



# Descriptive study to assess knowledge regarding the management of patients with psychosomatic disorders among Nurses in selected Hospitals of Gwalior

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**Abstract: BACKGROUND:** The general hospital psychiatric care is most important since 30-50% of the patients attending primary care levels or general hospitals suffer from various forms of psychosomatic disorders, but they complain only vague symptoms which cannot be diagnosed medically. So, nurses working in general hospitals setting can help these clients by assessing and proper psychosocial care should be given for a permanent relief.

## INTRODUCTION

Mental and physical healths are two vital strands of life that are closely interwoven and deeply interdependent<sup>1</sup>. Since the beginning of the society, mental health has taken the back seat. Not much importance given to this field and much less with regards to rights of mentally ill clients. The human rights of mentally ill have been violated and they have been stigmatized since the origin of civilization. One of the reason for ill treatment may be due to decreased or absent contribution in the economic field by mentally ill clients<sup>2</sup>.

Human rights deal with balancing the rights of all human beings as individuals within the community. In the context of mentally ill persons, it includes their privileges and their remedial right and right of protection against infringement of their human and other statutory rights<sup>2</sup>.

Human rights in health care involve both recipients and providers. These rights include the right to choose or decline care, including the right to accept or refuse treatment or nourishment, informed consent, confidentiality and dignity. Nurses have obligation to safeguard people's health rights at all times in all places. This includes assuring that adequate care is provided within resources available and in accordance with nursing ethics. Each psychiatric patient has to be respected as an individual and the aim of the treatment should be early restoration of the functioning of the individual<sup>3</sup>.

## RESEARCH PROBLEM:

Descriptive study to assess knowledge regarding the management of patients with psychosomatic disorders among Nurses in selected Hospitals of Gwalior with a view to develop an information booklet.

## OBJECTIVES

- To assess the knowledge of nurses regarding management of patients with psychosomatic disorders .
- To find out association between knowledge scores and selected demographic variables.
- To develop an information booklet regarding management of psychosomatic disorders.

## METHODOLOGY:

### MATERIAL AND METHODS:

The modified conceptual frame work of the present study is based on Pender's Health Promotion model. In the present study descriptive design was selected. The structured knowledge questionnaire was developed and used to collect the data. The main study was conducted at Mahaveer Jain Hospital, by using convenient sampling technique and collected data were analyzed and interpreted based on descriptive and inferential statistics.

### METHOD OF COLLECTION OF DATA (including sampling procedure, if any):

**SAMPLE:** Staff nurses working in selected hospitals of Mysore.

### SAMPLING CRITERIA

**Inclusion criteria:**

1. Both male and female staff nurses who are available during the period of data collection
2. Both male and female staff nurses who are willing to participate

**Exclusion criteria:**

1. Both male and female Staff nurses who are not willing to participate

**SAMPLING TECHNIQUE:** Non-probability convenience sampling

**SAMPLE SIZE:** 80 staff nurses

- Experimental group (STP) – 40 staff nurses
- Control group – 40 staff nurses

**DATA COLLECTION TECHNIQUES:**

1. Structured knowledge questionnaire to assess the knowledge regarding human rights of mentally ill.

**METHOD OF DATA COLLECTION:**

1. Approval from authority.
2. Select sample as per criteria.
3. Administer structured knowledge questionnaire to assess the knowledge of staff nurses regarding human rights of mentally ill.

Groups	Day 1		Day 8
	Pre test	Intervention	Post test
Experimental group	SKQ	Structured teaching programme (1hr 30min)	SKQ
Control group	SKQ	--- (No Intervention)	SKQ

**RESULTS:** Majority 63.3% of subjects belonged to the age group of 21- 31 years, 70% of subjects were females, 56.7% of subjects belonged to Christian religion, 58.3% of subjects were GNM, majority 51.7% of subjects were married, 85% of subjects were staff nurses. The highest mean knowledge of the respondent were found in the aspect of Etiology (83%), followed by medical management (76.90%) and least knowledge score (71.33%) found in Clinical manifestation. The overall mean knowledge score of the respondent was found to be 75.75 with standard deviation of 1.55.

**Interpretation and Conclusion:**

The present study revealed the staff nurses who are working in hospital had considerably moderate knowledge (53.33%) regarding the management of psychosomatic disorders. The enhancement in knowledge is greatly required on all the aspects of psychosomatic disorders.

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