

**EFFECTIVENESS OF VIDEO ASSISTED TEACHING ON COGNITION REGARDING
FALL PREVENTION AMONG CAREGIVERS OF GERIATRICS IN SELECTED
COMMUNITY AREA, PUDUCHERRY.**

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Abstract

Objective: To assess the level of cognition on fall prevention among caregivers, To evaluate the effectiveness of video assisted teaching on level of cognition regarding fall prevention among caregivers of geriatrics in selected community area Puducherry and To find out the association between level of cognition among caregivers of geriatrics and selected socio-demographic variables and clinical variables and demographic variables of caregivers.

Material and methods: A community based retrospective study with pre-experimental design was conducted in Serene Pelican and residing area of pinnachikuppam, puducherry. The study was carried for a period of one month from 02.05.2023to 13.06.2023.100 samples were chosen using Simple Random sampling Technique. The Care givers of Geriatrics, who were having Previous knowledge regarding care of Geriatrics, both male and female, Willing to participate and available at the time of data collection were included in the study, caregivers who were already participated in fall prevention programme and care givers in health care profession were excluded from the study. Video assisted teaching on cognition regarding fall prevention among caregivers of geriatrics was evaluated by statistical analysis.

Results: The obtained paired't' test value for cognition on fall prevention among care givers of geriatrics was (t = 54.491) which was statistically significant at P Value <0.001 which implies that level of cognition regarding fallprevention among caregivers of geriatrics had increased after video assisted teaching. **Conclusion:** In home and old age home, the care givers do not have adequate cognition regarding fall prevention among geriatrics. So adequate cognition is more important for the care givers to

prevent fall and its complication. The study findings revealed that video assisted teaching on cognition regarding fall prevention was effective in improving the knowledge of care givers of geriatrics.

Keywords: Fall prevention, care givers, video assisted teaching, Geriatrics

Introduction:

Geriatrics occupied most of the population in the world. In 2022, 771 million geriatrics worldwide, or about 10% of the world's population, were 65 or older. Falls are a common and serious health problem for older adults who crossed the age of 65 years or above cause discomfort and disability. The majority of accidental falls occur to those over the age of 65 years or above. The prevalence rate of fall were 23.7% in home. A slippery floor is the main reason for falls (51.6%), which happened most frequently at home (69.6%). The majority of patients (65.6%) who fell experienced bodily injuries. Fall is the preventable one through a proper maintaining the environment. Fall is the second most common reason for accidental injury deaths in world wide. Globally, one in three home over 65 and even one-half of older adult over 85 years who live in the community may experience a fall each year. An estimated 6, 84, 000 people die from falls each year, and 37.3 million falls are serious enough to require medical attention. Older adults in nursing homes have experienced falls more frequently than those who live in the community. The majority of falls (60%) take place at home, in public places (30%) and healthcare facilities (10%). Video assisted teaching will make care givers understand the steps of fall prevention. so that they can adopt in the old age home which will reduce the incidence of fall.

Objective:

- To assess the level of cognition on fall prevention among caregivers.
- To evaluate the effectiveness of video assisted teaching on level of cognition regarding fall prevention among caregivers of geriatrics in selected community area Puducherry.
- To find out the association between level of cognition among caregivers of geriatrics and selected socio-demographic variables and clinical variables and demographic variables of caregivers.

Material and Methods:

A community based retrospective study was conducted in Serene Pelican and residing area of pinnachikuppam, puducherry. The study was carried in 6 weeks in the month of May 2023 among the caregivers of geriatrics living in the study area.

Inclusion criteria:

The samples were selected based on Care givers of Geriatrics, who were

- Previous knowledge regarding care of Geriatrics.
- Both male and female.
- Willing to participate.
- Available at the time of data collection.

Exclusion criteria

The study excludes, all caregivers of geriatrics, who were

- Already participated in fall prevention programme.
- In health care profession.

Data collection

The data of demographic variables and clinical variables of geriatrics and demographic variables of caregivers were collected through structured questionnaire method. In pre-test knowledge of caregivers was assessed by using Structured Questionnaire. A video assisted teaching was given as an intervention regarding fall prevention which includes definition of fall, Incidence rate, causes, risk factors, consequences, preventive strategies. After implementing the Video Assisted teaching post-test knowledge was assessed.

Statistical analysis

Descriptive statistics were employed to assess the demographic and clinical variables of geriatrics and demographic variables of care givers also used inferential statistics like paired 't', Mann Whitney test to compare the effectiveness of video assisted teaching. Paired 't' test and kruskal Wallis test to find out the association between level of cognition among care givers of geriatrics in selected demographic variables and clinical variables and demographic variables of caregivers.

Results

Theme anand Standard deviation score of fall prevention in pre-test and post-test was 7.24 ± 2.184 and 20.63 ± 1.555 respectively. The calculated paired 't' test value of $t=54.491$ at $P < 0.001$ was statistically significant which implies that level of cognition regarding fall prevention among caregivers of geriatrics had increased after video assisted teaching.

Table 1: Assessment of pre-test and post-test cognition regarding fall prevention among caregivers of geriatrics.

SL.NO	LEVEL OF KNOWLEDGE	PRETEST		POSTTEST	
		F	%	F	Mean
1	Inadequate knowledge (Below50%)	98	98%	0	0%
2.	Moderate knowledge (50-70%)	2	2%	9	9%
3.	Adequate knowledge (Above70%)	0	0%	91	91%

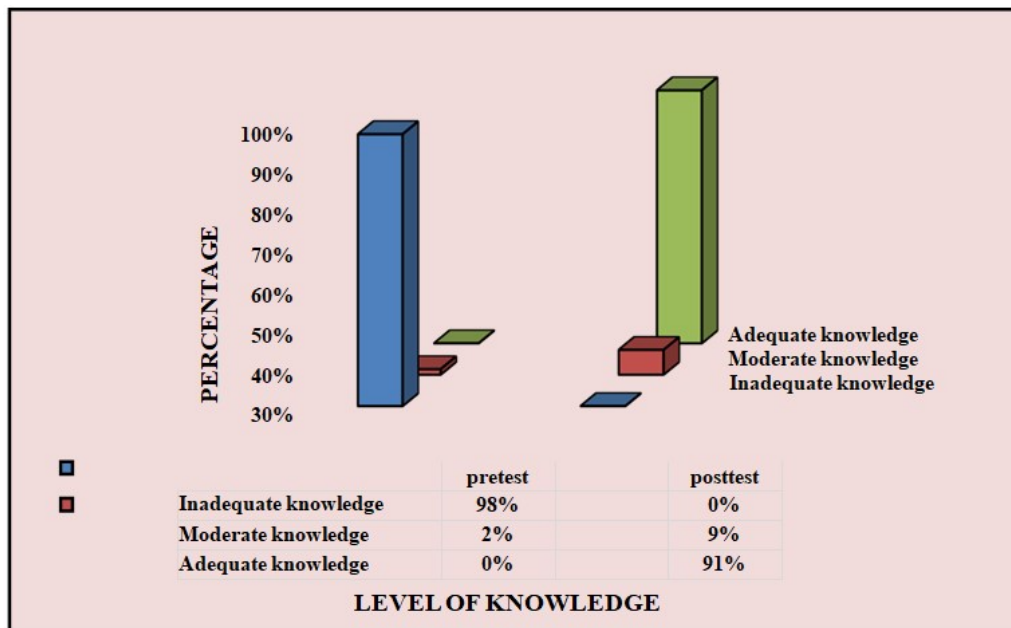


Figure 1. Frequency and percentage distribution of level of cognition regarding fall prevention among caregivers of geriatrics during pre-test and post-test knowledge.

Table.1 and **figure1** depicts the level of cognition regarding fall prevention among caregivers of geriatrics during pre-test, majority of caregivers had inadequate knowledge (98%), (2%)had moderate knowledge and none of them had adequate knowledge. In post-test the majority of the caregivers had(91%) adequate knowledge,(9%) of caregivers had Moderate knowledge, and none of them had inadequate knowledge.

Table2: Effectiveness of video assisted teaching on cognition regarding fall prevention among caregivers of geriatrics.

variables	Mean	Std. Deviation	Paired Differences	Paired t-test	p-value
pretest	7.24	2.184	13.39	54.491	<0.001*
posttest	20.63	1.555			

n=100

*p<0.001,HS-highly statistically significant.

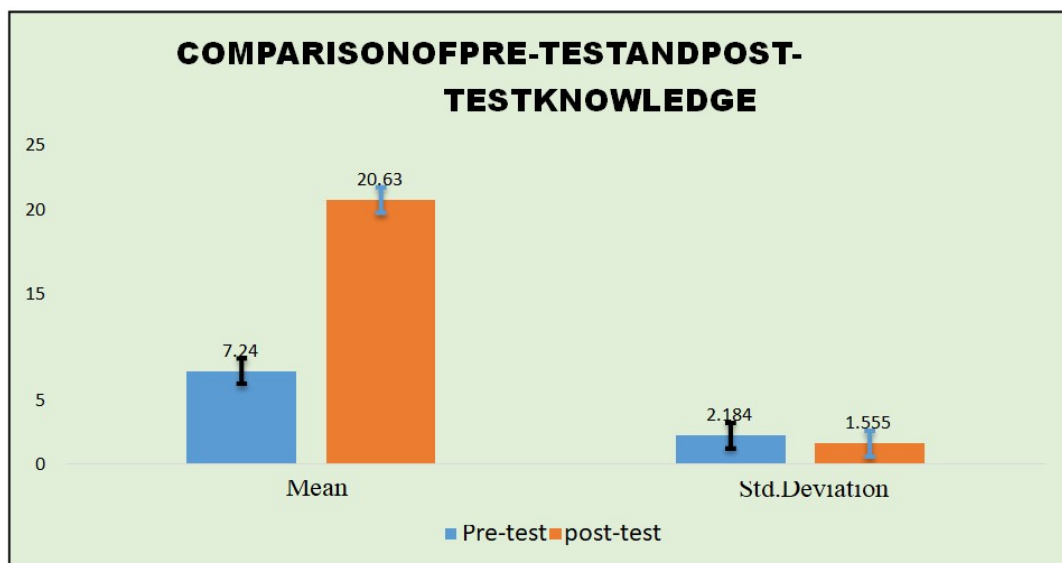


Figure 2. Effectiveness of pre-test and post-test knowledge on fall prevention among caregivers of geriatrics.

Table 2 and **Figure 2** depicts that effectiveness of pre-test and post-test knowledge on fall prevention among caregivers of geriatrics. The mean score level of knowledge in pre-test was 7.24 ± 2.184 and the post-test was 20.63 ± 1.555 respectively. The calculated paired 't' test value of $t = 54.491$ shows that statistically highly significant in the level of knowledge on fall prevention among caregivers of geriatrics.

Hence the study results show that, video assisted teaching on fall prevention among caregivers of geriatrics was very effective in increasing the level of knowledge regarding all prevention.

Table 3: Association between the level of cognition regarding fall prevention among caregivers of geriatrics with their selected socio-demographic variables and clinical variables and demographic variables of caregivers.

Do you have any of the following eye disorder	Cataract	27	7.37	2	8	8.1106	0.0438 S*
	Glaucoma	31	7.87	2.49	8		
	Diabeticretinopathy	32	6.47	1.74	6		
	Others(specify)	10	7.4	2.5	7.5		

The remaining variables did not have any significant association. Hence, the stated hypothesis that there is an association between the level of cognition regarding fall prevention among caregivers and selected demographic variables was rejected.

Discussion

A pre-experimental one group pre-test and post-test study was performed among 100 participants in Serene Pelican and residing area of pinnachikuppam. Data were collected from caregivers using structured questionnaires. The outcome measures were evaluated in 6th weeks, and the data were analysed using the descriptive and inferential statistics. The study results shows that, the majority of the caregivers had (91%) adequate knowledge, (9%) of caregivers had Moderate knowledge, and none of them had inadequate knowledge. The study revealed that after implementing video assisted teaching off all prevention among 100 caregivers of geriatrics the knowledge level is increased. The mean score of post-test was 20.63 ± 1.555 . The calculated paired 't' test value $t = 54.491$ shows that statistically significant in the level of cognition on fall prevention among caregivers of geriatrics. The author concludes that the video assisted teaching was helped the caregivers to know about the importance of fall prevention.

CONCLUSION:

The study results proved that a brief, structured, video assisted teaching effectively helped to increased the level of knowledge regarding importance off all prevention and reduced the risk of fall among caregiver of geriatrics.

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