EFFECTIVENESS OF EMPOWERMENT PROGRAM ON SELF CARE MANAGEMENT IN TERMS OF KNOWLEDGE AND WELLBEING AMONG POST COVID PATIENTS AT SELECTED COMMUNITY AREA, PUDUCHERRY

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ABSTRACT:

Corona virus Disease 2019 (COVID-19) is a contagious disease caused by Severe Acute Respiratory Syndrome Corona Virus 2 (SARS-CoV-2). Post COVID (“Long COVID”) seems to be a multisystem disease, sometimes occurring after a relatively mild acute illness. Post COVID care right from the first follow up post discharge, or usually around 2 weeks post discharge. Post COVID symptoms are fatigue, difficulty breathing, joint pain, chest pain, impaired memory and concentrate, loss of taste and smell, sleep issues. This study to evaluate the effectiveness of Empowerment Program on Self Care Management in terms of Knowledge and Wellbeing among Post Covid Patients. The investigation members were chosen by utilizing the purposive inspecting method and during the Post COVID period Post COVID patient were educated regarding empowerment program for 6 weeks. The investigation result shows that empowerment program on self care management have gained knowledge and wellbeing among Post COVID Patients.

Keywords: Empowerment program, Post-COVID Patients, Self care management, Knowledge, Wellbeing

INTRODUCTION:

Communicable diseases, also known as infectious diseases or transmissible diseases, are illnesses that result from the infection, presence and growth of pathogenic (capable of causing disease) biologic agents in an individual human or other animal hosts. Corona virus Disease 2019 (COVID-19) is a contagious disease caused by severe acute respiratory syndrome corona virus 2 (SARS-CoV-2). Corona virus is a type of common virus that infects humans, typically leading to an upper respiratory infection (URI).
After acute COVID-19 illness, recovered patients may continue to report wide variety of signs and symptoms including fatigue, body ache, cough, sore throat, difficulty in breathing, etc. A holistic approach is required for follow up care and well-being of all Post-COVID recovering patients.

Post COVID ("Long Covid") seems to be a multisystem disease, sometimes occurring after a relatively mild acute illness. Post-acute covid-19 as extending beyond three weeks from the onset of first symptoms and chronic covid-19 as extending beyond 12 weeks. Post-COVID care right from the first follow-up post-discharge, or usually around 2 weeks post-discharge. Post-COVID symptoms are fatigue, difficulty breathing, joint pain, chest pain, impaired memory and concentration, loss of taste and smell, sleep issues.

Health Empowerment is a process by which people can gain greater control over the decisions affecting their lives and health through education and motivation, and can be an effective way to enhance health, health awareness and health seeking behaviours of these people. Health Empowerment is a central component of health promotion and disease prevention. Well-being or Wellness is the condition of an individual or group. A higher level of well-being means that in some sense the individual or group condition is more positive. According to World Health Organization, Wellness is a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.

Self-care is defined as the care that incorporates any deliberate moves to look after physical, mental and emotional health. The patient decision and behavior that they engage in any chronic disease that affects their well-being is the best characteristic of self-management. Self-care management is defined as the response to signs and symptoms when they occur. Self-care management is defined as the day-to-day management of the disease by individuals over the course of an illness.

According to the World Health Organization, to date for suspected cases, both epidemiological and clinical criteria are met. The clinical criteria include acute onset of fever plus cough. Or acute onset of three or more signs or symptoms such as fever, cough, fatigue, headache, pain, sore throat, dyspnea, anorexia (loss of appetite)/nausea/vomiting, or mental disorders.

"International Journal of Environmental Research and Public Health published (14 December 2020) an article on Persistence of COVID-19 symptoms after Recovery in Mexican Population. Since February 2020 to date, Mexico has reported more than 800,000 confirmed cases and more than 84,000 deaths by this disease, with numbers that continue to increase daily. In Italy, a large proportion of patients with Corona virus disease 2019 presented with symptoms (71.4% of 31845 confirmed cases of
June 3, 2020). Common symptoms include cough, fatigue, fever, dyspnea, pain. Information is lacking on symptoms that persist in patients who were discharged from the hospital after recovery from COVID-19. A recent study of 143 recovered hospital patients in Italy, published has shown that 87 percent were still suffering at least one symptom 2 months after falling ill.

**Aim of the Study:**

The aim of the Study was to evaluate the effectiveness of Empowerment Program on Self Care Management in terms of Knowledge and Wellbeing among Post COVID Patients at selected community area, Puducherry.

**Objectives of the Study:**

- To assess the level of knowledge and Wellbeing on Self Care Management among Post COVID Patients.
- To evaluate the effectiveness of Empowerment Program on Self Care Management in terms of Knowledge and Wellbeing before and after the intervention.
- To correlate the relationship between level of knowledge and wellbeing on Self Care Management among Post COVID Patients.
- To associate the level of knowledge and wellbeing on Self Care Management among Post COVID Patients with their selected demographic variables.

**HYPOTHESIS:**

H₁: There is a significant difference in the level of Knowledge and Wellbeing before and after administration of Empowerment Program on Self Care Management among Post COVID Patients.

H₂: There is a significant correlation between level of Knowledge and Wellbeing on Self Care Management among Post COVID Patients.

H₃: There is a significant association in the level of Knowledge and Wellbeing on Empowerment Program among Post COVID Patients with their selected demographic variables.

**II. MATERIAL AND METHODS**

In this study, pre-experimental study with one group pre-test and post-test design was used to assess the effect of empowerment program on self care management among Post COVID Patient. The
A study was conducted in selected community area (Thirubuvanai and Kalitheerthalkuppam), Puducherry. The target population for the study was Post COVID Patients.

The sample was conducted using purposive sampling method. It consisted of 50 Post COVID Patients. The result was conducted by using descriptive and inferential statistics.

**Data collection tools:**

**Section A:**

**Part I:** Demographic variables consists of (15) items like Age, Gender, Marital Status, Educational level, Occupation, Income, Religion, Type of family, Family history of COVID illness, Bad habits, History of co-morbid disease, Source of Transmission, Continuing the COVID medication, Residency, History of intensive care.

**Part II:** Clinical Variables consists of Body Mass Index, Present Symptoms of Post Covid, Oxygen Saturation level, Haemoglobin level, Elimination pattern.

**Section B:** Knowledge items regarding Self-Care Management of Post COVID. It consists of knowledge items of 20 items Multiple Choice Questions. Each question has 4 responses. All questions had only 1 correct answer and 1 wrong answer, awarded as one score for each correct answer 0 score for wrong answers.

**Section C:** Wellbeing Checklist consists of the following components are Physical wellbeing, Psychological wellbeing, Social wellbeing, Spiritual wellbeing. 10 items in Physical well-being and Psychological well-being. 5 items in Social well-being, Spiritual well-being. It consists of 30 questions. Each question has 3 response and each response were given maximum score of 3 and minimum score 1.

**Data Collection Procedure:** The data collection done with the permission to conduct the study was obtained from Institution of Sri Manakula Vinayagar Medical College and Hospital at Puducherry. 50 Post COVID Patient were selected by using Purposive Sampling Techniques and according to the inclusion and exclusion criteria and after introducing and explaining purpose of study. The tool consisting of demographic variables and question variable was administered to respondents data was collected.

The researcher introduced herself and explained about the purposes of the study to the Post COVID Patients and oral consent was obtained. On the first day, pre-test was done by using Structured

[www.turkjphysiotherrehabil.org](http://www.turkjphysiotherrehabil.org)
Knowledge questionnaires and Wellbeing Checklist on Self Care Management. After pretest, on the same day Empowerment Program was given. Doubt was cleared on the same day itself. On the day 7, post-test was conducted for same participants by using same Structured Knowledge questionnaires and Wellbeing Checklist on Self Care Management.

III. RESULTS AND DISCUSSION

Socio-demographic variables: Out of 50 samples majority of the Post COVID Patients In age, 66.0% (33) of Post COVID Patients were in 41-60 years, gender 64.0% (32) of people covered by male, 90% (45) of them married, educational status 38% (19), 68% (34) of them are employed, income 48% (24) have <5000, 30%, religion 82% (41) of them belong to Hindu, type of family 76% (38) belong to nuclear family, history of COVID illness 88% (44) of them not having the family history of COVID illness, bad habits 46% (23) of them having smoking and alcoholism, history of Co-Morbid Disease 90% (45) of them not having the history of chronic illness, source of transmission 30% (15) of them having both occupation and unknown sources of transmission, 100% (50) of them not continuing the COVID medication, 98% (49) of them residency in rural, intensive care, 98% (49) of them not having the history of intensive care, In Body mass index, 40% (20) of them belong to 25 to less than 30kg/m², present symptoms of Post COVID, 26% (13) of them having cough, oxygen saturation level 90% (45) of them having 96-100%, hemoglobin level 82% (41) of them having 12 to 15g/dl level, elimination pattern 6% (3) of them having diarrhea.

Table 1: Frequency and percentage wise distribution of level of knowledge on self-care management among Post COVID Patients at selected community area, Puducherry. (N=50)

<table>
<thead>
<tr>
<th>LEVEL OF KNOWLEDGE ON SELF CARE MANAGEMENT</th>
<th>Pre-test</th>
<th>Post-test</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>N</td>
<td>%</td>
</tr>
<tr>
<td>Adequate knowledge</td>
<td>00</td>
<td>00</td>
</tr>
<tr>
<td>Moderately Adequate knowledge</td>
<td>08</td>
<td>16</td>
</tr>
<tr>
<td>Inadequate knowledge</td>
<td>42</td>
<td>84</td>
</tr>
</tbody>
</table>

The above tables depicts that level of knowledge in pretest as 84% (42) of Post COVID Patients are come under inadequate knowledge, 16% (08) of Post COVID Patients are in moderately
knowledge, 0% (0) of them in adequate knowledge and level of knowledge in post test as 92% (46) of Post COVID Patients are come under adequate knowledge, 8% (4) of them in moderately knowledge, 0% (0) of them in inadequate knowledge.

![Bar chart showing knowledge distribution](chart.png)

Table 2: Frequency and percentage wise distribution of level of well being among Post COVID Patients at selected community area, Puducherry. (N=50)

<table>
<thead>
<tr>
<th>LEVEL OF WELL BEING</th>
<th>Pre-test</th>
<th>Post-test</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>N</td>
<td>%</td>
</tr>
<tr>
<td>Distress</td>
<td>48</td>
<td>96</td>
</tr>
<tr>
<td>Moderately Distress</td>
<td>02</td>
<td>04</td>
</tr>
<tr>
<td>Positively Distress</td>
<td>00</td>
<td>00</td>
</tr>
</tbody>
</table>

The above tables depicts that level of Well being pretest as 96% (48) of Post COVID Patients are come under Distress, 02% (04) of Post COVID Patients are in Moderate Well being, 0% (0) of them in Positive Well being in post test as 88% (44) of Post COVID Patients are come under Positive wellbeing, 12% (6) of them in moderately Wellbeing, 0% (0) of them in Distress.
Table 3: Mean and standard deviation of regarding effectiveness of empowerment program on self care management on knowledge Post COVID Patients at selected community area, Puducherry. (N=50)

<table>
<thead>
<tr>
<th></th>
<th>MEAN</th>
<th>STANDARD DEVIATION</th>
<th>‘t’ TEST</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-test</td>
<td>6.220</td>
<td>2.401</td>
<td>32.940**</td>
</tr>
<tr>
<td>Post-test</td>
<td>17.220</td>
<td>1.590</td>
<td></td>
</tr>
</tbody>
</table>

*p<0.05, significant and **p<0.001, highly significant

The data shows that level of knowledge pretest value was 6.220 mean, 2.401 was Standard Deviation, and the level of knowledge post test was 17.220 mean, 1.590 was Standard Deviation this shown that paired t value is t=32.940.

Table 4: Mean and standard deviation of regarding effectiveness of empowerment program on self care management on level of Wellbeingamong Post COVID Patients at selected community area, Puducherry. (N=50)
**Table 5: Correlation between the knowledge and wellbeing on self care management among post covid patients at selected community area, Puducherry.**

<table>
<thead>
<tr>
<th></th>
<th>Well being</th>
<th>Knowledge</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Pre-test</td>
<td>Post-test</td>
</tr>
<tr>
<td>Pearson Correlation</td>
<td>1</td>
<td>0.275</td>
</tr>
<tr>
<td>Sig. (2-tailed)</td>
<td></td>
<td>0.053</td>
</tr>
<tr>
<td>N</td>
<td>50</td>
<td>50</td>
</tr>
</tbody>
</table>

Correlation between the knowledge and wellbeing regarding self care management among Post COVID Patient. The level of knowledge and wellbeing regarding self care management among Post COVID Patient is positively correlating the score is 0.556. Positively correlation between the
knowledge and wellbeing regarding self care management among Post COVID Patient. The correlation is highly significant at the 0.001 level (2-tailed).

There was a significant association between the selected demographic variables with pretest level of knowledge among Post COVID Patients. In that type of family and present symptoms of Post COVID symptom is significant at p<0.005 level. In joint family there may be more bonding and affection which is the fundamental aspect of care toward sick person in the family. And the concern towards care of Post COVID is comparative greater than that of nuclear family so there may be the changes of rendering of good aspects of care to Post COVID Patient in joint family. And present symptoms are there after recovering from COVID mainly cough, shortness of breath, fatigue, sleep disturbance, memory problems, body pain are persistent there for patient.

DISCUSSION:

Promotion of health of Post COVID Patient to acceptable level without good self care management regarding physical, psychological, social and spiritual health. In this study, only 0% were adequate knowledge regarding the self care management. A similar study done in Egypt Manal Mohamed Ahmed Ayedet. al, (2020) has conducted a pre and post quasi experimental design study to evaluate the impact of a structured teaching program regarding COVID-19 on knowledge, attitudes, and practices among secondary school students in Sohag City at Egypt. The sample was 260 secondary students at Al-Shimaa and Sohag City using a multi-stage sample. Data was collected by self – administered questionnaire and health education Arabic handout was used. In pretest 260 (100%) had poor pretest knowledge level. In the post test 234 (90.0%) secondary school students had a good knowledge level followed by 182 (70.0%) who improved after program implementation. In the pretest program may preventive measures not practicing and secondary school students showed a low performance rate, as out of 260 (8.5%) participants and after program implementation and secondary school students showed a high performance rate. In pretest150 (57.7%) has poor practice level followed by fair (38.3%) and good 10 (4.0%). In post test all secondary school students had good practice level after program implementation.

The present study indicates the mean knowledge in pre-test was 6.220 with standard deviation 2.401 and in post-test the mean value is 17.220 with standard deviation 1.590 and t value is 32.940 which was highly significant at p<0.001 level which can be attributed to the effectiveness of empowerment program.
The present study indicates the mean wellbeing in pre-test was 28.740 with standard deviation 6.39 and in post-test the mean value is 75.7 with standard deviation 7.74 and t value is 3.52 which was highly significant at p<0.001 level which can be attributed to the effectiveness of empowerment program.

The correlation between the knowledge and wellbeing regarding self care management among Post COVID Patient. The level of knowledge and wellbeing regarding self care management among Post COVID Patient is positively correlating the score is 0.556. Positively correlation between knowledge and well-being regarding self care management among Post COVID Patients. The correlation is highly significant at the 0.001 level (2-tailed). Thus the research hypothesis, there will be a significant correlation between the level of knowledge and wellbeing on Self Care Management among Post COVID Patients is accepted highly significant at the p<0.001. There will be significant associate between the self care management on knowledge and Well-being through empowerment program among Post COVID Patient with the demographic variables is accepted significant at the p<0.005. the possible justification is that educated Post COVID Patients are more likely to make decisions for quality health services and has improved knowledge and wellbeing of Post COVID Patients.

IV. CONCLUSIONS

The present study assessed the knowledge and wellbeing of Post COVID Patients regarding self care management and found that Post COVID Patients had inadequate knowledge and wellbeing related to self care management. After the empowerment program on self care management there was a significant improvement on knowledge and wellbeing of the Post COVID Patients regarding self care management. The study concluded that the empowerment program was effective in improving knowledge and wellbeing of the Post COVID Patients regarding self care management.

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