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The myths and misconcepts and their practices in epilepsy among general population

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Background & Aim: Although epilepsy is one of the oldest medical conditions on record, it remains wrapped in mystery and myth. Separating the myths from the truths, and knowing the basics about epilepsy, is important. It makes us all feel at ease, creating a safer and more understanding community. The aim of this study is to assess the knowledge regarding myths and misconcepts and practices in epilepsy among general population.

Objectives: To determine the knowledge regarding myths and misconcepts in epilepsy among general population in nayarambalam panchayath, Ernakulam; To investigate the practices regarding myths and misconcepts in epilepsy among general population in nayarambalam panchayath, ernakulam; To findout the association between knowledge and practices regarding myths and misconceptions in epilepsy with selected demographic variables among general population in nayarambalam panchayath, Ernakulam.

Methods: A descriptive cross sectional survey was conducted in 200 samples by Non probability convenient sampling method among rural population in Nayarambalam panchayath, Ernakulam, Kerala . A Structured questionnaire was adopted for data collection and analysed by using descriptive and inferential statistics.

Results: Among 200 subjects around 50% still had myths and misconcepts regarding epilepsy. There is still wrong practices following among rural population during epilepsy attack like holding iron key (96.5%), how to avoid tongue bite(59.5%), positioning during attack (69%) and giving or sprinkling water (54%). There was a significant association found between the demographic variables like marital status ($p=.040$) and age ($p=.028$) of people with knowledge regarding myths and misconcepts and practices in epilepsy.

Conclusion: The result of the study showed that myths and misconcepts and wrong practices regarding epilepsy is still existing over rural population at Kerala. So there is strong need of awareness and health educational programmes over these areas.

Biography

Salini K has completed her Graduation in Nursing at Rajiv Gandhi University of Health Sciences and Postgraduation in Nursing at Tamil Nadu Dr. M.G.R University of Health Sciences. She is the Assistant Professor at Al Shifa College of Nursing under Kerala University of Health Sciences. She has published two papers in reputed journals.

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