

# EFFICACY OF EDUCATIONAL MODULE ON REGARDING RADIATION THERAPY AMONG CLIENTS WITH CANCER RECEIVING RADIATION THERAPY SELECTED LUCKNOW HOSPITALS.

Dr. Sherin P.K,Principal, Shri K. L. Shastri Smarak Nursing College, Mubarakpur, Mutkipur, Uttar Pradesh

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## Introduction

Radiation therapy information empowers cancer patients to engage with their surroundings in a more positive way, allowing them to spread their knowledge to others. Their understanding of cancer as a sickness and death, an obstacle, and a transforming agent. Cancer's meaning can help paint a new picture of cancer survivorship that includes potentially positive and transformative experiences, as well. There is a possibility that patients with cancer may be at risk for late complications, so knowledge of radiation therapy and awareness of the potential risks of developing late complications during treatment are both critical.

According to the studies listed above, patient education by a nurse is necessary. In an ambulatory care study, 50 percent of cancer patients received radiation therapy. A growing number of new informational users increases the risk of side effects from radiation treatments, including the development of new problems as well as the healing of existing ones.

With less access to oncology specialists outside the hospital, these patients are now more likely to encounter problems. This means they need to be given the necessary information during their session. Thomson's definition

As a nurse, you have a wide range of responsibilities when it comes to helping cancer patients. In all stages of illness, from prevention to end-of-life care, patients and their families rely on the nurse's guidance and assistance.

The real challenge is promoting self-care in patients undergoing radiation therapy who have life-threatening diseases.

The increased responsibility of oncology nurses to coordinate quality patient care with limited resources and support, as well as to provide patients with the appropriate information, is a significant challenge (MC Caughey & Kate, 2000).

Radiation therapy is now a distinct specialty in and of itself, thanks to the growing influence of the nurse practitioner.

The researcher wanted to develop and test a video and audio clipping-structured teaching programme in order to educate cancer patients about radiation therapy. The teaching programme that has been created can be used to help educate cancer patients.

As a result of the stress and tension caused by the side effects of radiation therapy, the investigator found many symptoms such as a decreased self-esteem, a lack of concentration, fear, and anxiety, among others, during her clinical postings at Lucknow's Cancer Hospital. Only a few studies related to the knowledge and attitude of radiation therapy among cancer patients in India could be found through a literature search. As a result of her research and personal experience, the investigator believes that radiation therapy management training is necessary.

The level of knowledge and attitude among cancer patients can also be improved by providing cancer patients with adequate and appropriate education.

## Methodology

Pender's Health promotion model was used as the basis for the study's conceptual framework. After obtaining demographic information, a structured interview schedule was used to conduct a pre-test.

Second, there was a section for clinical variables such as the length of time patients had been ill and how long they had been receiving treatment; this was followed by a section for demographic data. About radiation therapy, an in-depth knowledge and attitude questionnaire was given out.

After the pre-test, a computerised video disc was used to deliver a structured radiation therapy education programme that included audio and video clips. Thirty days later, a follow-up interview with the same questionnaire was conducted. Analyses were carried out utilising both descriptive and inferential statistical methods like percentages, means, standard deviations, and other numerical measures. After a structured teaching programme, the post-test data analysis revealed that people's knowledge had increased and that no one had a negative attitude toward radiation therapy.

## Results

In the pre test, with regard to the knowledge score of cancer patients 23 (58) subjects had inadequate knowledge, 10 (25) had moderately adequate knowledge and only 7 (18) had adequate knowledge regarding radiation therapy.

In the pre test majority of subjects 24 (60) had negative attitude, 9 (23) had neutral attitude and only 7 (18) had negative attitude regarding radiation therapy.

In the post test, the knowledge score has increased markedly

13 (33) had moderately adequate knowledge, 27 (68) had adequate knowledge and none of the subjects had inadequate knowledge.

In the post test, 27 (68) had positive attitude, and 13 (33) had neutral attitude regarding radiation therapy. None of the subjects had negative attitude,

This implies that structured teaching programme played a vital role in improving knowledge and change in their attitude regarding radiation therapy.

The effectiveness of structured teaching programme between pre-test and the post test was analysed by paired 't' test. The pre test score was 50 which was increased to 79, the pre test attitude score was 49 which was increased to 81 after the structured teaching programme, which was statistically significant at  $p < 0.05$  level. This proved that structured teaching programme had been effective.

There was relationship between knowledge and attitude regarding radiation therapy when knowledge increases; it brings a change in the attitude. To test the correlation of knowledge and attitude, Pearson correlation test is applied; it is found that there was correlation of knowledge and attitude. There was no significant association was found between knowledge and demographic variables such as educational status, occupation, age, sex and income. Also there no association which was found between attitude and the same demographic variables.

## Conclusion

Organizing health education programmes for those in need is an effective way to spread the word about good health. Patients' lack of knowledge and attitudes about radiation therapy were revealed in the study, which prompted the researcher to devise an educational programme for cancer patients on various aspects of cancer, radiation therapy, treatment options, and the prevention of side effects and their management.