

A Quasi-experimental Study to Assess the Effectiveness of Psycho Education on Knowledge Regarding Psychological First Aid among Staff Nurses in Selected Hospitals of Jalandhar, Punjab, 2017

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ABSTRACT

Psychological first aid is an evidence-informed modular approach for assisting people in the immediate aftermath of crisis, disaster and terrorism to reduce initial distress and to foster short and long-term adaptive functioning. It includes non-intrusive pragmatic care and assessing needs. Staff nurses are the first who come in contact with the survivors when they brought to local area hospitals. Psycho education on psychological first aid could enhance the staff's ability to intervene appropriately and quickly with those who are distressed. The aim of the study is to assess the effectiveness of psycho education on knowledge regarding psychological first aid among staff nurses in order to enhance the knowledge of staff nurses regarding psychological first aid.

Non randomized control group design was selected for the study; the study was conducted on 100 staff nurses in selected hospitals of Jalandhar, 50 in control group and 50 in experimental group. Convenient sampling technique was for the study. Structured knowledge questionnaire was used and reliability of the tool was checked by the test retest method. The reliability of the tool was found to be 0.8. The pre- test was done to assess the knowledge regarding psychological first aid on first day in both experimental and control groups. Psycho education was given to experimental group only. Post test was done on 7th day in both experimental and control groups.

The findings of the study show revealed that in experimental group, there was significant ($t=40.13$ at $p<0.05$) difference between mean pre test and mean post test knowledge score regarding psychological first aid. In control group, there was no statistically significant ($t=0.35$ at $p<0.05$) difference between mean pre test and mean post test knowledge score regarding psychological first aid.

Hence research hypothesis H1 is accepted and H0 is rejected. So it is concluded that Psycho education had statistically significant effect on knowledge regarding psychological first aid among staff nurse at $p<0.05$ level.

Keywords: Knowledge, Effectiveness, Psychological First Aid, Staff Nurses, Psycho Education.

INTRODUCTION

Staff nurses are in unique position to monitor a patient's psychosocial coping and any distress. Psychosocial care is the part of holistic patient prospective and allows patients to seek both informational and emotional support from the care givers to help them manage their crisis situation.¹

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When terrible things happen, Psychological First Aid is a set of skills that anyone can use when lending a helping hand to those who are affected. Psychological first aid aims to minimize harm for people who are suffering, and to support them in ways that respect their dignity, culture and abilities. The goals of PFA are pragmatic and constructed around practical areas of action. According to WHO (2011) Psychological first aid involves humane, supportive and practical help to fellow human beings who have suffered a serious crisis event.²

However, psychological first aid remained poorly understood globally, was not universally available and many people did not know that psychological first aid was possible until the resurgence of interest in mental health literacy in the 1990's (Jorm et al 1997). This led to the development of a mental health first aid training course evaluated in Australia in 2002 (Kitchener and Jorm 2002). A systematic review completed by the WHO in 2009 also showed the effectiveness of psychological first aid. The emerging evidence is that psychological and mental health first aid does work.³

Nursing professionals represent one of those overlooked resources. As with all professional disciplines which will respond to psychological needs post disaster, some form of specialized training is essential. However, PFA training can provide the fundamental tools needed to functionally prepare nurses, as well as other occupational groups, to respond to the mental health surge following disasters. As nurses are already integrated into the provision of other post-disaster services, they can serve as a surveillance system and first-line response to attend to psychological emergencies - with the subsequent capability of triaging to the next level of care, consistent with traditional medical models of the continuum of care. Nurses can provide services to both primary survivors and other responders.⁴

Need of the Study

The world is going through a crisis. There are many disasters and wars, migration is a growing problem and many people require basic psychological and mental health first aid to prevent their health from deteriorating and to empower them to take action to improve their mental health. Every 40 seconds somebody somewhere in the world dies by suicide, and the young are disproportionately affected. Providing more people with basic psychological and

mental health first aid skills will help to decrease the rate of suicide.⁵

Norris, Friedman, Watson, Byrne, Diaz, & Kaniasty (2002) conducted a study of 60,000 disaster survivors and results shown between 18% and 21% indicated "severe" to "very severe" impairment. The rate of PTSD occurring in survivors of technological and human made disasters ranges from 29% to 54%, while rates of PTSD for natural disasters are lower between 4 and 8%.⁶

According to Hughes, Peter (March, 2015) Sierra Leone is currently going through the worst Ebola epidemic on record, creating anxiety and anxiety related, somatic symptoms. Additionally, increased psychiatric morbidity could be expected as a result of the adverse social and psychological consequences of the epidemic, exposing the country's weak, poorly resourced mental health services and highlighting the need for psychosocial interventions and development of psychiatric interventions. Countrywide, there are 20 psychiatric staff nurses and 150 community health workers trained in the mental health Gap Action Program and Psychological First Aid. However, in order to strengthen their capacity to deliver psychosocial and psychiatric interventions and to create a potential resource for psychiatric interventions during a major humanitarian crisis, ongoing training and supervision will be essential.⁷

Mental health crises and distress are viewed differently because of ignorance, poor knowledge, stigma and discrimination. This cannot continue to be allowed to happen, especially as we know that there can be no health without mental health. Psychological and mental health first aid should be available to all, and not just a few. This is the reason why the World Federation for Mental Health (WFMH) has chosen psychological and mental health first aid as its theme for World Mental Health Day 2016.⁸

The Trained Staff nurses Association of India believes that the Staff nurses, as the key members of the health care team, can be of much assistance to the sufferers in and outside the hospital, including disaster situation. The disasters, particularly of high magnitude, like floods; earthquakes, wars, etc. bring about not only physical problems but also physiological, psychological and socio-economic problems. Staff nurses have a vital role to play in times of disasters because of their broad-based operations

including study of humanities and social sciences. Whatever may be the cause of disaster, whether natural or man-made, Staff nurses are expected to handle the situation with competence.⁹

Mother life ways (2005) conducted a survey of 194 Nursing Homes in 30 states revealed that 91% of the long term care health professionals felt they were "...ill prepared to deal with public health emergencies" and that "...their workforce lack the knowledge, skills, and abilities to recognize the impact of a disaster on residents' mental or emotional health." Although 80% had received some type of disaster related training, only 10% endorsed that they learned how to deal with cognitively impaired nursing home residents in emergency situations and only 8% were taught strategies to help residents' cope.¹⁰

Everly GS, Barnett DJ, Sperry NL, Links JM (2010) conducted a study to assess the use of psychological first aid training among staff nurses and characterized the importance of integrating psychological first aid in the context of other nursing functions, to augment mental health surge capacity in disaster settings. Through the utilization of psychological first aid as an early crisis intervention tool, and by the virtue of their occupation and experience, staff nurses are particularly well suited to assume a leadership role in expanding the disaster mental health presence beyond the existing cadre of mental health experiences.¹¹

As a researcher, it is felt that in the uncertainty of traumatic events and importance of psychological aspect in crisis, there is a striking need to expand and utilize the available human resources to enhance the psychological resiliency of those affected and the staff nurses are often the medical personnel on site after disaster strikes. As found in past studies that staff nurses are not confident enough to deal with psychological aspects of survivors at the time of emergency or crisis situation. With a view to prepare staff nurses for global emergency response and self care in case of burnout, researcher wish to conduct a study to assess the effectiveness of psycho education on knowledge regarding psychological first aid among staff nurses in selected hospitals of Jalandhar.

METHODOLOGY

The quasi-experimental non-randomized control group design was used to evaluate the Effectiveness of Psycho education regarding Psychological first aid among 100 staff nurses. The sample was selected for

the study through convenient sampling. A structured knowledge questionnaire was used to collect the data from subjects.

The structured questionnaire contain two sections

Section A: It consists of socio demographic data with 9 items.

Section B: This part consists of self structured multiple choice questionnaire to assess the knowledge of staff nurses regarding psychological first aid.

Pre-test was done on first day and psycho education regarding psychological first aid was given on the same day. Post test was conducted on the 7th day to evaluate the effectiveness of psycho education regarding Psychological first aid. The data was collected on the basis of the objectives and hypothesis formulated for the study.

THE FINDINGS OF THE MAIN STUDY

The findings of the main study was analyzed and presented under the following sections

Section I:- Analysis of Demographic Variables of staff nurses: It has been observed that majority of staff nurses:

- According to age and majority (70% and 76%) of staff nurses of experimental group and control group had the age of 20-25.
- According to gender, maximum (92% and 94%) of staff nurses were females in experimental group and control group.
- According to religion, majority (92% and 78%) of staff nurses of experimental group and control group were Sikhs.
- According to educational status, majority (56% and 60%) of staff nurses of experimental group and control group had done GNM.
- According to working experience, majority (60% and 80%) of staff nurses of experimental group and control group were having 1-2years of experiences.
- According to marital status, majority (70% and 82%) of staff nurses of experimental group and control group were unmarried.
- According to monthly income, majority (60% and 70%) of staff nurses of experimental group and

control group were having monthly income \geq 10000.

- According to source of information regarding Psychological first aid, majority (90% and 96%) of staff nurses of experimental group and control group were having no any source of information.

Section-II: Analysis of pre test Knowledge

- Majority (78% and 70%) of staff nurses of experimental and control group had poor knowledge regarding psychological first aid.

Section-III: Analysis of post test knowledge

- Majority (68%) of staff nurses of experimental group had good knowledge and Majority (72%) of staff nurses of control group had poor knowledge score regarding psychological first aid.

Section-IV: Comparison of pre test and post test knowledge

- In experimental group there was significant ($t=40.13$ at $p<0.05$) difference between mean pre test and mean post test knowledge score regarding psychological first aid. In control group there was no statistically significant ($t=0.35$ at $p<0.05$) difference between mean pre test and mean post test knowledge score regarding psychological first aid.
- Hence research hypothesis H_1 is accepted and H_0 is rejected. So it is concluded that Psycho education had statistically significant effect on knowledge regarding psychological first aid among staff nurse at $p<0.05$ level.

Section-V: Association of post test knowledge with socio demographic variables

- In experimental group no any socio demographic variable was significantly associated with post test knowledge regarding psychological first aid among staff nurses.
- In control group working experience ($F=3.53 > F$ table 2.84 at $p<0.05$) found to be significantly associated with post test knowledge regarding psychological first aid among staff nurses.

CONCLUSION

The following conclusions were drawn on the basis of the findings of the study.

- Majority of staff nurses had inadequate knowledge regarding psychological first aid in pre-test.
- Age, gender, religion, educational status, area of work, marital status, monthly income and source of information regarding psychological first aid had no impact on knowledge regarding Psychological first aid. However, working experience may have some impact on knowledge regarding Psychological first aid.
- Psycho education had a definite impact on the knowledge of staff nurses regarding psychological first aid.
- In the post test majority of staff nurses had adequate knowledge regarding psychological first aid.

Conflict of Interest: Researcher believes that relationships do not affect her scientific judgments.

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Ethical Clearance

1. Written permission was taken from Principal, S.G.L Nursing College, Semi, Jalandhar, Punjab.
2. Ethical Clearance was taken from the Ethical Clearance Committee of S.G.L. Nursing College Semi, Jalandhar, Punjab.
3. Written Permission was taken from authorities of the S.G.L. Charitable Hospital, Jalandhar and Global Hospital, Jalandhar to conduct study.
4. Written informed consent was taken from each study sample.
5. Confidentiality and Anonymity of samples was maintained throughout the study.

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