

KNOWLEDGE AND ATTITUDE AMONG FAMILY CARE GIVERS REGARDING HOME CARE MANAGEMENT OF THE PATIENT WITH BIPOLAR DISORDER

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ABSTRACT

Bipolar disorder is common and affects people during their lives in many ways. Care of bipolar patients may carry a heavy burden and stress particularly on family members. Home care management is necessary for those patients who are living with their families to fulfil their basic needs. This was descriptive study to assess the knowledge and attitude regarding home care management of patient with bipolar disorder among family care givers with a view to prepare an information booklet. A non-experimental approach was adopted. 50 caregivers were selected as sample by using convenience sampling technique from selected hospitals. Ethical consideration was maintained. Data was collected by using structured questionnaire and attitude was assessed by 5 point Likert scale. Analysis was done by using descriptive and inferential statistics. The collected data were analysed by calculating frequency, percentage, mean, standard deviation, 't' test and F test. The knowledge scores of 50 subjects depict that 26 subjects (52%) had excellent level of knowledge as compared to others. Thus, it can be concluded that majority of population had excellent level of knowledge regarding home care management of patients with bipolar disorder. The attitude scores of 50 subjects depict that 38 subjects (76%) had favourable attitude, 12 subjects (24%) had moderately favourable attitude and none had unfavourable attitude. Thus, it can be concluded that majority of population had favourable attitude and excellent level of knowledge regarding home care management of patients with bipolar disorder.

Key words: Knowledge, Attitude, bipolar disorder, home care management.

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INTRODUCTION

Substance abuse is a maladaptive pattern of behaviour in regard to the use of a substance that leads to significant impairment or distress. The drugs are associated with alcohol, substituted amphetamines, barbiturates, benzodiazepines, clonazepam, cocaine, methaqualone and opioids. Use of these drugs may lead to criminal penalty in addition to possible physical, social, a psychological harm. Substance dependence is showing a rising trend all over the world and is rapidly being recognised throughout the world. It is considered as a major cause of premature death and preventable ill health and social harm throughout the population.

Adolescence is the critical period when the first initiation of substance use takes place among the youth; students are particularly involved due to increasing academic pressure groups and easy availability of many substances like alcohol, tobacco and other drugs. In India approximately 5500 children and adolescents start using tobacco products daily, some as young as 10 years old. The majority of users have their first use of tobacco prior to the age of 18 years.

NEED FOR THE STUDY

Mental illness has reached an alarming proportion all across the globe and has become a vitally important issue for the nation in terms of morbidity, mortality and huge economic burden. The Prevalence rate for bipolar disorder is 8.7 million people in India, 2.2 million people in USA, 2.8 million people in Australia, 2 million people in Canada, 2.5 million diagnosed cases in Britain. Rates of bipolar disorder are very similar from country to country. The caregivers/ family members also pay a huge price to care for their ill relatives. The impact of mental illness on the caregivers has been evaluated in the form of burden like psychological morbidity, financial burden, needs; stigma etc. 450 million people in the world suffer from Bipolar disorder (WHO, 2011).⁴

A study was conducted to assess the public beliefs and attitudes towards bipolar disorder and it examined the relationship between these different components of stigma. 753 members of the UK population were presented with a vignette depicting someone who met DSM-IV criteria for bipolar disorder. Causal beliefs, beliefs about prognosis, emotional reactions, stereotypes, and social distance were assessed. Biomedical causal beliefs reduced desire for social distance by increasing compassion, whereas fate causal beliefs increased it through eliciting fear. Psychosocial causal beliefs had mixed effects. Dissemination of these findings to people with bipolar disorder has implications for the reduction of internalised stigma in this population. (Ellison N, Mason O, Scior K, 2014)⁵

The researcher while working in psychiatric hospital during clinical experience found that the family members of patients with Bipolar disorders were not aware about disease pattern and care of patient with Bipolar disorders. So there is a need to conduct a study on family members of patients with bipolar disorders so that it provides knowledge and right attitude regarding home care management of bipolar disorders. Nursing not only provides promotive and curative services but also provides awareness to the general population. The main purpose of this study is to provide the knowledge regarding home care management to family members of bipolar disorders. Preparing the Booklet on home care management regarding bipolar patients for family members will help in improving their knowledge and attitude.

PROBLEM STATEMENT

A Descriptive Study to assess the Knowledge and attitude among family care givers regarding home care management of the Patient with bipolar disorder in selected hospitals of Punjab

OBJECTIVES

- To assess the knowledge and attitude among family care givers regarding home care management of the patient with bipolar disorder.
- To find out the relationship between knowledge and attitude among family care givers regarding home care management of the patient with bipolar disorder.
- To determine association of knowledge and attitude regarding home care management of the patient with Bipolar disorder among family care givers with their selected demographic variables.

- To prepare an information booklet regarding home care management of the patient with Bipolar disorder.

FINDINGS

The knowledge scores of 50 subjects depict that 26 subjects (52%) had excellent level of knowledge, 23 subjects (46%) had Good Level of knowledge, and 1 subject (2%) had Average level of knowledge.

Thus, it can be concluded that majority of population had excellent level of knowledge regarding home care management of patient with bipolar disorder.

The attitude scores of 50 subjects depict that 38 subjects (76%) had favourable attitude, 12 subjects (24%) had moderately favourable attitude and nobody had unfavourable attitude.

RECOMMENDATIONS

- A similar study can be replicated on a large sample to validate and generalise the findings.
- A comparative study can be conducted to evaluate effectiveness of home care management of patient with bipolar disorder at hospital as well as at home.
- A quasi experimental study may be undertaken to analyse the aspects of home care management in a planned teaching programme to assess knowledge of family care givers.
- A similar study may be conducted to assess the knowledge and attitude regarding bipolar affective disorder among caretakers of patients with bipolar disorder with a view to develop an information leaflet.

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