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Effectiveness of an Educational Program To Improve Nurses' Knowledge In Providing Palliative Care for Patients With Advanced Chronic Obstruction Pulmonary Disease

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Introduction

In Hong Kong, chronic obstruction pulmonary disease (COPD) is the fifth leading cause of death in 2014. Many patients with advanced COPD will develop numerous physical & psychological symptoms and experience poor health-related quality of life. Thus, palliative care (PC) is an important component of the holistic management of patients with advanced COPD. However, the provision of PC for COPD patients is variable and limited. Nurses encounter barriers in providing quality care as they did not receive a proper training and there is currently little information about PC for the advanced COPD patients. Therefore, providing educational program for nurses in Hong Kong on PC for advanced COPD patients is needed.

Objectives

A project aiming to enhance the knowledge of nurses regarding PC for patients with advanced COPD in an educational program is conducted in Haven of Hope Hospital (HHH). The first step is to develop an educational program for nurses on PC for advanced COPD patients with the most appropriate nursing practice based on existing evidence. The second step is to educate nurses with knowledge in providing PC for patients with advanced COPD. A booklet, which contains the introduction of advanced COPD and the concept of PC, management of common physical symptoms and psychosocial needs for advanced COPD patients, was distributed to each participant. The objective of this study is to test the effectiveness of this educational program on knowledge enhancement among nurses.

Methodology

A one-group pre and post education quasi-experimental design was conducted to

examine the effectiveness of the program. The study was conducted in HHH. Convenience sampling was used and a total of 32 registered nurses (RN) or enrolled nurses (EN) in non-PC wards and respiratory wards were recruited. A MCQ test of 10 questions with a maximum of 10 scores was done to assess the knowledge level of nurses before and after the educational program. Paired t-test was applied to examine the effectiveness of the program. Also, an evaluation form was completed by each participant at the end of the program to evaluate the applicability and acceptance of the program.

Result

By analyzing the knowledge change of all participants, there was a statistically significant improvement of scores (Mean scores from 4.38 to 6.69) after educational program ($p < 0.01$). Also, participants agreed that the program could enhance their knowledge on palliative care for advanced COPD patients and improve their confidence to provide palliative care for those patients.