



“A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE REGARDING HOMECARE MANAGEMENT OF CATARACT SURGERY AMONG OLDER ADULTS IN KERALA, WITH A VIEW TO DEVELOP AN INFORMATION BOOKLET”

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ABSTRACT

A descriptive study to assess the knowledge regarding home care management of cataract surgery among older adults in Kerala, with a view to develop an information booklet. The objectives of the study were: a) To assess the knowledge regarding homecare management of cataract surgery among older adults in Kerala. b) To find out the association between knowledge regarding homecare management of cataract surgery among older adults in Kerala and selected demographic variables such as age, sex, occupation, education and source of information. A non experimental descriptive research design was used with pretest only design. Convenience sampling technique was used. Sample size was 150. The investigator assessed knowledge regarding home care management of cataract surgery using structured questionnaire. After conducting the pretest, information booklet was introduced to the older adults. The finding of the study suggests that 54% poor, 42.66% average, 3.33% good knowledge regarding home care management of cataract surgery. There is association between pretest knowledge and demographic variables like age, education and source of information.

KEYWORDS: Assess, Knowledge, Home care management, Cataract surgery, Patient undergoing cataract surgery, Information booklet.

INTRODUCTION

Cataract is the major cause for blindness worldwide. It is estimated that globally, a figure of 1000 new blind people emerge from cataract per million population per year. In the vast majority of cases, most of the time the surgery is uncomplicated. By the age 65, majority of the people may lose their vision due to cataract. Average expected rate of cataract surgery is approximately 530 per 100000 (0.53%) population or 3200 per 100000 for 65-year-old. In India about 20 lakh new cases were identified and in Kerala approximately 37 million people are affected.

Cataract is clouding of the lens of the eye which impedes the passage of light. Although most causes of cataract are related to the aging process, occasionally children can be born with the condition or cataract may develop after eye injuries and some other diseases. Cataract progression is typically slow, with gradual loss of vision over months to years.

A study was conducted to determine the difficulty of patients at home after cataract surgery. 20 patients were interviewed to investigate their ability to manage eye-

care and daily living routines at home following uncomplicated unilateral cataract extraction without implantation of an artificial lens. A high degree of compliance with these recommendations of health care professionals was reported; however, difficulties were encountered in obtaining medications, reading labels, instilling eye drops, applying the eye shield and providing a safe environment. Performance of daily living routines presented problems to the patients.

World Health Organization's (WHO) World report on vision (2019) and their solution on "integrated, people-centred eye care, including preventable blindness and vision impairment" that was adopted at the 73rd World Health Assembly in 2020. The key proposal of the report and resolution is to make integrated people-centred eye care (IPEC) the care model of choice and to ensure its widespread implementation. It is expected that by shaping the global agenda on vision, the report and the resolution will assist member states and their partners in their efforts to reduce the burden of eye conditions and vision impairment and to achieve Sustainable Development Goals.

PROBLEM STATEMENT

A descriptive study to assess the knowledge regarding home care management of cataract surgery among older adults in Kerala, with a view to develop an information booklet.

OBJECTIVES

- To assess the knowledge regarding home care management of cataract surgery among older adults in Kerala.
- To find out the association between knowledge regarding home care management of cataract surgery among older adults in Kerala and selected demographic variables.

OPERATIONAL DEFINITIONS

Assess- In this study it refers to determine the knowledge of patients regarding home care management of cataract surgery.

Knowledge- In this study it refers to the information already possessed by the respondents reflected by the scores of the respondents to the items in the knowledge questionnaire regarding home care management of cataract surgery

Home care management- In this study it refers to the care given at home to the patients who had cataract surgery.

Cataract surgery- Cataract surgery, is the removal of the natural lens of the eye (also called crystalline lens) that has developed an opacification, which is referred to as a cataract, and its replacement with an intraocular lens.

Older adults – Older adults who are between 45 to 70 years of age in Kerala

Information booklet- In this study information booklet refers to booklet which contains information regarding home care management of patients with cataract surgery.

MATERIALS AND METHODS

The research design adopted for this study was non experimental research design (Descriptive study). The present study was conducted in older adults in Kerala,. The sample consisted of 150 older adults in Kerala, who met the inclusion criteria for the study. Convenient sampling technique was used in this study.

Tool

The tool used for the present study is demographic proforma and structured knowledge questionnaire.

RESEARCH METHODOLOGY

Research approach	Quantitative research
Research design	Descriptive research design
Variables	<ul style="list-style-type: none"> ➤ DEMOGRAPHIC VARIABLES Demographic variables comprised of age, gender, occupation, education status, source of information ➤ RESEARCH VARIABLES In this study research variables were knowledge questionnaire.
Setting of the study	Virtual setting through Google form.
Population	Older adults who are between 45 to 70 years of age in Kerala who has email.id and internet accessibility.
Sample	Older adults who are between 45 to 70 years of age in Kerala
Sample Size	150 older adults who are between 45 to 70 years of age in Kerala.
Sampling Technique	Convenience sampling technique

RESULTS AND DISCUSSION

1. Section A

Description of demographic variables of older adults undergoing cataract surgery in Kerala.

This section deals with the sample characteristics under the study.

- The data regarding age shows that 20% of sample were in the age group of 45-50 years, 22.6% in the age group of 50-55 years, 18.6% in the age group of 55-60 and 38.6% in the agegroup of above 70 years.
- The data regarding gender reveals the 48.6% of the sample were males and 51.3% of the samples were females.
- The data regarding occupation shows that 48% of the sample were unemployed, 6% were government employed, 16.6% private employed and 29.3% were others.

- The data regarding education shows that 36% of the sample had education up to primary level, 33.3% with high school education, 19.3% were with higher secondary education and 11.3% had diploma or degree qualification.

- The data regarding source of information shows that 10% of the sample obtained information from books, 10.6% from relatives, friends and neighbours, 38.6% from mass media communication, 24.6% from health care professionals.

Table 1: Age.

Sl.No	Age	Level of knowledge		
		Good	Average	Poor
1	Age			
2	45-50	1	20	10
3	50-55	2	10	21
4	55-60	0	12	16
5	60-65	2	22	34

Table 1 shows that among 45-50, 1 of them had good knowledge, 20 had average knowledge and 10 had poor knowledge. Among 50-55, 2 had good knowledge, 10 of them had average knowledge and 21 had poor knowledge. Among 55-60, no of them had good

knowledge, 12 of them had average knowledge and 16 of them had poor knowledge. Among 60-65, 2 of them had good knowledge, 22 of them had average knowledge and 34 of them had poor knowledge.

Table 2: Gender.

Sl no.	Gender	Good	Average	Poor
1	Male	1	28	44
2	Female	4	36	37

Table 2 shows that among male 1 of them had good knowledge, 28 had average knowledge and 44 had poor knowledge. Among Females, 4 of them had good

knowledge, 36 of them had average knowledge and 37 of them had poor knowledge.

Table 3: Occupation.

Sl no	Occupation	Good	Average	Poor
1	Unemployed	2	30	40
2	Govt. employed	1	3	6
3	Private employed	1	9	15
4	Others	1	22	20

Among Unemployed 2 of them had good knowledge, 30 of them had average knowledge, 40 of them had poor knowledge. Among government employee 1 of them had good knowledge, 3 of them had average knowledge and 6 of them had poor knowledge. Among private employee

1 of them had good knowledge, 9 of them had average knowledge and 15 of them had poor knowledge. Among others 1 of them had good knowledge, 22 of them had average knowledge and 20 of them had poor knowledge.

Table 4: Education Status.

Sl no	Education	Good	Average	Poor
1	Primary	0	18	37
2	High school	3	23	26
3	Higher secondary	1	15	12
4	Degree/diploma	1	8	6

Table 4 shows that among primary education, no of them had good knowledge, 18 had average knowledge and 37 had poor knowledge. Among high school education, 3 had good knowledge, 23 of them had average knowledge and 26 had poor knowledge. Among

higher secondary education, 1 of them had good knowledge, 15 of them had average knowledge and 12 of them had poor knowledge. Among graduates, 1 of them had good knowledge, 8 of them had average knowledge and 6 of them had poor knowledge.

Table 5: Source of Information.

Sl.No	Source of information	Level of knowledge		
		Good	Average	Poor
5	Source of information			
	Books	1	6	3
	Relatives, friends and neighbour	1	10	20
	Mass media			

	communication	1	20	15
	Health care professional	12	25	35
	None	0	3	8

Table 5 shows that among books 1 of them had good knowledge, 6 of them had average knowledge and 3 of them had poor knowledge. Among relatives 1 of them had good knowledge, 10 of them had average knowledge and 20 of them had poor knowledge. Among social media 1 of them had good knowledge, 20 of them had

average knowledge and 15 of them had poor knowledge. Among health care professionals 12 of them had good knowledge, 25 of them had average knowledge and 35 of them had poor knowledge. Among other sources no of them had good knowledge, 3 of them had average knowledge and 8 of them had poor knowledge.

1. Section B

Table 1: Percentage wise distribution of knowledge regarding homecare Management of cataract surgery among older adults.

Sl. No	Level of knowledge	Number of samples	Percentage
1.	Good	5	3.33%
2.	Average	64	42.66%
3.	Poor	81	54%

The data in table 1 shows that 3.3% of sample had good knowledge regarding home care management of cataract surgery, 42.6% had average knowledge and 54% had poor knowledge.

Knowledge scores were graded into poor, average and good based on the scores obtained. Below 10 scores were graded as poor level of knowledge, 11-15 were graded as average level of knowledge, 16-20 were graded as good level of knowledge. The data shows that 54% of sample had poor knowledge regarding home care management of cataract surgery, 42.6% had average knowledge and 3.3% had good knowledge.

Section B

To assess the knowledge on home care management of cataract surgery among older adults in Kerala.

This section deals with the level of knowledge regarding cataract surgery among older adults in Kerala.

Section C: Association between knowledge regarding homecare management among older adults and selected demographic variables

Table 2: Chi square value showing association of knowledge score with selected demographic variable.

Sl.No	Variables	Level of knowledge			Df	Chi-square value	Table value	Significance
		Good	Average	Poor				
1	Age							
	45-50	1	20	10	6	14.06	12.59	S*
	50-55	2	10	21				
	55-60	0	12	16				
60-65	2	22	34					
2.	Gender							
	Male	1	28	44	2	3.26	5.99	Ns**
	Female	4	36	37				
3	Occupation							
	Unemployed	2	30	40	6	3.62	12.59	Ns**
	Govt. employed	1	3	6				
	Private employed	1	9	15				
	Others	1	22	20				
4	Education							
	Primary	0	18	37	6	14.13	12.59	S*
	Higher secondary	3	23	26				
	Degree/diploma	1	15	12				
	1	8	6					
5	Source of information							
	Books	1	6	3				
	Relatives, friends and neighbour	1	10	20				

	Mass media communication	1	20	15	8	38.21	15.50	S*
	Health care professional	12	25	35				
	None	0	3	8				

NS** – Not significant at 0.05 level of significance.

S* – Significant

In the case of age, the chi square value was 14.06 which is greater than the table value as 12.59 at 0.05 level of significance. So there was significant association between age and knowledge of older adults regarding home care management of cataract surgery. In the case of gender, the chi square value was 3.26 which is less than table value as 5.99 at 0.05 level of significance. So there was no significant association between gender and knowledge of older adults regarding home care management of cataract surgery. In the case of occupation, the chi square value was 3.62 which is less than table value 12.59 at 0.05 level of significance. So there was no association between occupation and knowledge of older adults regarding home care management of cataract surgery. In the case of education, the chi square value was 14.13 which is greater than table value as 12.59 at 0.05 level of significance. So there was significant association between education status and knowledge of older adults regarding home care management of cataract surgery. In the case of source of information, the chi square value was 38.21 which is greater than table value as 15.50 at 0.05 level of significance. So, there was significant association between source of information and knowledge of older adults regarding home care management of cataract surgery.

Section C

Association between knowledge regarding home care management of cataract surgery among older adults and selected demographic variables

In the case of age, the chi- square value was 14.062 which is greater than table value 12.59 at 0.05 level of significance. So, there was significant association between age and knowledge regarding home care management of cataract surgery among older adults in Kerala.

In case of gender the chi- square value 3.26 which is less than table value 5.99 at 0.05 level of significance. So, there was no significant association between gender and knowledge regarding home care management of cataract surgery among older adults in Kerala.

In case of occupation the chi- square value was 3.623 which is less than table value 12.59 at 0.05 level of significance. So there was no significant association between occupation and knowledge regarding home care management of cataract surgery among older adults.

In case of education the chi- square value was 14.13 which is greater than table value 12.59 at 0.05 level of significance. So there was significant association between education and knowledge on home care management of cataract surgery among older adults.

In case of source of information, the chi- square value was 38.21 which is greater than table value 15.51 at 0.05 level of significance. So there was significant association between source of information and knowledge on home care management of cataract surgery among older adults. The study found that there was no significant association between knowledge and demographic variables such as gender and occupation. Significant association was found between knowledge and demographic variables like age, education and source of information.

DISCUSSION

The present study was intended to assess the knowledge regarding home care management of cataract surgery among older adults in Kerala, with a view to develop an information booklet. In order to achieve the objectives of the study, a non experimental descriptive research design was adopted. The subjects were selected by convenient sampling. The sample consisted of 100 pre- operative cataract patients in Kerala. The findings of the study have been discussed in relation to the objectives and other similar studies.

The objectives of the study

- To assess the knowledge regarding home care management of cataract surgery among older adults.
- To find out the association between knowledge regarding home care management of cataract surgery among older adults and selected demographic variables.

Discussion of findings with other studies based on objectives

➤ Assess the knowledge regarding home care management of cataract surgery among older adults.

The data revealed that among the sample 54% had poor knowledge, 42.6% had average knowledge and 3.33% had good knowledge.

The above findings are supported by another descriptive study conducted AV college hospital Coimbatore, Tamilnadu. The objective of this study was to assess the knowledge of patient care after post cataract surgery. The sample size was sixty patients were included male and female, aged between 40 to 70 years. The structured knowledge questions was designed study. The study identified that majority 45% subjects had poor knowledge and 36% subjects had moderate knowledge 18% had adequate knowledge 30.

Another descriptive study was conducted to assess the knowledge on postoperative self care among patients undergoing cataract surgery at Tertiary care hospital. Study was conducted among 50 patients undergoing cataract surgery. Non probability purposive sampling technique was used and semi structured questionnaire consisting of 34 questions was constructed and administered. Among the 50 respondents 60% respondents had average knowledge, 30% had poor knowledge and 10% had good knowledge 31.

➤ **Association between knowledge regarding home care management of cataract surgery among older adults and selected demographic variables.**

In the present study, regarding age the chi- square value was 14.062 which is greater than table value 12.59 at 0.05 level of significant. So there was association between age and knowledge of home care management of cataract surgery among older adults in Kerala.

In case of gender, the chi- square value 3.26 which is less than table value 5.99 at 0.05 level of significant. So there was no association between gender and knowledge of home care management of cataract surgery among older adults in Kerala.

In case of occupation, the chi- square value was 3.623 which is less than table value 12.59 at 0.05 level of significant. So there was no association between occupation and knowledge of home care management of cataract surgery.

In case of education, the chi- square value 14.13 which is greater than table value 12.59 at 0.05 level of significant. So there was association between education and knowledge on homecare management of cataract surgery.

In case source of information, the chi- square value was 38.21 which is greater than table value 15.51 at 0.05 level of significance. So there was significant association between source of information and knowledge on home care management of cataract surgery among older adults. The study found that there was no significant association between knowledge and demographic variables such as gender and occupation, Significant association was found between knowledge and demographic variables like age and education.

The above findings are supported by another descriptive study conducted to assess the knowledge on home care management among patients undergoing cataract surgery in selected hospital, Salem. Sixty sample were selected by non probability convenient sampling technique and the data was collected with structured Knowledge questionnaire using interview method. The demographic characteristics revealed that the highest 42% of them were in the age group of 51 – 60 years and 37% above 60 years, 57% were males, 24.1% had primary education, 78.3% were married, 40% were home makers and 45%

of their family monthly income was Rs.5000. The overall distribution of Mean, SD and Mean percentage of the knowledge scores shows that the mean score was (20.85±5.931) with mean percentage 57.9% which represents an average level of knowledge on home care management after cataract surgery 32. Another quasi experimental study was conducted to assess the effectiveness of structured teaching programme regarding the knowledge about cataract, among the patients admitted in ophthalmic ward of CSI medical college and hospital, Karakonam. Objectives of the study was to assess the knowledge level regarding cataract and its management and to determine the association between level of awareness of cataract patients with selected demographic variable. The sample size of the study is 20 cataract patients by using convenient sampling technique. This study revealed that the sample indicate the characteristics of cataract patient as 65% of them were in the age group of & It; 70 years, 35% of the samples were males and 65% of them females. Educated among them were 70% and uneducated were 30%, 50% of them were employed and 50% of them were unemployed. Association between pretest and post test knowledge score about of cataract was 15% where as in post test, it was 50% 33.

CONCLUSION

The present study was conducted to assess the knowledge regarding home care management of Cataract surgery among the older adults in Kerala. Nursing implication of the study included in the area of nursing practice, nursing education, nursing administration and nursing research are given below.

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