

## Effectiveness of Structured Teaching Program on Management of Aggressive Patients among Staff Nurses at selected Psychiatric Hospitals, Hyderabad, Andhra Pradesh.



**Mrs. A.S. Subathra  
Harikrishnan,**  
*Sis Gr-II, College of Nursing  
All india institute of Medical  
Sciences, Bhubaneswar, Odisha.*

***“Great spirits have often encountered violent opposition from weak minds” - Albert Einstein***

### **Introduction**

Anger need not be a negative expression. It is a normal human emotion that, when handled appropriately and expressed assertively, can provide an individual with a positive force to solve problems and make decisions concerning life situations. Anger becomes a problem when it is not expressed aggressively. Violence occurs when individuals lose control of their anger.

Each year, more than 1.6 million people Worldwide lose their lives to violence. For every person who dies as a result of violence, many more are injured and suffer from a range of physical, sexual, reproductive and mental health problems. WHO works with partners to prevent violence through scientifically credible strategies that are conceived and implemented in relation to causes at the levels of the individual, family, community and Society.

According to the Royal College of Psychiatrists, London (2004), out of the 1515 reported violent incidents, 766 were found to be major assaults. A survey conducted in 2008, 266 emergency department nurses in metropolitan and regional hospitals in New South Wales revealed that all nurses

had experienced physical violence during their career but over 70% of incidents were not reported to the authorities.

Violence is a significant issue for occupational health professional says National Institute of Occupational Safety and Health (NIOSH,) The Queensland Nurses’ Union says hundreds of nurses at psychiatric hospitals across the state are assaulted every year during the course of their duties. For many the attack leaves them so traumatised with that they are unable to return to work.

The nurses need to have appropriate skills to manage disturbed or violent behaviour in psychiatric inpatient setting. Training that highlights awareness of racial, cultural, social and religious or spiritual needs and gender difference along with other special concerns also militates against disturbed/violent behaviour. Such training should be properly audited to ensure the effectiveness.

A survey was conducted on nurse perceptions of the incidence and nature of verbal and physical assault by psychiatric patients in an acute psychiatric hospital in North Florida (2008). Large percentage of nurses reported being victims of verbal and physical assaults by psychiatric inpatients; 85% reported being verbally assaulted and 74% reported being physically assaulted. Assaults were commonly perpetrated by patients with cognitive dysfunction (79%) and those with substance abuse (60.5%).

Hence, the researcher felt that there was a need to conduct a study to assess the knowledge of nurses on management of violent patients in order to suggest

the steps to be taken in order to prevent or minimise the likelihood of violence among nurses in hospitals. Taking into consideration all the above facts, the researcher wished to develop and evaluate the effectiveness of Structured Teaching Programme on the management of violent patients among nurses in a selected hospital.

**Statement of the Problem:** “A Quasi-experimental study to evaluate the Effectiveness of Structured Teaching Program on Management of Aggressive Patients among Staff Nurses at selected Psychiatric Hospitals, Hyderabad, Andhra Pradesh”.

**Objectives of the Study:**

- 1) To prepare and validate the Structured Teaching Programme (STP) on Management of Aggressive Patients.
- 2) To assess the knowledge regarding Management of Aggressive Patients among Staff Nurses before and after administration of Structured Teaching Programme.
- 3) To evaluate the effectiveness of STP regarding Management of Aggressive Patients among Staff Nurses.
- 4) To find out the association between the knowledge of Staff Nurses regarding Management of Aggressive Patients with selected socio demographic variables.

**Hypotheses**

**H<sub>1</sub>** There will be a significant increase in Post Test Knowledge scores than Pre Test Knowledge scores among Staff Nurses on Management of Aggressive Patients at selected Psychiatric Hospitals at 0.05 level of significance.

**H<sub>2</sub>** There will be a significant association between Post test Knowledge scores with selected demographic variables such as Qualification and Years of Experience among Staff Nurses on Management of Aggressive Patients at 0.05 level significance.

**Research Design:**

Group	Pre-test	Intervention	Post-test
Quasi- experimental Group	01	X	02

**Research Variables**

**Independent variable:**

STP regarding Management of Aggressive Patients.

**Dependent variable:**

Knowledge of Staff Nurses.

**Method of Data Collection**

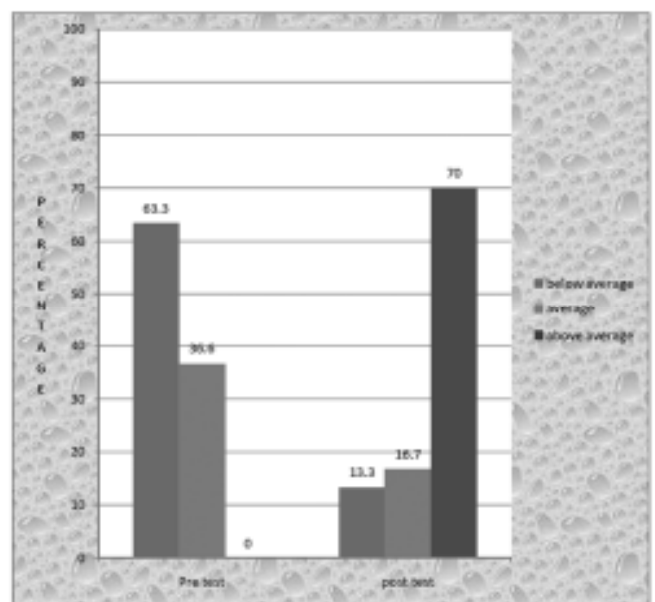
Structured Knowledge Questionnaire was used to collect the data from the Staff Nurses. The Questionnaire has two sections such.

**Section A -** Demographic Variables of the Sample

**Section B -** Questionnaire on Knowledge regarding Management of Aggressive Patients.

**RESULTS:**

**Frequency and Percentage Distribution of Knowledge scores of Staff Nurses on Management of Aggressive patients** n=30



**Figure no.1: shows Percentage Distribution of Pre Test and Post Test Level of Knowledge Scores**

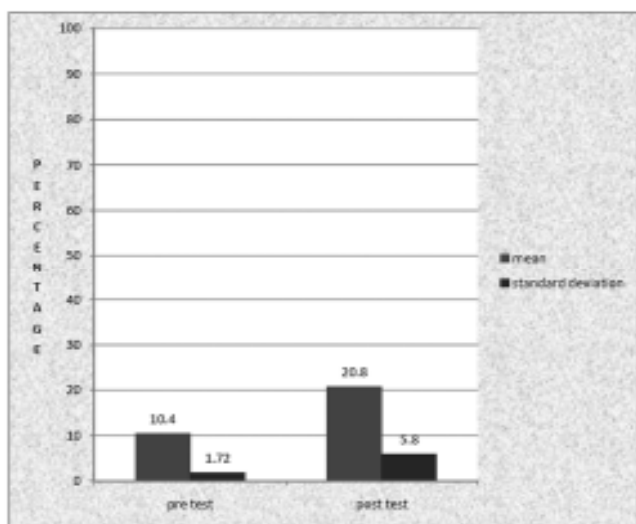
**Table-1: Description of Knowledge Scores in Pre Test and Post Test in terms of Mean, Mean percentage, Standard Deviation, Standard Error, 't' value**

Knowledge Level	Mean	Mean %	Standard deviation	Standard error	Paired 't' Test	
					Cal	Tab
Pre Test	10.4	34.6	1.72	0.32	10.8*	2.05
Post Test	20.8	69.2	05.8	1.07		

df= 29 (2.05) p>0.05% level of significance

Table - 1 revealed that calculated' value 10.8 was higher than the tabulated't' value 02.05. It shows that STP was found to be Effective.

The result shows that there is a significant increase in level of knowledge on Post Test. Hence, Research Hypotheses (H<sub>1</sub>) was accepted.



**Figure no.2: Distribution of Pre Test and Post Test Mean and Standard Deviation**

Association of sample's Knowledge regarding Management of Aggressive Patients with Selected Demographic Variables such as Qualification and Years of Experience

n=30

S.No.	Demographic Variables	Below average <=34	Average 35 - 67	Above Average 68 - 100	Chi - square
1.	Qualification				4.785
1.2	G.N.M	03	01	06	df=2

1.3	B.Sc.	01	04	15	S*
2.	Experience				
2.1	1-3 years	02	01	04	4.72
2.2	4-7 years	01	02	08	df= 6
2.3	8-10 years	01	02	08	NS
2.4	11 & above yrs	-	-	01	

NS = Non Significant, S = Significant df= degree of freedom

Table no.5: findings reveal that Qualification of Staff Nurses in selected Psychiatric Hospitals shows that Calculated Value Chi-Square value 4.785 was higher than the Table Value 4.61. It shows that there was significant association found between Post Test Knowledge and Qualification of Staff Nurses. Hence Research Hypothesis (H<sub>2</sub>) was accepted.

Related to years of experience results estimated that Calculated Chi-Square value (4.72) was less than the Table Value (5.35). Hence Research Hypothesis (H<sub>2</sub>) formed was rejected.

**Recommendations:** On the basis of the study findings of the present study, the following recommendations can be made:

- ✓ A similar study can be done with Knowledge, Attitude, and Practice.
- ✓ A comparative study can be done between G.N.M, and B.Sc., Staff Nurses and Care givers.
- ✓ A similar study can be done by giving Video Assisted Teaching Programme.

**Conclusion:** The following Conclusions were drawn based on the findings of the study. The Staff Nurses gained Knowledge on Management of Aggressive Patients. The Staff Nurses improved their confidence towards Management of Aggressive Patients.

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