



A STUDY TO ASSESS THE KNOWLEDGE ON POST-ACUTE COVID-19 SYNDROME AMONG STAFF NURSES IN A SELECTED HOSPITAL, THRISSUR

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Abstract

Post-acute covid-19 Syndrome develops during or after an infection consistent with COVID-19 which continues for more than 12 weeks and are not explained by alternative diagnosis. Health care providers are the front-line warriors in developing a comprehensive plan for identifying and managing post-covid-19 complications.

Aim of the study: This study to assess the level of knowledge regarding Post-Acute covid-19 syndrome among staff nurses in a selected hospital, Thrissur

Methods: 50 staff nurses working in Aswini Hospital, Thrissur.

Results: Only 2% staff nurses have adequate knowledge regarding Post-Acute Covid-19 syndrome.

Conclusion: The study findings can be used to improve the knowledge regarding the post-acute covid-19 syndrome among staff nurses.

Keywords: knowledge; Post-acute COVID 19 syndrome, staff nurses

INTRODUCTION

As decades are passing new diseases are emerging reminding us about the nature's unpredictable powers. The Covid-19 outbreak is a public health emergency of global proportions. Severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) is the pathogen responsible for the coronavirus disease 2019 (COVID-19) pandemic. As we enter the second year of pandemic, patients with ongoing symptoms after recovery from covid-19 are increasingly recognized as a growing population in need of attention¹. Post-acute covid-19 syndrome includes a wide range of symptoms that can last weeks or months after first being infected with virus that causes covid-19 or can appear weeks after infection. It can happen to anyone who has had covid-19, even if the illness was mild, or they had no symptoms². The main symptoms include tiredness or fatigue, difficulty in thinking or concentrating, headache, loss of smell or taste, chest pain and cough. Multiorgan effects can also include conditions that occur after covid-19 like multi-system inflammatory disease and autoimmune conditions². The exact cause of post-acute covid-19 is unknown; it can be mainly due to persistent viraemia and weak antibody response that can contribute to worsening the

symptoms.³ Adults over the age of 50 especially older adults are commonly affected by post-acute covid-19 syndrome and also individuals with underlying health conditions, particularly cardiopulmonary issues, hypertension, diabetes or obesity and these comorbidities can play a major role in post-acute covid-19 syndrome. Nurses play a key role in the public health in such crisis. Nurses are involved in each level of patient management, screening, prevention and rehabilitation. Even though there is a huge gap in knowledge about post-acute covid-19⁴.

Need of the study

Covid-19 has produced a devastating impact on mankind since 2020. Kerala occupies the third position among all other states of India with 2365787 confirmed cases. Apart from the stunning data on the active cases of covid-19, the long-term effects of the disease on its survivors seek urgent medical attention recently.⁵ Researchers at the United Kingdom national institute for health research (NIHR) suggest that a person could suffer from long covid syndrome after recovering from coronavirus infection. The researchers mentioned four long coronavirus syndromes that can affect all age groups. Being the most

prevalent symptom in 70% cases. Patients with covid-19 require long-term follow-up even after recovery for observation and management of their post-covid ailments. A comprehensive rehabilitation program is essential for such patients during hospitalization and discharge. Keeping all these in mind, the investigators are interested to understand the knowledge level of staff nurses regarding post- acute covid -19 syndrome and to provide them with an information booklet according to that.

Statement of the problem

A study to assess the knowledge on Post-acute covid-19 syndrome among staff nurses in a selected hospital, Thrissur.

Objectives of the study

- To assess the level of knowledge on post-acute covid-19 syndrome among staff nurses.
- To associate the level of knowledge on post-acute covid -19 syndrome among staff nurses with their selected socio demographic variables.
- To prepare and distribute information booklet related to post-acute-covid-19 syndrome.

Hypothesis

H₁: There is a significant association between knowledge of staff nurse with their demographic variable.

Methodology

Research approach- quantitative approach ..

Research design- non experimental descriptive design.

Variables

Demographic variables – In this study demographic variable was age, gender, working experience, working area , income and education status of staff nurses.

Extraneous variables- Mass media education, peer group discussion

Population

In this study the population consist of Staff nurses working Aswini Hospital private limited, Thrissur.

Targeted population- It comprised of staff nurses

Accessible population- It comprised of staff nurses at selected Hospital.

Sample technique- The sample were selected through convenient sampling technique.

Sample size- The sample size of the present study comprise of 50 staff nurses who fulfilled the inclusion criteria.

Sample criteria

Inclusion criteria: The inclusion criteria's staff nurse who were:

- selected through convenient sampling technique.
- who are willing to participate in the study
- available at the time of data collection

Exclusion criteria- For this study the exclusion criteria Staff nurse who were

- absent on the day of data collection.
- not willing to participate in this study.

Methods of data collection

Data collection was done within one week in selected Hospital, Thrissur. 50 samples who were selected through convenient sampling technique. After explaining about the study, a written consent was taken from the staff nurses. Prepared demographic profile and questionnaire in Google form were sent to their mail along with instructions. The time taken for completing the knowledge questionnaire in google form was 20 minutes. Answers were recorded after their response. All samples co-operated during data collection. Information booklet were given through their mail and the nurses got adequate knowledge regarding the post- acute covid-19 syndrome.

Development of tool

Construction- The tool was constructed after reviewing literature and in consultation with concept. The instrument includes demographic profile of staff nurse and knowledge questionnaire in the Google form.

Description and scoring- The tool consist of three sections

Section A- It deal with demographic profile of staff nurses. It consist of 6 variables such as age, gender, working experience, working area , income and education status of staff nurses.

Section B- It consist of knowledge questionnaire related to post-acute covid-19 syndrome. It contains 30 questions.. Each item had only one correct response. The maximum score was 30.

RESULT FINDINGS

Section A: Description of demographic profile of staff nurses.

Table 1: Frequency and percentage distribution of staff nurses according to their demographic variables.

Demographic variable	Frequency	Percentage(%)
Age in years		
26-30 yrs	15	30
31-35yrs	23	46
36-40yrs	8	16
>40yrs	4	8
Sex		
Male	2	4
Female	48	96
Area of work		
Ward	22	44
ICU	28	56
Casualty	0	0
Qualification		
GNM	35	70
BSC	15	30

MSC	0	0
Working experience		
0-5yrs	5	10
5-10yrs	23	46
10-15yrs	13	26
>15yrs	9	18
Care of Covid-19 patients		
Yes	34	68
No	16	32
Previous source of information		
Yes	41	82
No	9	18
If yes source of information		
Patient	2	4
Media	31	62
Hospital	8	16
No information	9	18

Table 1 reveals that, out of 50 samples.

15(30%) staff nurse belongs to age group of 26-30years, 23(46%) staff nurse were in the age group of 31-35 years, 8(16%) staff nurse were in the age group of 36-40 years, and 4 (8%) staff nurse were include in the age group of >40yrs.

In relation to gender, majority of sample were female staff nurses 48 (96%, where as only 2(4%)are male staff nurses. Regarding to working area 22(44%) staff nurses belongs to ward, 28 (56%) staff nurses belongs to ICU, data with regard to the qualification 35 (70%) are GNM staff nurse,15(30%) are Bsc staff nurse and there is no MSC qualified staff nurse.In relation to working experience 5 (10%) staff nurse having working experience of 0-5 yrs,23(46%) staff nurse having working experience of 5-10 yrs,18(26%) staff nurse having working experience of 10-15 yrs,9(18%) staff nurse having working experience of >15 yrs.Regarding whether they have given care to Covid-19 patients, 34(68%) staff nurses given care and 16(32%) staff nurse were not given care to Covid-19 patients, with regard to previous source of information about the post- acute Covid -19 syndrome 41 (82%) staff nurse got the information previously, and 9 (18%) staff nurse are did not have any previous information regarding post- acute covid-19 syndrome.Among the sample 2(4%) obtained information from patient side, 31(62%) obtained information from mass media,8 (16%) obtained information from hospital and 9 (18%) did not obtained any information.

Table 2 :- Frequency and percentage distribution of knowledge scores of staff nurses regarding the post- acute covid-19 syndrome.
n=50

Level of knowledge	Frequency	Percentage(%)
Poor knowledge	1	2
Inadequate knowledge	33	66
Moderate knowledge	15	30
Adequate knowledge	1	2

The table (2) fig (1) summarizes the knowledge score of staff nurse regarding post acute covid-19 syndrome. As it is observed from the above table out of 50 samples 1(2%) staff nurse have adequate knowledge regarding post- acute Covid-19 syndrome, where as 15(30%) staff nurse have moderate knowledge, 33(66%) staff nurse having inadequate knowledge and 1 (2%) staff nurses have poor knowledge regarding post -acute Covid - 19 syndrome.

SECTION-B

Table 3 :Association between level of knowledge of staff nurses with their demographic variables.
n=50

Demographic variables	X ²	P value
Age	0.0127	3.8415 ^{ns}
Sex	3.446	3.8415 ^{ns}
Working area	0.401	3.8415 ^{ns}
Qualification	0.286	3.8415 ^{ns}
Working experience	0.616	3.8415 ^{ns}
Care of Covid-19 patients	0.006	3.8415 ^{ns}
Information previously	3.5733	3.8415 ^{ns}
Source of information	3.5733	3.8415 ^{ns}

ns: non significant

The table(3) illustrates the association between level of knowledge of staff nurses with their socio demographic variables. In the present study, the calculated value is less than the table value for all demographic variables. Hence, the null hypothesis is accepted with regards to variables such as age, sex, working area, qualification, working experience, care of covid-19 patients, information previously, source of information.

DISCUSSION

The study aim to assess the knowledge regarding the Post-Acute Covid-19 syndrome among staff nurses in selected hospital, Thrissur. The findings were discussed in relation to the objectives. The findings were discussed in relation to thwe objectives of the study. The overall knowledge scores

showed that 1 (2%) staff nurse have adequate knowledge regarding post-acute covid-19 syndrome, where as 15 (30%) staff nurse have moderate knowledge,33 (66%) staff nurse having inadequate knowledge and 1 (2%) staff nurse have poor knowledge regarding post-acute Covid-19 syndrome.

All demographic variables were not significant at 0.05 levels. Thus it can be referred as there is no association between the knowledge among staff nurses with their selected demographic variables there is no association between the knowledge among staff nurses with their selected demographic variables.

CONCLUSION.

Nurses are instrumental in developing a comprehensive plan for identifying and managing post-COVID-19 complications so they should have adequate knowledge regarding post-acute covid- 19 syndrome and it's management. From this study, it is clearly evident that nurses had inadequate knowledge regarding the post- acute covid-19 syndrome so the nurses should get scientific knowledge regarding post- acute covid-19 syndrome. The investigators felt deep sense of satisfaction and fulfilment for having undertaken the study.

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