

## CARE GIVERS KNOWLEDGE REGARDING HOME MANAGEMENT OF SEIZURES

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### **ABSTRACT:**

An exploratory study was conducted to assess the level of knowledge of caregivers regarding home management of seizures, in selected hospital in Dehradun, Uttarakhand. A Non- experimental, Survey design was done on 57 caregivers of individuals suffering from seizure disorder. The study was conducted in Neuro-medicine and Neurosurgery outpatient department of selected Hospital in Dehradun, Uttarakhand. Convenient sampling technique was used to select samples and knowledge questionnaire was used to collect the data. Major findings of the study suggested that (56%) of the study participants were aged between 18-36 years. Majority of study participants (79%) were close relatives of the patient suffering from seizure disorders. Patients suffering from seizure disorder were (82%) and (86%) of patients didn't have any previous history of seizures in their family. Study also revealed that (19%) participants had good level of knowledge about home management of seizures and 77% had an average level of knowledge.

**Keywords:** Care givers, Knowledge, home management, seizures.

### **About the Author:**



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## INTRODUCTION

Seizure is one of the most common neurological disorders with a prevalence rate varying from 2.8 to 9.5/1000 in general population which means, that approximately five to ten percent of the population will face this situation at least once during their life time<sup>1</sup> The highest incidence is in first decade of life, under the age of one year. The WHO estimated three to 10 person out of 1,000 of the total world population is suffering with epilepsy. The prevalence rate of epilepsy in India among children ranges from 64-177 per 1,00,000 population.<sup>2</sup>

Epileptic individuals get seizures which causes anxiety for the observers as well as for the individuals. Most of the times it is ignored leading to poor intervention during episodes of seizures. Majority of the caregivers have lots of misconceptions about seizures. Studies conducted in Uttarakhand, India revealed that majority of caregivers have inadequate level of knowledge and gross misconception about management of seizures, which lead to more deaths. The main deficiencies identified during the study was access to care, inadequate drug management, no access to home care management and uses of home remedies to cure seizures.<sup>3</sup>

According to WHO, 3 out of 4 people (globally) do not receive treatment at all, because of poor economic and social stigma. Seizures, if not treated, can affect the normal functioning of an individual. The most important role in management of seizures is a person who stays with the individual suffering from this disorder. If proper treatment and home management is given appropriately, the individual can live a healthy life and give his contributions in the development of society.<sup>4</sup>

It's estimated that 50 million people suffer from seizure in developing countries. India alone has 8- 10 million people with seizure disorder, still the attitude and knowledge about the disease is negative. Seizure disorders have become a stigma because the general population lacks knowledge and understanding about seizures and its management.<sup>5,6,7</sup>

## METHODOLOGY

A Non experimental, quantitative survey was done on 57 caregivers of patients suffering from seizure disorder, in selected Neuro-medicine and Neurosurgery outpatient department of selected Hospital in Dehradun, Uttarakhand. The Samples, who met the inclusion criteria, were selected through consecutive sampling technique. Demographic profile and Knowledge questionnaire were used to collect the data. Necessary administrative permissions were taken from the concerned authorities. After explaining and getting written consent from the participants, data was collected in the month of May, 2014.

### Analysis and Interpretation

The collected data was coded, computed and were interpreted in the following sections.

**Section A** – Frequency and percentage distribution of study participants

**Section B** – Level of knowledge scores of participants about home management of seizures

**Section C**– Association between the level of knowledge scores with the selected demographic variables of study participants

**Section A - Frequency and Percentage distribution of study participants:****Table 1:** Frequency and percentage distribution of selected demographic profile of study participants

n=57

Sl. No.	Demographic Profile	Frequency (f)	Percentage (%)
A.	<b>Age in Years</b>		
1.	18-36	32	56
2.	37-54	16	28
3.	55-72	9	16
B.	<b>Gender</b>		
1.	Male	29	51
2.	Female	28	49
C.	<b>Educational status</b>		
1.	Primary	18	32
2.	Secondary	21	37
3.	Graduation	18	31
D.	<b>Occupation</b>		
1.	Working	28	49
2.	Non-working	29	51
E.	<b>Relationship with patient</b>		
1.	Blood relation	44	77
2.	Others	13	23
F.	<b>Type of Family</b>		
1.	Nuclear	30	53
2.	Joint family	27	47
G.	<b>Duration of disease</b>		
1.	0-5 years	47	82
2.	6-10 years	5	9
3.	11-15 years	4	7
4.	16-20 years	1	2
H.	<b>Previous history of seizures in family</b>		
1.	Yes	8	14
2.	No	49	86
I.	<b>No. of seizure/s witnessed</b>		
1.	1-5 times	23	40
2.	6-10 times	12	21
3.	11-15 times	9	16
4.	16-20 times	4	7
5.	21-25 times	5	9
6.	26-30 times	4	7

Table No. 1 depicts that (56%) of the study participants were young and fell in the age group of 18-36 years. All the participants had at least primary level of education, and (51%) were non- working. Most (79%) of the participants were close relatives of the patients. Half (53%) of the participants belonged to nuclear families.

The duration of disease was between one to five years for majority (82%) of the patients. Majority (86%) of participants did not have any previous history of seizure disorder in their family. Out of total participants (40%) had witnessed seizures at least once in their life time.

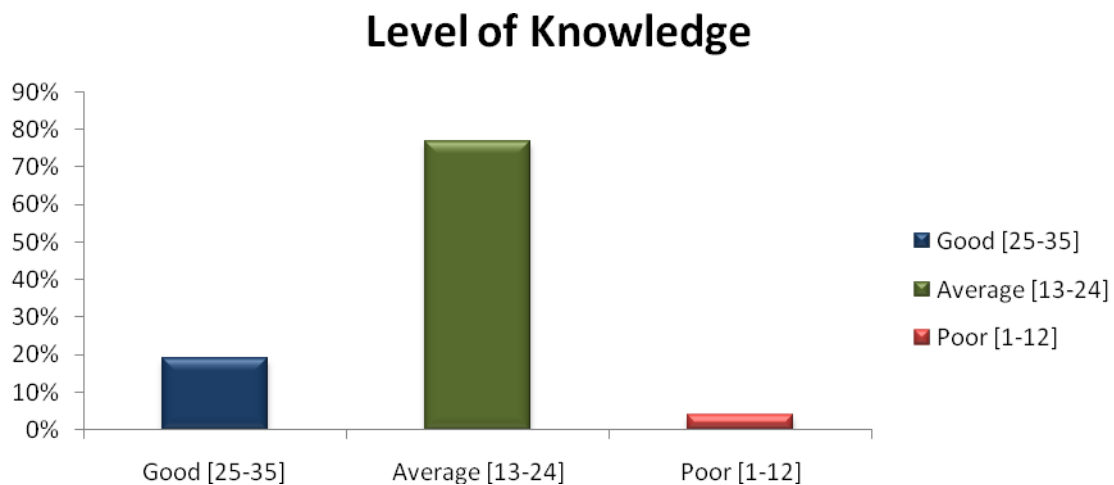
**Section B: Mean, standard deviation, and mean percentage of knowledge scores of participants**

**Table 2:** Standard Deviation of mean and Mean Percentage of level of knowledge score

	Mean ± SD	Mean Percentage
Knowledge score of participants	21.33±4.24	60.9%

Table no. 2 shows that Mean, Standard Deviation was (21.33±4.24) and Mean percentage was (60.9%)

**Care Givers’ Level of Knowledge Score about Home Management of Seizures:**



**Figure -1:** Bar graph showing percentage wise distribution of level of knowledge scores

Figure - 1 depicts the categorization of caregiver’s level of knowledge, which shows that majority of caregivers had average level of knowledge about home management of seizure. The percentage number of those who had poor knowledge about home management was small.

**Section C: Association of knowledge scores with selected demographic variables of study participants**

**Table- 3: Association of knowledge scores with selected demographic variables**

n=57

Sl. No	Demographic Variables	Mean $\pm$ SD	Mean difference	't' Value
1.	Education			
	Secondary	18.2 $\pm$ 4.22	4.5	3.98**
	Graduation	22.7 $\pm$ 3.4		
2.	Number of seizure witnessed			
	0-15	22.6 $\pm$ 4.09	2.81	2.81*
	16-30	18.8 $\pm$ 4.35		

$t_{55} = 2.00$  at  $p < 0.05$

\*\*highly Significant

Table No.3 depicts that level of knowledge score has high statistical significance with education, and number of seizures witnessed. Thus it can be concluded that people who have witnessed more number of seizures have better knowledge about home management.

### CONCLUSION

As per WHO estimate 3 to 10 per thousand of total world population have epilepsy. The prevalence of epilepsy among children ranges from 64 to 177 per 1 lakh population. Based on the study it can be concluded that most of the population is now aware about seizure and has accepted it as a disease. With increase in education, people have become more aware regarding causes and management of seizures.

### RECOMMENDATIONS

- A similar study can be done to determine knowledge, awareness and attitude about seizures disorders among school teachers.
- A similar study can be replicated on school teachers to determine the knowledge about management of seizures.

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