

12th Nursing and Healthcare Congress

October 03-05, 2016 Vancouver, Canada

The effect of structured education provided to multiple sclerosis patients on self-care agency

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Aim: The aim of this study is to determine the effect of structured education with self-care deficit theory that is provided for multiple sclerosis patients on self care agency.

Materials & Method: The study was conducted between June 2013 and March 2016. The study included 400 volunteer patients who are registered in Neurology Polyclinics in Ondokuz Mayıs University Health and Research Center between August 2012 and August 2015. The patients randomly were divided into two groups as interference and control group. There were 30 patients on in each group. In addition to their routine polyclinic pursue the patients who were in interference group received education which was structured according to Orem's Self-Care inefficiency theory and pursued 4 weeks either by phone or meeting face to face. The control group patients however were applied routine polyclinic pursues and talked with them once in a month on the phone or face to face when the patient requested. "Patient introduction form", "Bartle Index", "Brief Disability Questionnaire" and "Exercise of Self Care Agency Scale" were used to collect the data. Patient introduction form, "Bartle Index", "Brief Disability Questionnaire" was used when met with the patients first time and "Self - Care Agency Scale" was applied at the end of 6th month.

Findings: Exercise of Self Care Agency Scale pretest point average of the interference group patients was defined as 94.53+17.34 and final test average was defined as 112.56+15.57. When the pretest and final test results among the group were compared it has been confirmed that the statistical difference is very meaningful ($p<0.001$). Exercise of Self Care Agency Scale pretest average was defined as 99.33+18.54 and final test average was defined as 108.76+16.14. When the pretest and final test results among the group were compared it has been confirmed that the statistical difference is very meaningful ($p<0.05$). However in the evaluation among groups it was determined that the difference between experiment and control was not statistically meaningful (112.56+15.57, $p>0.05$).

Conclusion: At the end of the research it was determined that the education structured with Orem's Self-Care Deficit Theory is efficient on the Multiple Sclerosis patients self-care agency.

Biography

Magfiret Kara Kaşıkçı obtained her PhD from University of İstanbul. Currently, she is a Professor at the Faculty of Nursing University of Atatürk. Her research interests include care of chronic illness, nursing education, nursing ethics and nursing theories. She has published numerous publications in reputed journals as well as national and international presentations. She is involved in several research projects and a reviewer in many nursing journals.

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