirvatham.A.J\*\**, *Dr.Mangalagowri.P\*\*\** & *Dr.Vijayaraghavan.R\*\*\*\**

**Background of the Study:** In recent decades, more women of reproductive age have diabetes, and more pregnancies are complicated by pre-existing diabetes especially in low and middle income countries. Gestational diabetes mellitus affects up to 15% of women worldwide.

**Objectives:** To evaluate the effectiveness of selected nursing strategies for Gestational Diabetes Mellitus on maternal outcomes & fetal outcomes, to correlate the knowledge and self care practices in experimental group and to associate maternal and fetal outcomes with selected background variables among mothers with GDM.

**Methodology:** Experimental design was chosen. The setting was speciality Hospital, Madurai. Antenatal mothers diagnosed with gestational diabetes mellitus were selected. Among 30 mothers 15 mothers were in experimental group and 15 in control group. Consecutive sampling technique was used. After obtaining informed consent, pretest was measured by using questionnaire for assessing the knowledge and check list for assessing the self care practices regarding GDM also blood test analysis done (PPBS, HbA1C). Selected nursing strategies on GDM were administered for 30 minutes. Reinforcement was given 15 days after intervention. Post test was conducted 1 month after intervention.

**Results:** Spearman correlation was used. There was a positive correlation between knowledge and self care practices in experimental group of primi mothers with GDM. There was no significant association between knowledge, self care practices and selected demographic variables of experimental and control group of primi mothers with GDM.

**Conclusion:** Selected nursing strategies for Gestational Diabetes Mellitus were effective.

*\* Ph. D Scholar, Saveetha University, Chennai*

*\*\* Consultant Diabetologist, Madurai*

*\*\*\* Principal, Saveetha College of Nursing, Chennai*

*\*\*\*\* Research Director, Saveetha University, Chennai*



**Abstract 29**

**KNOWLEDGE ON OPTIONAL VACCINES AMONG MOTHERS OF  
UNDER FIVE CHILDREN**

*Mrs.Motcharakkini.L, M.Sc(N)\**

**Introduction:** Vaccines are very critical during the growth of a child. You need to keep the child healthy free from infections. In addition to the mandatory ones there are optional vaccines that has become a necessity in today's world.

**Objectives:** To assess the existing knowledge on optional vaccines among the mothers of under five children, To evaluate the effectiveness of the teaching programme on optional vaccines & To find out the association between posttest knowledge and selected demographic variables among the mothers of under five children on optional vaccines.

**Methodology:** Research Design- One group pre-test and posttest -pre experimental design. Sample Size-200 mothers. Sampling Technique-Convenience sampling technique. Structured interview schedule was used to assess the knowledge among mothers under five children.

**Results:** In pre-test the overall knowledge on optional vaccines showed that, 174 (87%) had inadequate knowledge, 26(13%) had moderately adequate knowledge and none of the mothers had adequate knowledge on optional vaccines, In posttest there was an improvement in knowledge on febrile seizure after teaching programme revealed that none of the mothers of under five children had inadequate knowledge, 10 (5%) mothers had moderately adequate knowledge and 190 (95%) mothers had adequate knowledge regarding optional vaccines, The chi-square test revealed that there were statistically significant association between the demographic variables such as educational status of the mother, occupational status of the father and the number of children in the family at a level of  $P.<0.001$  level.

**Conclusion:** The Nurses role in giving education on knowledge regarding optional vaccines among mothers with under-five children was significantly improved after education.

*\*Asst.Professor, Faculty of Nursing, DR.M.G.R. Educational and Research Institute University, Maduravoyal.*



**Abstract 30**

**ASSESS THE KNOWLEDGE REGARDING ILL EFFECTS OF MOBILE PHONE  
USAGE AMONG ADOLSCENTS**

*Ms. Andrea Donitta. G\**

**Background of the study:** The advancement in technology makes the people with their mobile phones next to their ears as common sights which are boon to the human health. Mobile phones are low power radio device that transmit and receive radio frequency radiation through an antenna used close to the users head. The usage of cell phone is a boon to the human health since they are the cause for the problems like sleep disturbances, difficulty in concentration, hearing disruptions, fatigue, cancer, headache etc. Though the frequent usage of mobile phones causes many problems, the users are not aware about its impact on health.

**Objectives:** To assess the knowledge regarding the ill effects of mobile phone usage among the adolescents & to educate the adolescents about the ill effects of mobile phone usage on health.

**Methodology:** Research design- Descriptive approach. Samples- Adolescents residing at Taramani in Chennai. Sample size- Thirty samples. Sampling technique-Non probability convenient sampling technique. Structured interviewed guide was used to assess the knowledge regarding ill effects of mobile phone usage among adolescent.

**Result:** Out of 30 samples, 90.0% of the samples had inadequate knowledge, 10.0% had moderate knowledge and no samples had adequate knowledge about the ill effects of mobile phone usage.

**Conclusion:** There is enormous increase in mobile phone usage throughout the world due to the advancement in technology. As technology advances the mortality and the morbidity rate also increases. As health care professionals, we play our own individual role in boosting the knowledge on ill effects of mobile phone usage and the adolescents need to be aware about the ill effects of mobile phone usage thus being responsible for their own health.

*\*M.Sc(N) II Year, Saveetha College of Nursing, Saveetha University, Chennai-602105.*