

Improving Practice of Nurses to Deliver Respectful Adolescent Care (RAC): A Psychological Interventional Study

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Abstract

Introduction

Nurses are the backbone of any healthcare system and adolescence is a such an important stage of human development when we lay the foundation of good health. Therefore, health systems should take the responsibility to fulfil the different demands of adolescents by focussing on improving quality through health care facilities which are friendly to adolescents and also should be acceptable, effective, efficient, equitable, and safe for adolescents. We cannot ignore the role of nurses, which they play in the prevention of diseases and promotion of health, by providing preventive and curative health services.

Objectives- To assess and compare the practice of nurses regarding Respectful Adolescent care before and after an interventional program on Respectful Adolescent Care and to evaluate the effectiveness of training program on Respectful Adolescent Care (RAC).

Methodology- Quantitative pre-experimental research approach with Pre-test and Post-test design was used. 30 Registered Nurses working in a selected health care setting were included in the study. Structured observation checklist was used to collect data.

Result- Statistically significant difference was observed between the pre-test and post-test scores of nurses. It means that intervention regarding Respectful Adolescent Care was effective in improving the performance of nurses.

Conclusion- There is an improvement in the performance of nurses after training on Respectful Adolescent Care. The study recommends that improving nurses' performance through intervention program about Respectful Adolescent Care will not only help nurses but also help the adolescents to utilise and seek health care facilities to the fullest and thereby reducing the morbidity and mortality among adolescents.

Keywords: Respectful adolescent Care, Adolescents, Performance, Nurses, Psychological Study

Introduction

Nurses are the backbone of any healthcare system and adolescence is a such an important stage of human development when we lay the foundation of good health. Therefore, health systems should take the responsibility to fulfil the different demands of adolescents by focussing on improving the standard of health care facilities, which are friendly to adolescents and also should be acceptable, effective, efficient, equitable, and should keep safety aspects for adolescents. We cannot deny the role played by nurses in the prevention of diseases and promotion of health, by providing preventive and curative health services. Nurses are responsible for supervising the adolescents under their care and it should be done without hurting their feelings and sentiments as adolescents during this period, undergo rapid physical, cognitive and psychosocial growth which further affect their feelings, thinking, decision making power, and how they interact with the others in their surroundings (WHO, 2010).

In 1995, WHO, along with two international agencies, UNICEF and UNFPA discussed on the agenda, how to work for the betterment of adolescent health and development. They also emphasized on promotion of development of adolescents in healthy manner and also how to prevent diseases and in case problem arises, how they can be dealt with (WHO, 1997). As per the agenda, there should be some interventions which can be implemented to provide safe and conducive environment to the adolescents, and it should also cater to the special needs of the adolescents. Nurses can play a significant role in providing such type of environment in the

health care settings to the adolescents as they are the ones who are 24 hours with the patients (adolescents). Nurses should be sensitive and empathetic towards adolescents and their families.

Adolescents cannot be termed as “older children” or “younger adults”. They are unique individuals with unique requirements. They understand information in a different way because of various factors like interpersonal factors, social factors, institutional factors. It is important to understand how much information they can absorb, which channels we can use to provide information because information influence their behaviours to a great extent, and it helps them in taking decisions about their present as well as their future.

Health care providers should respond to the adolescents’ needs in a respectful manner and for this, they need to develop competencies like knowledge to understand their age wise growth and development. They need to develop communication skills to communicate with adolescents effectively. Health care providers need to be skilful enough to practice the respectful adolescent care so that, their right to respectful care is fulfilled. Adolescents with special conditions need to be provided timely and effective care (WHO, 2015).

There is a need to develop programs regarding adolescent health and the programs should focus on the enhancement of performance of health workers (Donna M. Denno et al. 2020). Therefore, the aim of present study is to assess the practice of nurses regarding Respectful Adolescent care before and after an interventional program on respectful adolescent care and also aims to improve nurses’ performance in delivering RAC.

The WHO Adolescent Health Framework was referred for preparing the training programme and the effects of educational intervention on the competencies of nurses in promoting adolescent healthcare was assessed. This study is one of the first in India, where practice of pediatric nurses was assessed before and after training on Respectful Adolescent Care and thereby improving their performance in promoting adolescent health.

Aim of the study: To assess and compare the practice of nurses regarding Respectful Adolescent care before and after an interventional program on Respectful Adolescent Care and to evaluate the effectiveness of training program on Respectful Adolescent Care (RAC).

Materials and methods

Study Design: Quantitative pre-experimental research design was used.

Study setting: Research was carried out in a selected hospital of New Delhi.

Study Sample: 30 Registered Nurses working in a selected health care setting were selected for the study. Sampling technique was non-probability (purposive sampling). Tools used for data collection was Structured observation checklist. An intervention program on Respectful Adolescent Care was introduced to them and on 7th day post-test was done. Practice was categorised as Poor (<50%), Moderate (51-75%) and good (>75%).

Results

Table 1: Demographic variables of nurses
 n=30

Demographic variables		n	%
Age	20-29 years	18	60.00%
	30-39 years	6	20.00%
	40 and above	6	20.00%
Gender	Male	0	0.00%
	Female	30	100.00%
Educational qualification	DGNM	9	30.00%
	B.Sc. Nursing	9	30.00%
	Post Basic B.Sc. Nursing	12	40.00%

	M.Sc. Nursing	0	0.00%
Marital status	Married	12	40.00%
	Unmarried	18	60.00%
	Others	0	0.00%
Years of experience	0 -4 years	9	30.00%
	5 -9 years	15	50.00%
	10 -14 years	6	20.00%
	15 and above	0	0.00%
Have you heard of RAC	Yes	0	0.00%
	No	30	100.00%
Attended in-service on RAC	Yes	0	0.00%
	No	30	100.00%

Table (1) reveals that high percentage (60%) of participants are in the age groups 20-29 years. All the participants were female. Regarding the education levels of the nurses', about 12% of the nurses, have done Postbasic B.Sc Nursing. Considering participants marital status, most (60%) of the participants were unmarried. Nearly half (50%) of the participants have work experience of 5-9 years. None of them have heard and attended In-service education on Respectful Adolescent Care.

Table 2: Pretest level of practice score of nurses

n=30

Level of Practice	n	%
Poor	12	60.00%
Moderate	18	40.00%
Good	0	0.00%
Total	30	100.00%

Table 2 shows the practice score of nurses before intervention. It shows that 40% of nurses had poor practice score, 60.00% of them had Moderate practice score and none of them had good practice score.

Table 3: Posttest level of practice score of nurses

n=30

Level of Practice	n	%
Poor	0	0.00%
Moderate	9	30.00%
Good	21	70.00%
Total	30	100.00%

Table 3 shows the practice score of nurses after intervention on Respectful Adolescent Care (RAC), and it shows that 30 % of them are having Moderate level of score and 21% of them are having good level of score. Here we can note that, none of the participant had poor practice score.

Table 4: Comparison of practice score between Pretest and posttest n=30

Pretest		Posttest		Mean difference	students paired t-test
Mean	SD	Mean	SD		
11.30	1.95	16.70	1.16	5.40	t=7.08 p=0.001***(S)

***p≤0.01 highly significant S= significant

Table 4 compare the pre-test and post-test Practice score of nurses, and it has been found that in pre-test, nurses are having 11.30 mean practice score and in post-test, they are having 16.70 mean practice score, so the difference is 5.40, this difference is large and it is a statistically significant difference. It was tested using students paired t-test.

Table 5: Effectiveness of Intervention on Respectful Adolescent Care and generalization of practice score of nurses

	Max score	Mean score	%Mean score	Mean Practice gain score with 95% Confidence interval	Percentage of Practice gain score with 95% Confidence interval
Pretest	20	11.30	56.50%	5.40(3.67 – 7.13)	27.00%(18.35%–35.65%)
Posttest	20	16.70	83.50%		

Table 5 shows the effectiveness of intervention on practice regarding Respectful Adolescent Care (RAC) among nurses working in selected health care settings. On an average, there is an increase of 27% in practice score of nurses in posttest after having intervention. Differences and generalization of Practice gain score between pretest and posttest score was calculated using mean difference with 95% CI and proportion with 95% CI.

Discussion

Professional knowledge and skills of nurses are vital in providing care to the patients especially the adolescents, as this phase is the most transitional one. Nurses need to be skilful enough to tackle health issues and in providing care to the adolescents. Nurses may acquire skills from various areas such as basic professional training provided during professional education, practical training, experiences from day-to-day life, and clinical observations. In this regard their performance can be improved if provided training or some intervention related to the topic which they are not aware of. This study is an attempt to improve the practice of nurses related to Respectful adolescent Care by introducing an intervention on Respectful Adolescent care.

In a study done by Kose Selmin et al (2019), it was found that after training on basic life support, knowledge scores and practical skill scores were raised as compared to scores before training among student nurses. These findings are similar with the findings of the present study where post-test practice score of nurses has been improved significantly after intervention on Respectful Adolescent care.

Research findings of the present study shows that there is an increase in the post-test practice score of nurses regarding Respectful Adolescent Care, similar findings were observed in a study done by Ranimol P and et al (2021), where practice score of nurses regarding CPR was improved after intervention.

In a study done by Sharma A K (2018), where knowledge and practice scores of nurses were raised significantly, after administration of training programme on nosocomial infection, which are in line with the findings of the present study where post-test practice scores increased significantly after intervention on

Respectful Adolescent Care, although knowledge aspect was not assessed in the present study. In another study done by Lee RL, Wang JJ (2016), there is significant improvement in the performance of paediatric nurses after attending the three-week training programme. They concluded that post-test scores were significantly higher and it had effect on competency of the nurses. These findings are consistent with the findings of the present study, where enormous improvement has been seen in the post-test practice scores of nurses after intervention on Respectful Adolescent Care. It can be deduced from the present study that if an educational intervention is provided to nurses, it can bring a change in their knowledge, attitudes and practice. This is evident as the nurses in this study exhibited improved practice score in providing RAC after partaking three-days intervention programme on RAC.

Conclusion

Pediatric nurses, when fully equipped with the skills of providing Respectful Adolescent Care, they can help the adolescent population in recovering from their physical and mental illness as well as help them in retaining their faith in the health care system. Empathetic practice of the pediatric nurses can help in increasing satisfaction among adolescents and thereby reducing or preventing the occurrence of several diseases. Respectful Adolescent Care is a concept that every pediatric nurse should be aware of, so that she can deal with adolescents in a respectful manner.

In the present study, after intervention, posttest practice score of nurses improved significantly, hereby confirming that intervention on Respectful Adolescent care was effective in improving performance of nurses.

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