

**PILOT PROJECT ON STUDY TO ASSESS THE AWARENESS OF STAFF NURSES  
REGARDING NEURO PSYCHOTHERAPY IN DHIRAJ HOSPITAL**

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**ABSTRACT**

**Background of the study:** Psychotherapy is an essential part of medical care. Neuro psychotherapy is the most essential type of therapy. The most common nurses in decrease awareness of nurses who are working in critical area. **Aim:** Assess the reliability of self-developed tool on knowledge about neuro psychotherapy among nurses in Gujarat, India. **Material and method:** Non-experimental descriptive research design was used to assess the awareness of nurses regarding neuro psychotherapy. The evaluation of awareness was done through self structure question. **Result:** Analysis using the collected data was tabulated and analyzed by using inferential statistics and excel. The results show that among nurse's majority 66.67% having average and 33.33% poor knowledge score. **Discussion and Conclusion:** Tool was found reliable ( $r=0.83$ ). There is requiring of improvement of knowledge among nurses.

**Keywords:** Assess, Awareness, neuro psychotherapy.

## **INTRODUCTION**

Psychotherapy, defined as "a set of actions that assist individuals, who knowledge or are likely to skill disability, to accomplish and preserve optimum performance in communication with their environments" (WHO, 2011).<sup>1</sup> Preventive medication is the first time, where a disease is prevented from happening by avoiding the communication between agent, host and environment. Therapeutic medicine is the second phase, focuses on attempting to cure the disease. Most doctors perform curative medicine. However, there are several situation like rheumatoid arthritis, which has no cure and others like poliomyelitis in which the agent causing the disease has been eliminated from the host, but outstanding effects like paralysis still persist.<sup>2</sup> This makes it possible for appropriate orthotic devices to help patients walk. The number of patients requiring rehabilitation after the head injury is hard to determine because head injury is not always coded in medical account according to the degree of severity. Those who survive a head injury often will require lifelong public assistance and physical help to manage disability and intellectual impairment.<sup>3</sup> Neuro-Linguistic training is a controlling appliance that accomplishes psychotherapy extremely, and it enables a person to decode the origin of human being words and speech. By doing this way, people feel, think, speak, and thus are able of self-management and influencing others. Neuro-Linguistic training seeks the association among thinking (mental), speech (linguistics), and performance patterns (behavior).<sup>4</sup> Among nurses, ICU nurses practice a high level of stress because of special situation arising from the work surroundings and the type of patients, severe disease, higher levels of information and skills needed to work in this unit, and the need to react quickly, on time, and precisely to vital situations.<sup>5</sup>

## **MATERIAL AND METHODS**

The study was conducted by using non experimental descriptive design. Population of this study was nurses who are working in Hospital, Vadodara. The population in this studies 06 nurses. 06 nurses were selected as a sample by using non-probability convenient sampling technique. The study included nurses who are working in hospital and nurses who are post graduate were excluded. The data collected by a self structured questionnaire to assess the awareness regarding neuro psychotherapy.

Reliability of tool was assessed by conducting pilot study among 06 patients who participated in this study. A split half method and Karl Person's formula was used to check reliability its result

was 0.83. This states that modified self structure question was reliable. Validity of this tool was re examined by 5 experts. Finally all 8 criteria's were determined to assess the awareness regarding neuro psychotherapy. Data were analyzed using excel. Descriptive statistics and inferential statistics were used.

## **RESULTS**

The majority of nurses 4 (66.67%) age group between 23-28. Female participants were 5 (83.33%) more than male. The 5 (83.33%) were having B,Sc nursing, and 4 (30%) were 1-3 professional experience, 5 (83.33%) was working in critical area and 4 (66.67%) were no any training on neuro rehabilitation.

<b>Sr.no</b>	<b>Knowledge level</b>	<b>Frequency</b>	<b>%</b>
1	Poor	02	33.33%
2	Average	04	66.67%
3	Good	00	00%

Table shows that; awareness on neuro psychotherapy score of all participants having poor knowledge and majority of nurses 4 (66.67%) has average knowledge on endoscopy

The reliability of the self-developed tool was  $r=0.83$ , indicates that the tool reliable for the research study.

## **DISCUSSION**

Awareness regarding neuro-psychotherapy among nurses of poor and majority average awareness in this study Ortelli P et.al (2018) A study was conducted on effectiveness of a goal based intensive psychoanalysis in parkinsonian patients in superiorstage of disease to understand whether an inpatient, motor-cognitive, multidisciplinary, aerobic, severe and goal-based psychoanalysis treatment, 638 Parkinsonian patients, hospitalized to undergo a 4-week MIRT, were retrospectively identified. According to the Hoehn &Yahr (H&Y) scale, 496 were in H&Y stage 3 and 142 in H&Y stage 45. Outcome measures included: Combined Parkinson's Disease Rating Scale, Berg Balance Scale, Timed Up and Go Test, Six Minute Walk Test, and

Parkinson's disease Disability Scale. After psychoanalysis all outcome method appreciably enhanced in both groups of patients.<sup>6</sup>

Kim H, et.al a study was conducted on mixture of constraint-induced association psychoanalysis with Electro acupuncture improves functional 20 recovery following neonatal hypoxic-ischemic head damage in rats. The purpose of this study was to examine the effectiveness of combine constraint-induced group therapy and electro acupuncture to treat rat neonatal HI brain injury left widespread carotid arteries of postnatal day 7 rats were ligated to induce HI head damage, and the neonates were kept in a hypoxia chamber containing 8% oxygen for 2 hrs. Electro acupuncture at Baihui (GV 20) and Zusanli (ST 36) was performed concurrently with CIMT 3 weeks after HI induction for 4 weeks. The study concluded that a combination of CIMT and Electro acupuncture is an efficient process to treat hemiplegic due to neonatal HI head damage.<sup>7</sup>

Ford JM et.al a study on purposeful association assessment capability to expect head contact biomechanics in college football group of actors, and to decide whether head force biomechanics could give explanation preseason to postseason changes in practical associations show participants underwent two persons and postseason practical movement assessment screenings fusion tics is scored 0 to 100, and The LESS is scored 0 to 17. The study concluded that earlier investigate has established an organization among concussion and musculoskeletal damage.<sup>8</sup>

## **CONCLUSION**

The research study findings shows that staff nurses have poor and average awareness regarding neuro psychotherapy.

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