

BIJNEER

Benziger International Journal of Nursing Education, Extension & Research

Ms. Sherin Joseph¹, Ms. Shonu Baby¹,
Ms. Sneha Joseph¹, Ms. Sneha Saji¹,
Ms. Sreekutty U¹, Mrs. Amala L²

1. Fourth Year BSc. Nursing Students,
Bishop Benziger College of Nursing,
Kollam, Kerala 691001, India.
2. Assistant Professor,
Bishop Benziger College of Nursing,
Kollam, Kerala, India

A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE REGARDING PARKINSON'S DISEASE AMONG ELDERLY IN SELECTED AREAS AT PALLITHOTTAM, KOLLAM WITH A VIEW TO DEVELOP AN INSTRUCTIONAL VIDEO

ABSTRACT

The present study was entitled "A descriptive study to assess the knowledge regarding Parkinson's disease among elderly in selected areas at Pallithottam, Kollam with a view to develop an Instructional video." The objectives of the study were to assess the knowledge regarding Parkinson's disease among elderly, to find the association between knowledge regarding Parkinson's disease among elderly and selected demographic variables, to develop instructional video regarding Parkinson's disease. The sample comprised of 100 elderly residing in selected area of Pallithottam, Kollam. The study sample was selected by non-probability convenient sampling technique. The tool used for data collection consisted of Demographic Proforma and structured knowledge questionnaire. The analysis of data was based on the objectives of the study using descriptive and inferential statistics. The findings of the present study revealed that 63% had poor knowledge, 34% had average knowledge, 3% had good knowledge and 0% had very good knowledge regarding Parkinson's disease and there was association between knowledge regarding Parkinson's disease among elderly and the demographic variables such as education, economic status and previous knowledge. There was no significant association between knowledge and demographic variables such as age, sex, religion, occupation and family history. Based on the findings, the investigator has drawn implications which were of vital concern in the field of nursing practice, nursing administration, nursing pattern, nursing education for future development. **Keywords:** Assess, knowledge, structured knowledge questionnaire, Parkinson's disease

INTRODUCTION

Parkinson's disease (PD) is a chronic, progressive neurodegenerative disorder characterized by slowness in the initiation and execution of movement (Bradykinesia), increased muscle tone (rigidity), tremor at rest, and gait disturbance. It is the most common form of Parkinsonism (a syndrome characterized by similar symptoms). The incidence of PD in India is 1% in adults 65 years or older and 5% in above 80 years. India has about 7 million people living with PD. Incidence of PD increases with age, but an estimated 4% of people with PD are diagnosed before 50 years of age. Men are 1.5 times more likely to have PD than women. The usual symptoms include tremors, slowness of movement, rigidity, and difficulty with balance, collectively known as Parkinsonism. Parkinson's disease dementia, falls and neuropsychiatric problems such as sleep abnormalities, psychosis, mood swings, or behavioral changes may also arise in advanced stages.

While conducting a survey as part of our community health nursing requirement in Pallithottam area we met some elderly people with the symptoms of Parkinson's disease and came to know that the residents did not have enough knowledge regarding Parkinson's disease. So in view of this, the investigators planned to conduct a descriptive study to assess the knowledge regarding Parkinson's disease among elderly at Pallithottam.

OBJECTIVES

- To assess the knowledge regarding Parkinson's disease among elderly in selected areas at Pallithottam, Kollam.
- To find the association between knowledge regarding Parkinson's disease among elderly and demographic variables

- To develop an instructional video regarding Parkinson's disease.

RESEARCH METHODOLOGY

Quantitative approach with non-experimental descriptive research design was used in this study. The study was conducted in selected areas of Pallithottam, Kollam, Kerala. The target population was elderly population. Non-probability convenient sampling technique was used to collect data. With the formal permission taken by Institutional Ethics Committee and consent from the elderly population the data were collected. The tool consisted of Demographic Proforma and knowledge questionnaire related to Parkinson's disease. The collected data were analyzed using descriptive and inferential statistics.

Approach: Quantitative approach

Design: Non experimental descriptive research design

Population : Elderly population in selected areas at pallithottam.

Sample: 100 elderly in selected areas at pallithottam, Kollam.

Sampling technique : Non-probability convenient sampling technique

Setting : Selected areas at Pallithottam Kollam

Data collection method : self- structured knowledge questionnaire

Inclusion criteria

- Elderly people available at the time of data collection.
- Elderly people at the age group of 60 and above.
- Elderly people residing in Anugraha Nagar.

Exclusion criteria

- Elderly people who were medical professionals.
- Elderly people who were not interested to participate.
- Elderly people who were critically ill.

Data collection Process:

The purpose and significance of the study was communicated to the participants. Data were collected through self-structured knowledge questionnaire.

Ethical approval and informed consent

Ethical Clearance and approval were obtained from the Institutional Ethics Committee of Bishop Benziger College of Nursing, Kollam. Informed consent was obtained from the participants. The respondents were assured the anonymity and confidentiality of the information provided by them. The privacy of the participants was maintained. The ethical principles in research which included beneficence, justice, maleficence, honesty, confidentiality, and non-discrimination were strictly followed in the study. The participants were given the right to withdraw from the research study at any time.

SECTION I

Description of demographic variables of elderly.

Table 1: Frequency and percentage distribution of demographic variables.

N=100			
Sl No.	Variables	Frequency	Percentage
1	Age (in years)		
	60-69 years	76	76%
	70-79 years	22	22%
	80 and above	2	2%
2	Sex		
	Male	57	57%
	Female	43	43%
3	Religion		
	Christian	96	96%
	Hindu	4	4%
	Muslim	0	0%
	Others	0	0
4	Education		
	Primary	97	97%
	SSLC/Plus 2	3	3%
	Degree	0	0%
5	Occupation		
	Employed	45	45%
	Unemployed	55	55%
6	Economic Status		
	APL	5	5%
	BPL	95	95%
7	Family history of Parkinson's Disease		
	Yes	5	5%
	No	95	95%
8	Previous knowledge		
	Yes	12	38%
	No	88	88%

The above table shows the distribution of demographic variables of elderly.

- Regarding the age, 76(76%) were 60-69 years old, 22years (22%) were 70-79 years old, 2 (2%) were 80 years and above.
- Regarding sex, 57 (57%) were males, 43 (43%) were females.
- Regarding religion, 96(96%) were Christians and 4 (4%) were Hindus and 0% were from other religion.
- Regarding education, 97 (97%) had primary education and 3 (3%) had SSLC/plus two education and 0% had degree.
- Regarding occupation, 45 (45%) were employed 55(55%) were unemployed.
- Regarding economic status, 5(5%) belonged to APL category and 95(95%) belonged to BPL category.
- Regarding family history 5 (5%) had previous history of Parkinson's disease, 95(95%) had no previous family history.
- Regarding previous knowledge, 12 (12%) had previous knowledge about Parkinson's disease and 88 (88%) had no previous knowledge.

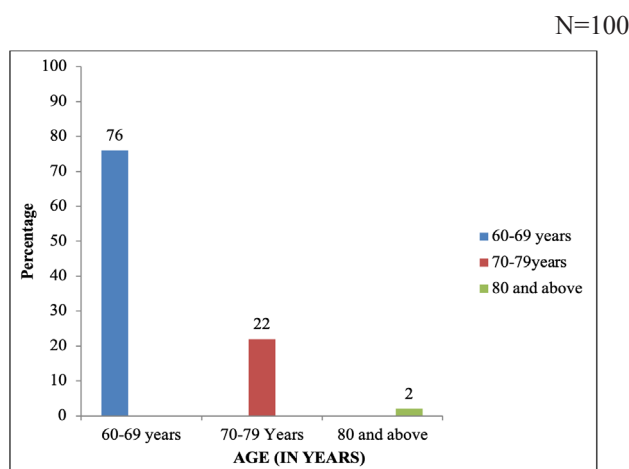


Figure 1: Percentage wise distribution of sample according to age of elderly.

The data presented in fig 1 shows that out of 100 sample, majority belonged to age group of 60-69 years (76%) and others were in the age group of 70-79 years (22%) and 80 and above (2%).

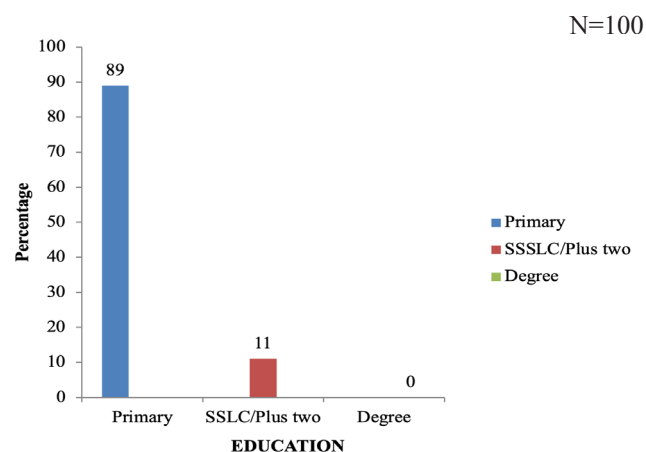


Fig 4: Percentage wise distribution of the sample according to education.

The data in fig 4 shows that the majority (97%) had primary education and 3(3%) had SSLC/plus two education and 0% had degree.

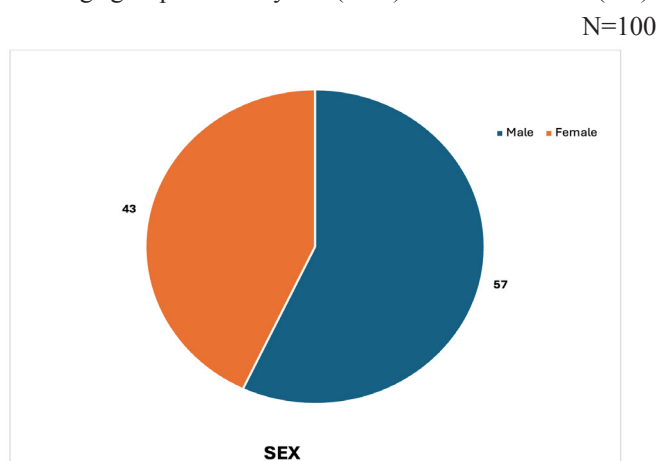


Figure 2: Percentage wise distribution of sample according to sex.

The data in the fig 2 shows that out of 100 sample, majority (57%) were males, 43 (43%) were females.

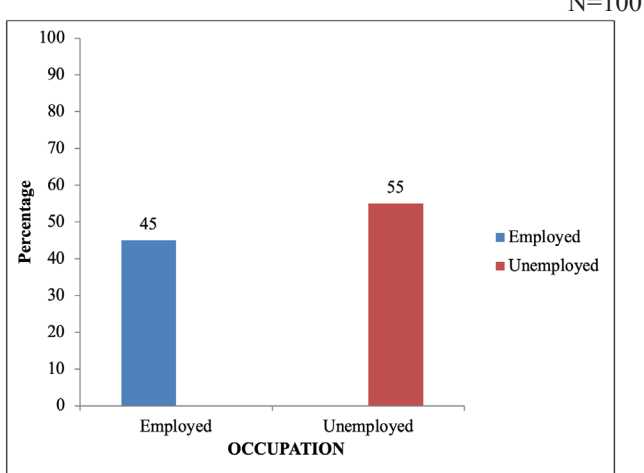


Fig 5: Percentage wise distribution of the sample according occupation

The data in the fig 5 shows that, majority (55%) were unemployed and 45 (45%) were employed.

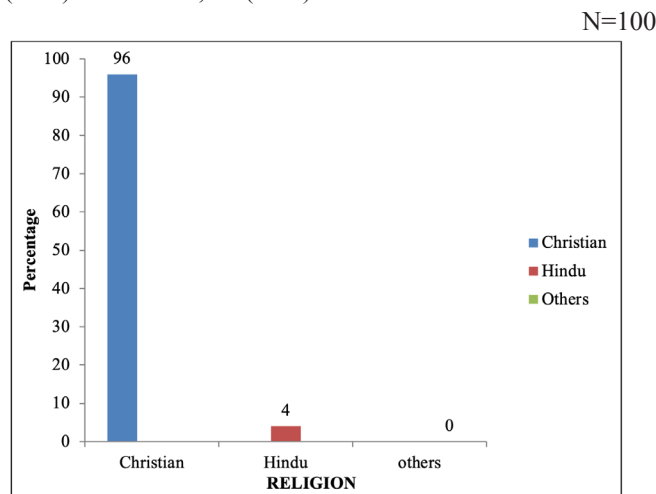


Fig 3: Percentage wise distribution of the sample according to religion.

The data in the fig 3 shows that, majority (96%) were Christians and 4 (4%) were Hindus 0% were from other religion.

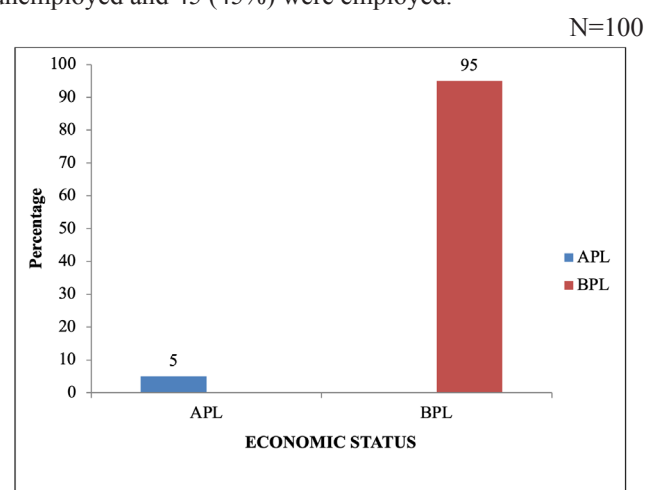
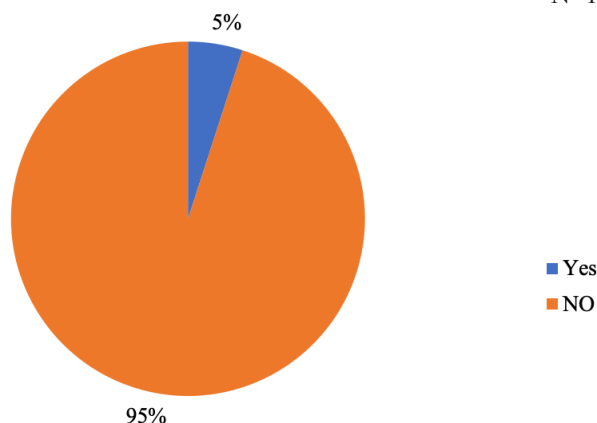


Fig 6: Percentage wise distribution of the sample according to economic status

The data in the fig 6 shows that out of 100 sample, majority (95%) belonged to BPL category and 5(5%) belonged to APL category.



FAMILY HISTORY

Fig 7: Percentage wise distribution of the sample according to family history.

The data in the fig 7 shows that out of 100 sample, majority (95%) had no previous family history and 5 (5%) had previous history of Parkinson's disease.

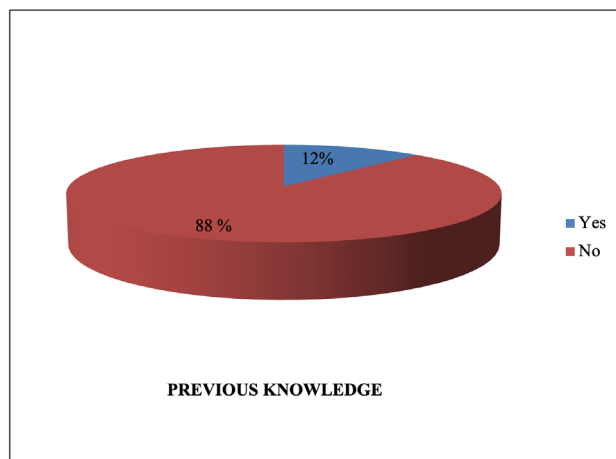


Fig 8: Percentage wise distribution of the sample according to previous knowledge.

The data in the fig 8 shows out of 100 sample, majority (88%) had no previous knowledge and 12(12%) had previous knowledge regarding Parkinson's disease

SECTION II

Description of knowledge regarding Parkinson's disease among elderly.

Table 2: Frequency and percentage distribution of score on knowledge regarding Parkinson's disease.

N=100

Score	Range	Frequency	Percentage
16-20	Very good knowledge	0	0%
11-15	Good knowledge	3	3%
6-10	Average knowledge	34	34%
0-5	Poor Knowledge	63	63%

Table 2: shows that 63% had poor knowledge, 34% had average knowledge and 3% had good knowledge regarding Parkinson's disease.

N=100

SECTION III

Table 3: Association between knowledge regarding Parkinson's disease among elderly. with selected demographic variables.

Sl no	Variables	Knowledge				df	Chi Square value	Table value	Level of Significance 0.05
		Poor	Average	Good	Very Good				
1	Age (in years)					6	2.256	2.447	NS
	60-69 years	47	26	3	0				
	70-79 years	14	8	0	0				
	80 and above	2	0	0	0				
2	Sex					3	3.09	3.182	NS
	Male	40	16	1	0				
	Female	23	18	2	0				
3	Religion					3	2.763	3.182	NS
	Christian	59	34	3	0				
	Hindu	4	0	0	0				
	Muslim	0	0	0	0				
	Others	0	0	0	0				
4	Education					3	10.543	3.182	S
	Primary	61	34	2	0				
	SSLC/Plus 2	2	0	1	0				
	Degree	0	0	0	0				
5	Occupation					2	2.615	4.303	NS
	Employed	28	17	0	0				
	Unemployed	35	17	3	0				
6	Economic status					3	5.563	3.182	S
	APL	2	2	1	0				
	BPL	61	32	1	0				
7	Family history					3	0.7049	3.182	NS
	Yes	4	1	0	0				
	No	15	33	3	0				

Table 3: The association was computed by using chi-square test. There was significant association between knowledge regarding Parkinson's disease among elderly and the demographic variables such as education and economic status (calculated values were greater than table value at 0.05 level of significance). There was no significant association between knowledge and demographic variables such as age of elderly, sex, religion, occupation and family history (calculated values were less than table value at 0.05 level of significance).

Discussion

The present study was conducted to assess the knowledge regarding Parkinson's disease among elderly in selected areas at Pallithottam, Kollam with a view to develop an instructional video. In order to achieve the objectives of the study Non-experimental descriptive design was adopted. The samples were selected by the non-probability convenient sampling. The sample consisted of 100 elders who met the inclusion criteria. The findings of the study had been

discussed in relation to objectives and other similar studies.

Objectives of the study

The objectives of the study were to:

- To assess the knowledge regarding Parkinson's disease among elderly.
- To find association between knowledge regarding Parkinson's disease and selected demographic variables.
- To develop an instructional video regarding Parkinson's disease.

Discussion of findings with other studies based on objectives To assess the knowledge regarding Parkinson's disease among elderly.

The present study revealed that 0% elderly had very good knowledge regarding Parkinson's disease, 3% had good knowledge 34% had average knowledge and 63% had poor knowledge.

The above findings are supported by a descriptive study conducted to assess the Patient perceptions and knowledge of Parkinson's disease and treatment in UT South-western Medical Centre (Dallas, TX). The samples consisted of 98 participants from movement disorder clinics and a local Parkinson's disease support group. Convenience sampling technique was used. Of the 98 subjects surveyed, 90% agreed they had sufficient knowledge of PD. 82% incorrectly believed levodopa stops working as the disease progresses, 77% erroneously thought Deep Brain Stimulation improves balance and reduces falls, and 50% could answer specific questions regarding the dosing of levodopa despite over 75% reported managing their own medications. A majority of patients (84%) believed it was possible to live well with PD, correlating with their self-reported knowledge of the disease.⁹

To find association between knowledge regarding Parkinson's disease and selected demographic variables.

Association was computed by using chi square test.

The result revealed that there was significant association between knowledge regarding Parkinson's disease with the demographic variables such as education and economic status (Calculated value > Table value) at 0.05 level of significance and there was no significant association between knowledge regarding Parkinson's disease with demographic variables such as age of elderly, sex, religion, occupation, and family history.

The above finding were supported by a descriptive study conducted to assess the association between multiple risk factors, clinical correlations and molecular insights in Parkinson's disease patients from Tamil Nadu population, India. Using a standardized questionnaire, PD patients and control group of about 146 subjects were interviewed on demographic, lifestyle and environmental factors. The result revealed that smoking, alcohol, caffeinated drinks, occupational influence of agriculture and industry and pesticide exposure had more association with PD occurrence. The study also found an increased PD incidence in individuals with the highest number of combined lifestyle

and environmental factors.¹⁰

Conclusion

The present study was aimed to assess the knowledge regarding Parkinson's disease among elderly in selected areas of Pallithottam, Kollam with a view to develop an instructional video. The study found that only 0% elderly had very good knowledge regarding Parkinson's disease, 3% had good knowledge, 34% had average knowledge and 63% had poor knowledge. The present study showed significant association between knowledge regarding Parkinson's disease with the demographic variables such as education, economic status and previous knowledge (Calculated value > Table value) at 0.05 level of significance and there was no significant association between knowledge regarding Parkinson's disease with demographic variables such as age, sex, religion, occupation and previous history of Parkinson's disease (calculated value < table value) at 0.05 level of significance.

REFERENCES

1. Zafar S, Yaddanapudi SS. Parkinson Disease. [Updated 2023 Aug 7]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2024,January. Available from :<https://www.ncbi.nlm.nih.gov/books/NBK470193/>
2. <https://www.parkinson.org/understanding-parkinsons/statistics>
3. https://en.wikipedia.org/wiki/Parkinson's_disease
4. <https://www.who.int/news/item/14-06-2022-launch-of-who-s-parkinson-disease-technical-brief>