

**Teaching program on knowledge regarding prevention of upper respiratory infection.****Ms Anjana Nath <sup>1</sup>**

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**Abstract:**

Respiratory diseases are very often found in children especially the respiratory infections. It is one of the leading causes of morbidity and mortality in young children. Respiratory problems are responsible for a large proportion of pediatric admissions and outpatient attendance. The respiratory problems which are commonly seen in children are pneumonia, bronchitis, bronchial asthma and tonsillitis. **Objective:** To search the evidence of effectiveness of structured teaching programme on knowledge regarding prevention of upper respiratory infection. **Method:** The information was investigated on three online electronic databases – Google Scholar, EBSCO and Medline, check the accessibility of surveys in a specific order. **Result:** The available literature refines to get 5 qualitative research studies which condition depicts that participants had insufficient Knowledge regarding prevention of respiratory infection. **Conclusion:** There is highlight a basic issue about constrained Knowledge regarding prevention of respiratory infection among participants so there is need to give teaching programme regarding prevention of respiratory infection.

**KEYWORDS:** knowledge, effectiveness, structured teaching program, respiratory infection, children, mothers, school teachers.

**1. INTRODUCTION:**

Children are any desire for tomorrow, motivation to grin and they are dreams of future, which must be shielded from illness. Children's health includes physical, mental and social prosperity. Childhood is the period of minor ailments and weakness and also the period of their physical, psychological and social development. Any interference in the childhood can

prompt too many issues in development and growth of both physically and psychologically. Disease assumes the most horrendous job in removing the guiltless smile from their face. Respiratory illnesses are generally normal in children especially respiratory contamination. Everywhere throughout the illnesses the upper respiratory tract disease has major part. RTI is one of the significant reasons for mortality and morbidity in small children. 30% in India ARI is main cause of child demise.

URTI is most common problem in children. Common infection of URTI is common cold, rhinitis, sinusitis, pharyngitis, epiglottis, laryngitis. The major risk factors for respiratory diseases are malnutrition, low birth weight, stuffing houses, air contamination, inadequate ventilation, and unhygienic environmental sanitation. Avoidance of respiratory disease is significant in youngsters; cautious hand washing is performing when taking consideration for child with respiratory infection. Children with respiratory infection are effectively irritable and extreme to give comfort, so in that time family need consolation, support and viable goals concerning solace and administration of medication

## **2. Need for the study:**

RTI is major ailment in children. Acute respiratory tract infection are commonly cause for an approximately 4.1 million death worldwide every year. It is approximately that Bangladesh, Indonesia, India and Nepal together record for 40% of the worldwide ARI death. In India, in many states and districts are having high infant and child death rates, ARI is one of the major cause of mortality.

Emergency clinic records from states with high baby death rates show that up to 13% of inpatient deaths in pediatric wards are expected to ARI. In India Acute respiratory tract diseases are the main cause of the death, around 7,80,000 deaths among under five children every year are because of intense respiratory tract infection moreover that it is one of the significant reason behind which small children are brought to the emergency clinic. Episodes in India show the majority of the upper respiratory tract disease in little children, similar to the basic virus is brought about by infections.

**3. Aim:** The aim of these reviews is to find out the evidence on the effect of structured teaching program on knowledge regarding prevention of upper respiratory infection among children.

**4. Objectives:** To search the evidence of effectiveness of structured teaching programme on knowledge regarding prevention of upper respiratory infection.

## **5. Methodology:**

**5.1 Search strategy method:** The data was explored on three electronic database- PubMed, Medline and google scholar in order to check the availability of review from 2014-2018. The research was confirmed to only English language.

## **5.2 Type of studies:**

Quasi experimental research design, pre experimental research design, longitudinal study

**5.3 TYPE OF PARTICIPANT:** Children, mothers, school teachers

**5.4 SETTINGS:** Hospital, school, urban slums

**6. Outcome:** This narrative review outcome revealed that the knowledge regarding prevention of respiratory infection among children. It shows that participants have lack of education regarding prevention of respiratory infection.

**7. Result:** Out of 5 articles 4 articles shows the knowledge regarding prevention of respiratory infection, mostly participants have lack of knowledge.

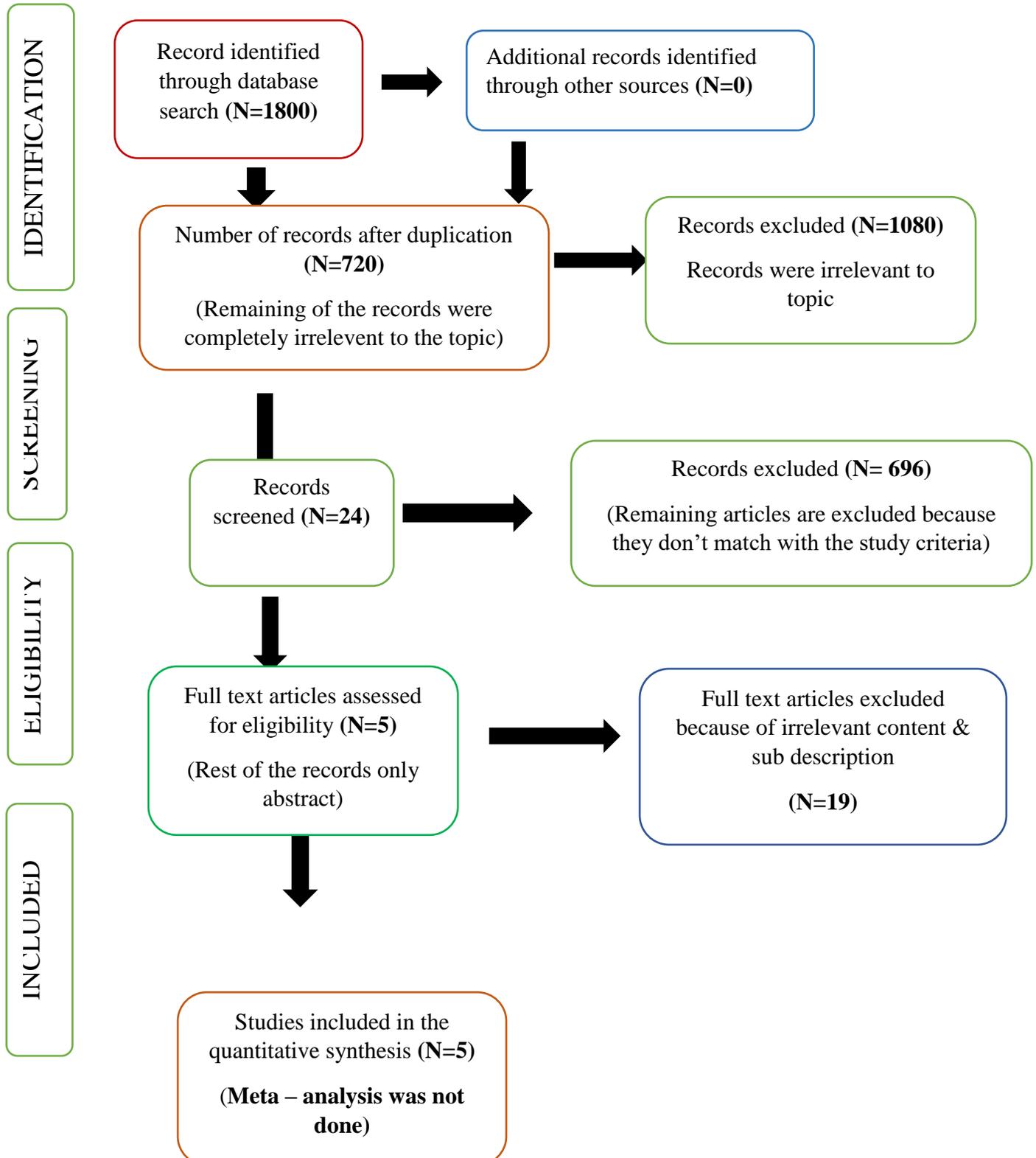
1 articles shows that children having more risk for respiratory infection.

## **8. DELIVERY OF INTERVENTION**

The narrative review has been predetermined with the analysis of reviews related to the topic “Teaching Programme on knowledge regarding prevention of respiratory infection” the search begins with keywords knowledge, effectiveness, structured teaching program, respiratory infection, children, mothers, school teachers. The online database which was used for the search of the review was Google scholar, PubMed from the year 2014 to 2018. Initial search retrieved 1800 articles over which 720 was selected manually and duplicates were removed and reviewed

24 articles for eligibility. 696 articles were rejected because of duplication in two databases. 19 more reviews were rejected due to the unavailability of the full content. So 5 studies were screened in the quantitative synthesis.

### PRISMA FLOW CHART OF NARRATIVE REVIEW



## 9. DATA EXTRACTION:

S.no	Authors and years	Research study design	Findings of the study
1.	Mir Uzma Ashraf (2018)	One group pre test post test design	The outcome shows that in pre test most of mothers 38(63.33%) had poor knowledge, 18(30%) had average knowledge and 4(6.66%) had good knowledge about management and prevention of common cold, in post test majority of 34(56.66%) mothers had average knowledge, 14(23.33%) had poor knowledge and 12(20%) had good knowledge about management and prevention of common cold after structured teaching program. The structured teaching programme was effective in improving the knowledge of the mothers.
2.	Mamtha B., Damayanthi S. (2018)	Quasi experimental research design	The result shows that the mean percentage of pretest knowledge score (39.30) was lesser than the mean percentage of post test knowledge score (79.80%). Post test knowledge score of (79.80%) in experimental group was higher than the post test knowledge score (39.80%) of control group. It shows that video assisted teaching program was effective in improving the knowledge of primary school teachers regarding prevention and management of laryngitis.

3.	Ramani Vinod K., Jayashree Pattanker (2016)	Longitudinal study	The study result shows that 109 children were noticed for ARI. The prevalence rate of ARI was 27.25%, 19.25% URTI cases were found, And 8% was identified with LRTI. Community education program was focus on forward specific problems, recognition of respiratory sickness, case management, appropriate immunization practices, breast feeding of infants and nutrition of child and reduction of household air pollution.
4.	Jophin Joseph, Jyothy George. (2014)	Quasi experimental research design	The result shows that the mean pre test $29.25 \pm 2.26$ and the mean post test $77.77 \pm 1.68$ . STP was effective in increasing the knowledge of mothers of toddler regarding prevention of upper respiratory tract infection. Thus the study concluded that increased knowledge regarding management of upper respiratory tract infection helps to provide care, to protect the children and to prevent more complication.
5.	Lakshmi Prasanna K., Naveen Kumar Sharma. (2014)	Quasi experimental research design	The result shows that in STP group pretest knowledge score of ARI 46.7% mothers had poor knowledge, 53.3% had average knowledge. Post test knowledge scores of mothers on ARI 53.3% had average knowledge and 46.7% had good knowledge. In SIM group pretest knowledge scores on ARI, 36.7% mothers had poor knowledge and 63.3%

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had average knowledge. The post test knowledge scores on ARI 6.7% mothers had poor knowledge and 93.3% had average knowledge. So STP was more effective than SIM.

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**10. OUTCOME:** This narrative review outcome revealed that the knowledge regarding prevention of respiratory infection among children. It shows that participants have lack of education regarding prevention of respiratory infection.

#### **11. SUMMARY OF FINDINGS:**

The available literature was refined to get 5 quantitative studies:

- Out of 5 articles 4 articles shows the knowledge regarding prevention of respiratory infection, mostly participants have lack of knowledge.
- 1 articles shows that children having more risk for respiratory infection.

**12. DISCUSSION:** URTI is most common problem in children. Common infection of URTI is common cold, rhinitis, sinusitis, pharyngitis, epiglottitis, laryngitis. The major risk factors for respiratory diseases are malnutrition, low birth weight, overcrowding houses, air pollution, inadequate ventilation, and unhygienic environmental sanitation. The finding of the above reviewed studies shows that school children had lack of knowledge regarding prevention of upper respiratory tract infection.

**13. IMPORTANCE IN EDUCATION:** Having baseline information regarding prevention of respiratory infection will help the participants to increase their knowledge related to disease and its prevention. The nurse educator gives more focus on teaching the participants regarding prevention of respiratory infection.

**14. FUTURE SIGNIFICANCE:** In order to reduce the spread of infection associated with respiratory infection and its prevention. It is very important to provide education related to

respiratory infection and its prevention because it will help to build positive views among participants.

### **15. LIMITATIONS:**

- Electronic database were limited
- Limited to only knowledge of respiratory infection and its prevention among mothers, school teachers, and children.

### **16. STRENGTH AND WEAKNESS:**

#### **Strength:**

- Article search was carried out on a significant problem.
- Review could find out the gap in knowledge on respiratory infection and its prevention.

#### **Weakness:**

- Only articles were included for data synthesis due to limitations.
- Meta analysis was not done, only qualitative synthesis done for this review

### **SUMMARY:**

This chapter deals with the review of literature on the problem statement and focus on the prevention of respiratory infection and narrative review.

**CONCLUSION:** It has been estimated through various studies that mother, school teachers and children have less knowledge regarding prevention of respiratory infection which affects the health of many infants and children. Hence it is essential to providing education related to health in order to reduce the exposure of respiratory infection and promote the health in an effective and efficient manner.

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