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Original Article

Effectiveness of Planned Teaching Programme on Side Effects of Radiation Therapy Among Oral Cancer Patients

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ABSTRACT

Introduction: Oral cancer is among the top three types of cancers in India and it occurs due to severe alcoholism, use of tobacco in the form of cigarettes, chewing betel nut, human papilloma virus (HPV), poor dental care and poor diet2. The side effects of radiation therapy can interfere with the patient quality of life and day to day functioning.

Aim: To evaluate the effectiveness of Planned Teaching Programme on Knowledge regarding Self-care management on side effects of radiation therapy among oral cancer patients.

Methodology: A quasi experimental two group pretestposttest design was selected. Purposive sampling technique was used to select 60 oral cancer patients out of which 30 were assigned to experimental and 30 were assigned to control group. Both the groups were assessed for their knowledge on self-care management on side effects of radiation therapy using interview schedule. A planned teaching program was administered only to the experimental group but not to control group. After a month, posttest was conducted using same tool from both groups. Results: The mean pretest knowledge score of experimental group was 13.5 with SD of 4.1, where as in control group the mean pretest knowledge score was 12.7 with the SDof 3.6 and the t value of pretest knowledge score was 0.130 and the mean posttest knowledge score was 27.1 with SD 2.2, where as in control group the mean post test knowledge score was 12.9 with standard deviation 3.2 and the t value of post test knowledge was 0.00 and the difference was found in experimental group was 14.2.

Conclusion: Radiation therapy plays a significant role in cancer therapy. As a result, various changes are induced in oral tissues. The resulting sequelae cause substantial problems and may affect the patient's quality of life. Larger prospective trials that include the prevention and treatment of radiation-induced damage to oral tissues are needed to improve management in side effects to enhance better prognosis.

Key words: Oral cancer patient; self-care management; side effects; radiation therapy.

INTRODUCTION

Cancer is a group of disease involving abnormal cell growth with the potential to invade to other parts of the body. The common types of cancer are Breast cancer, prostate cancer, lung cancer, pancreas cancer, colon cancer, head and neck cancer[1].Oral cancer is among the top three types of cancers in India and it occurs due to severe alcoholism, use of tobacco in the form of cigarettes, chewing betel nut, human papilloma virus (HPV), poór dental care and poor diet[2].

The treatment for cancer includes chemotherapy, radiation therapy and surgery. The radiation therapy is used to shrink tumours and kill cancer cells.[3] The common side effects of radiation therapy include dry mouth, red and sore mouth, trouble swallowing, damaged taste buds, tiredness, skin irritation and teeth erosion or cavities[4].The side effects of radiation therapy can interfere with patient quality of life and day to day functioning.

An effectiveness of easy-to-read pamphlets on knowledge regarding self-care management on side-effects of radiation therapy was conducted at urban oncology clinic, Canada. The results revealed that pamphlet was effective in increasing knowledge scores among literacy patients. Thestudy concluded that, oncology nurses should use innovative teaching strategies to improve patient understanding and self-care behaviours to manage side effects of radiation therapy[5].

The present study aimed to evaluate the effectiveness of planned teaching programme on knowledge regarding self care management on side effects of radiation therapy among oral cancer patients at Indian setting.

METHODOLOGY

This study was based on Ludwig VonBertalanff's general system theory. A quasi experimental two group pre-test – post- test design was used. Based on objectives of the study, a structured knowledge questionnaire and lesson plan on self-care management on side effects of radiatio therapy was prepared in English and then it w translated to Kannada since the study participan communication and understanding were onl in Kannada. The tool and teaching plan we validated by research and subject expertsfor i adequacy and appropriateness. After obtainir an ethical clearance from an institutional ethic committee, a written permission was obtaine from Medical Superintendent of R.L. Jalapp Hospital and Research centre, Tamaka, Kola Using purposive sampling technique, 60 or cancer patients were selected. Of the total, 30 we allotted to experimental and 30 were allotted control group with an inclusion criteria of or cancer patients who were undergoing for radiatio therapy, willing to participate in the study an able to understand and communicate in Kannad or English language. Written consent was obtaine from all study participants. The pre-test wa conducted to both groups oforal cancer patien through interview schedule on one to one basis assess their knowledge on self -care manageme on side effects of radiation therapy followed b a planned teaching program on manageme on side effects of radiation therapy only to th experimental group in Kannada by using pow point presentation, charts, pamphlets and flas cards. After one month, post-test was donefor bo experimental and control group by using sam questionnaire.

RESULTS

I. Socio-demographic variables of oral canc patients

Majority (53% in experimental and 33% in contr group) of oral cancer patients were belong to the age group 55 to 64 years, most (50% experimental and 63% in control group) of the were females, majority (90% in experimental an 96% in control group) of them were Hindus, mo (70% in experimental and 63% in control group) them were illiterates, 73% of them in both grou were farmers, 57% in experimental and 60% control group were belongs to low income grou majority (77 % in experimental and 57% in control group) were from joint family and 90% of them in experimental and 85% in control groupwere from rural area.

II. Pre-test knowledge score of oral cancer patients

The knowledge score was grouped under an adequate knowledge (above 75%), moderately adequate knowledge (50-75%) and inadequate knowledge (score less than 50%) and presented in figure 1, which shows that majority (63% in experimental group and 76% in control group) of oral cancer patients had inadequate knowledge, 37% in the experimental group and 24% in control group had moderately adequate knowledge and none of them either in the experimental group or control group had adequate knowledge.

III. Effectiveness of planned teaching programme on knowledge on side effects of radiation therapy among oral cancer patients

Difference of overall pre and post-test mean knowledge score of oral cancer patients within the group was done. The overall mean pre-test knowledge score was 13.5 and in post-test it was 27.1. The paired "t" test value (15.62, p=0.000) was found to be significant. In control group the overall mean pre-test knowledge score was 12.7 and in post-testit was 12.9. The unpaired "t" test value was 0.26 indicating that there was no significant difference between pre and post test knowledge scores in the control group. This indicates that structure teaching programme was effective in improving the knowledge score in experimental group than the control group and the same is presented in table-1.

There was no significant difference in the overall mean pre-test knowledge score in experimental group (mean=13.5) and the control group (mean=12.7). The unpaired paired "t" test value was 0.83 which was not significant. This indicates that the groups were homogenous in terms of their pretest knowledge scores.

The overall post- test mean knowledge score in experimental group was apparently higher (mean=27.1) than the control group (mean=12.9). The student "t" test value wasstatistically (20.8, p<0.001) indicating that, there wasa significant difference between experimental and control group scores which were statistically significant at 0.001level. (Table-2)

IV. Association of knowledge score with socio-demographic variables of in experimental group and control group

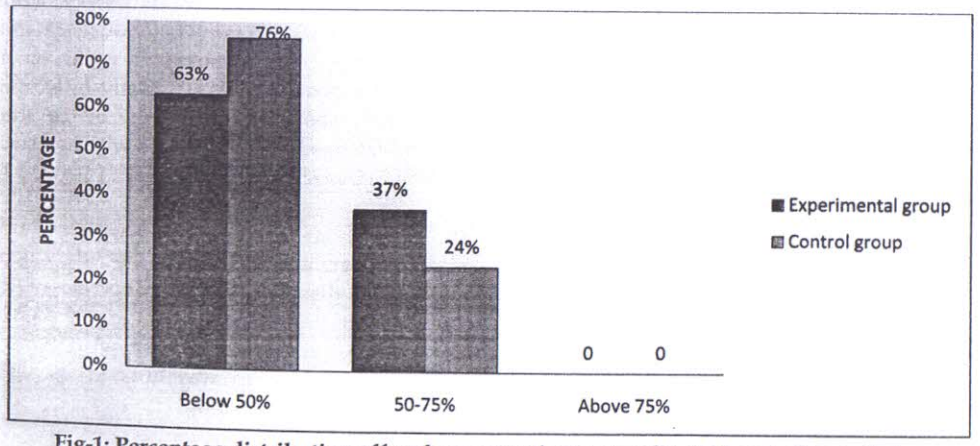

Fig-1: Percentage distribution off oral cancer patients according to Level of knowledge

Table 1: Mean, SD, Paired t value of pre-test and post-test knowledge scores of oral cancer patien within group

n=60

Group		Pre-test	Post-test	paired "t" value	p value
Experimental group	Mean	13.5	27.1	15.62	0.000*
	SD	4.1	2.2		
Control group	Mean	12.7	12.9	0.26	0.171
	SD	3.6	3.2		

**Statistically significant at 0.001 level

TABLE 2: Mean, SD, unpaired t value of knowledge score between groups. n=60

VARIABLES		Experimental group	Control group	"t" Value	p Value
Pre test	Mean	13.5	12.7	0.83	0.130
	SD	4.1	3.6		
Post test	Mean	27.1	12.9	20.8	0.000**
	SD	2.2	3.2		

**Statistically significant at 0.001 level

The association of knowledge score with its socio-demographic variables revealed that there was no significant association between age, gender, religion, educational status, occupation, family income, type of family and place of residencewith knowledge score in experimental group.

Similarly there was no significant difference between the knowledge score and its socio-demographic variables such as age, gender, religion, educational status, occupation, family income, type of family and place of residence in the control group.

DISCUSSION

The present study was intended to assess the effectiveness of planned teaching program on Knowledge regarding Self-care management on side effects of radiation therapy among oral cancer patients receiving Radiation therapy at Kolar. The findings on socio-demographic variables of or cancer patients revealed that majority of stud participants belonged to the age group of 5 64 years, most of them were females, illiterate belongs to joint family with low socio-econom back ground and also farmers. It was supporte by the study on Socio Demographic profile on or cancer patients residing in Tamilnadu- A Hospit based study showed that majority of the stud subjects belonged to the illiterates with low soci economic classes[6].

The overall mean pre-test knowledge sco of experimental group was slightly high (mean=13.5) than the control group (mean=12. the t value of pretest knowledge score was 0.1 The overall post-test mean knowledge sco of experimental group was apparently high (mean=27.1) than the control group (mean=12. the t value of post-testknowledge was 0.00. Th indicates that structure teaching programme was effective in improving the knowledge score in experimental group than the control group. This finding is supported by the study conducted on Knowledge, attitude and Practices among women with oral cancer patients receiving radiation therapy in India revealed that planned teaching program was effective in improving the knowledge score among women with oral cancer[7].

LIMITATIONS

The study was limited to the oral cancer patients admitted and receiving radiation therapy at R.L. Jalappa hospital and research centre, Kolar.

CONCLUSION

Radiation therapy plays a significant role in cancer therapy. As a result, various changes are induced in oral tissues. The resulting sequelae cause substantial problems and may affect the patient's quality of life. Larger prospective trials that include the prevention and treatment of radiation-induced damage to oral tissues are needed to improve management in side effects to enhance better prognosis.

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CONFLICT OF INTEREST: None

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