ABSTRACT

Title of the study

Effectiveness of a nurse executed epilepsy education program on knowledge, self-management, and Quality of Life among patients with epilepsy.

Purpose

The purpose of this study was to determine the effectiveness of a nurse executed epilepsy education program on the knowledge, self-management and the Quality of Life among patients with epilepsy.

Objectives

The objectives of the study were to evaluate the effectiveness of a nurse executed Epilepsy Education Program on Knowledge, Self-Management and Quality of Life among patients with epilepsy.

Methodology

The methodology adopted for this study was the randomized controlled trial, based on the inclusion and exclusion criteria the patients were assigned randomly to the study and control groups. Pretest on Knowledge, Self management and Quality of Life was carried out on the first day. On the 15th day the study group received the Epilepsy Education Program and the Epilepsy Information Booklet. The control group received the routine care. This was followed by 1st reinforcement on the 45th day. The posttest I was carried out on the 90th day for both the groups. The second reinforcement was conducted on the 135th day following which the posttest II was carried out on the 180th day for both the study and control groups. The study began with 175 participants in each group but at the end of posttest II the study group had 169 PWE and the control group had 167 PWE respectively.
Findings

The study group showed a significant increase in knowledge from 11.64 at pretest, 12.80 at posttest I to 13.29 at posttest II and there was a statistical significance at p = 0.0005.

The overall self management scores showed that the study group had increased from 2.97, 3.39 to 3.79 at posttest II. The overall self-management scores showed that the control group had minimal difference from 3.46 at pretest, 3.42 at posttest I to 3.46 at posttest II.

Comparison of the Quality of Life between the study and control groups identified that there was a significant improvement for all the components of QoL and it was significant at p = 0.0005.

The TQoL for the study group increased from 37.67 at pretest, 51.30 at posttest I and 62.09 at posttest II. The TQoL for the control group was 37.46 at pretest, 33.86 at posttest I and 34.39 at posttest II. It was statistically significant at p =0.0005.

At posttest II the study group showed lesser seizure frequency.

There was a positive correlation between knowledge, self-management and Quality of Life.

There was a significant association between Quality of Life and seizure frequency, level of knowledge and education, occupation and income.

The type of epilepsy had an impact on Self-management.

Conclusion

There was a significant improvement in Knowledge, Self-management and Quality of Life among patients with epilepsy following the Epilepsy Education Program.

Key words

Epilepsy Education Program, Knowledge, Self-management, Quality of Life.