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Knowledge of caregivers on home care management of stroke patients

Jayanthi Muthiyalu Ramanujam

Associate Professor,
Govt. College of Nursing, Medical College, Kozhikode
Email Address- jakri2010@gmail.com
Phone No-+91-944705902

Bhajisha Uppootingal MSc(N)

Assistant Professor,
Govt. College of Nursing, Medical College, Kozhikode.
Email address- *bhajisha1983@gmail.com*,
Phone no- +91-9947264243.
ORCID: <https://orcid.org/0000-0003-2286-8110>

Anmary Thomas

Anupriya Mary John

Archana Kuruppath

Arshin Ottakkandathil Puthanpeediyakkal

Arun Chandran Ayyarukootathil

Ashima Jan Abdulnazar Srambikkal

Aswin Kulappurath

Ayana Pomangalath

B Sc Nursing students, Govt. College of Nursing
Medical College, Kozhikode

Abstract

Background: Stroke is a common, serious, and disabling global health-care problem. Impact of stroke on daily life can be limited only by rehabilitation and the responsibility of care is often left with relatives or spouse of the stroke patients. Knowledge about care for stroke patients is important especially to the caregivers who have to care stroke patients. Hence this study was aimed to assess the knowledge of caregivers on home care management of stroke patients.

Methods: This was a Quantitative study with Non experimental approach. Fifty Care givers of patients with stroke who had given care for more than one week after discharge in selected wards of Mavoor Panchayath, Kozhikode district were selected. Questionnaire was given and self reporting was the technique used. Results were analyzed using descriptive and inferential statistics.

Results: Among the participants majority (48%) had average level of knowledge and 32% had good level of knowledge and there is no significant association between knowledge of caregivers and selected socio-personal variables except for occupation.

Conclusion: A stroke is a disease with various symptoms such as hemiplegia, sensory disorders, spasticity, balance disorders, cognitive disorders etc. Without proper home care and rehabilitation a stroke may result in many secondary complications such as pressure ulcers, foot drops, respiratory complications such as aspirations pneumonia, contractures etc. To prevent secondary complications and support activities of daily living (ADL) in patient's, the role of the care givers in homecare management and rehabilitation is important. The finding of the present study reveal that majority of the care givers having average level of knowledge regarding the home care management of patient with stroke.

Keywords

care givers,
home care
management, stroke
patients, stroke
survivor.

Introduction

Stroke is defined as an abrupt onset of a focal neurological deficit lasting more than 24 hours¹. Stroke is the second leading cause of death and disability worldwide. The onset of stroke is sudden, leaving the individual and his family unprepared and unequipped to deal with its consequences.²

Stroke survivors may have varying degrees of disabilities and that has to be dealt at home by the caregivers. Care givers have the main responsibility in taking care of their needs especially physical, emotional, nursing and psychological needs. Long term care is needed for the stroke survivors and that puts burden on care givers.³ It is found that most of the stroke survivors stay at home and take domiciliary care. Informal caregivers such as family members provide the majority of long-term care to stroke

survivors in a domiciliary setting and these caregivers play an important role in the post stroke rehabilitation of the stroke survivors which is often a neglected domain. Stroke has shown to significantly affect the psychological and physical well-being of caregivers who provide emotional support or assist the patients' daily activities.⁴

The needs of a stroke survivor, which varies according to the level of disability, may be assistance in walking, moving from bed to toilet, communication (verbal and nonverbal cues to other family members), nursing (feeding, personal hygiene), emotional support (handling disruptive behaviour) etc.⁵ Family members has to assume the role of a care giver and has to coordinate the health care needs of the patient.⁶ It is found that knowledge of care giver is the most important factor that influences the prognosis of the patients with stroke, hence we assessed the knowledge of caregivers of stroke patients.⁷

Method and Methodology

A descriptive survey was conducted in selected wards of Mavoor Panchayath, Kozhikode, Kerala, India because of its geographical proximity. The study was conducted on fifty care givers of patient with stroke who had given care for more than one week after discharge for patients requiring assistance in Activities of Daily living (ADL) and was willing to participate in the study. Purposive sampling technique was used to select the caregivers of stroke patients.

After getting ethical clearance from the Institutional Ethical Committee of Government College of nursing Kozhikode and permission from the authorities of Mavoor Panchayath, Kozhikode, the study was conducted from 28/02/2022 to 03/03/2022. In order to get access to the caregivers of stroke patients, we met the Accredited Social health Activist (ASHA) workers of different wards of Mavoor Panchayath. The subject for the study was identified by record review of patients. The pilot study was conducted among five care givers prior to the main study.

The investigators approached primary care giver of each patient individually and established rapport. The purpose of the study was explained, confidentiality was ensured, and informed consent was taken. Data were collected using structured one to one interview which took about twenty minutes. The characteristics of caregivers were collected using a structured Malayalam tool which contains items on age, gender, education, employment status and relationship with the patient. Knowledge of caregivers were assessed using a structured questionnaire which contains thirty items on back care, mouth care, skin care, feeding and ROM exercises, medicine administration, bladder and bowel care, and respiratory care. Data were analysed using descriptive and inferential statistics

Results

The study aimed to assess knowledge on home care management of patients with stroke among care givers in selected wards of MavoorPanchayath, Kozhikode and to find out the association between the knowledge of care givers and selected variables.

Table 1: Characteristics of caregivers of stroke patients

Caregiver characteristics	Frequency	Percentage
Age		
20-39	11	22
40-59	31	62
60-79	8	16
Gender		
Female	41	82
Male	9	18
Educational Status		
Primary	14	28
High School	13	26
Higher Secondary	12	24
Graduation/Diploma and above	11	22
Employment status		
Unemployed	32	64
Employed	18	36
Relationship with patient		
Spouse	23	46
Daughter/son	12	24
Others	15	30

Table 1 shows majority of caregivers belongs to age group of 40-59 years, were females, had primary education, unemployed and were spouses of the stroke patients.

omissions. Maximum score was 30 and minimum was zero. The level of knowledge was graded arbitrarily as excellent(26-30), very good(21-25), good(16-20), average (11-15) and poor(<11).

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Scoring was done by giving credit of one for the correct response and zero for other responses and

(n=50)

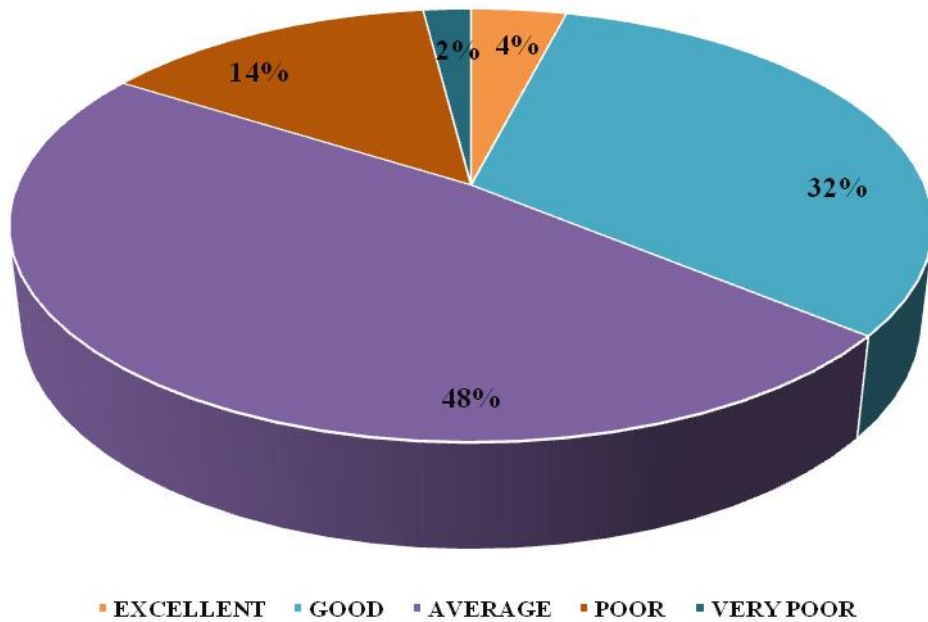


Fig1: Distribution of level of knowledge of caregivers of stroke patients

From the Fig 1, it is evident that majority (48%) of caregivers had average level of knowledge, with 32% having good level of knowledge. The knowledge score obtained by the caregivers ranged from 9 to 28, with a mean(\pm SD) knowledge score of 18.84 ± 3.90 .

Association between knowledge on home care management of patient with stroke among care givers and selected socio-personal variable

Association between knowledge of caregivers with selected socio-personal variables were analysed using Chi square test.

Table 2: Association between knowledge on home care management of patient with stroke among care givers and selected socio-personal variables.(n=50)

Selected variables	χ^2	p value
Age	75	0.31
Gender	6.02	0.197
Educational status	77.80	0.669
Employment status	58.30	0.048*
Relationship with patient	6.81	0.877

*Significant at 0.05

Table 2 shows that computed p value for the association between knowledge of caregivers and employment status was less than 0.05. So this can be inferred that there is significant association between knowledge of care givers and their employment status.

Discussion

The present study assessed the knowledge of caregivers of stroke patients and found that 48% of caregivers had average knowledge. The findings of the present study were discussed in relation to the observations made by other studies which the investigator reviewed.

In the present study, majority (48 %) had average level of knowledge and (14%) had poor knowledge, supported by the findings of a study to assess the knowledge and attitude of caregivers regarding home care management of stroke patients. It revealed that majority 25(41.65%) care givers had average knowledge, 23(38.3%) had good knowledge and 12(20%) care givers had poor knowledge.⁸

In the present study 82 % were females and 18 % were males majority 26% with high school level of education. These study findings concordant with another study conducted on caring for stroke patients; caregiver’s knowledge and practice among 100 care givers from selected hospitals,

88% of care givers were females. A study conducted in Malaysia regarding care givers knowledge and self efficacy, shows that most of the care givers were females 64.8% with a mean age of 45.8, 62.5% were having secondary level of education.⁹

Study conducted in stroke support groups about the knowledge on stroke shown that a total of 133 members (96.2%) of 11 stroke support groups took part in the study. Mean age was 65.3 years. Majority, Fifty-four percent of subjects were female which supports our study finding of 82% were females. Of the participants, 80.3% had good symptom knowledge, 64.7% had good risk factor knowledge, and 79.7% had good action knowledge. Stroke knowledge was excellent in 44.0% of subjects.¹⁰

The findings of the study were supported by the study that shows majority (41.6%) of the caregivers had average knowledge, nearly one third (38.3%) had good knowledge and few (20%) were having poor knowledge regarding home care management of stroke patient by Bhavya S V and Vidya M.⁸ Also the present study findings showed that there was no statistically significant association between knowledge score with their selected demographical variables except employment status.

This finding is supported by a study which concluded that there was no significant association found between the findings with selected demographic variables.⁷

Conclusion


Present study aimed to assess knowledge on home care management of patients with stroke among care givers. It was concluded that majority of the care givers had average level of knowledge and also there was no significant association between knowledge of care givers and socio-personal variables except employment status.

Knowledge of care givers influences the quality of care rendered and their attitude towards care. Lack of knowledge increase their stress and can influence the health of the care givers badly. The stress and burden of care of care givers can be reduced by giving proper awareness regarding home care management and rehabilitation, so we can involve caregivers in rehabilitation plan.

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