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To Assess The Knowledge Of Post Covid People And Patient Education About Covid-19

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Abstract

Corona virus disease (COVID-19) is a highly contagious infectious disease caused by severe acute respiratory syndrome coronavirus-2 (SARS COV-2).Most of the affected people will be experiencing mild to moderate respiratory syndrome. In case of COVID-19 infection the infected people with the risk factors may be more likely to get hospitalized or to go for the intensive care. The infection usually spreads from person to person which happens when the infected person cough, sneezes or talks near other people. The spread can be easily prevented by avoiding gathering, maintaining proper social distancing, using face mask, regular hand washing and maintaining healthy routine. Our study was an observational prospective study conducted among 500 subjects from eraviperoor gramapanchayat for 6 months. Among 500 participants 8.8% were aware about the spread, about 94% had taken precautions like use of sanitizer, mask, hand wash and social distancing. 66%% of the people were well aware about COVID-19. About 30% of the participants need counseling about the disease condition. Proper usage of mask and sanitizer were followed by most of the participants. Most of the participants were well aware of the importance of social distancing, precautions to be taken during the pandemic.

Keywords: COVID-19, Severe Acute Respiratory Syndrome Coronavirus -2, prospective study

Introduction

Corona virus disease (COVID -19) is a highly infectious disease caused by SARS COV-2, which causes respiratory symptoms that mainly includes fever or chills, cough, shortness of breath, fatigue, headache, muscle or body pain, nausea, vomiting, diarrhea. Patient education includes physiological and social support [1].

The patient should be well aware about the spread of the disease. It spreads mainly from one person to another. Preventive measures include physical distancing, social distancing, quarantining, ventilation especially in the indoor spaces, covering while sneezing and coughing, hand washing and even not touching face using unwashed hands. The very important thing to prevent the spread is to use the face mask and sanitize hands. The individuals must be focusing on the preventive measures.[2] The emergency medical attention includes trouble breathing, persistent pain or pressure in the chest, inability to wake or stay awake, pale, grey or blue colored skin, lips or nail beds depending on the skin tone.

The world health organization declares the COVID-19 outbreaks as a pandemic. The patient counseling improves health knowledge, lifestyle and care seeking behavior [3]. Its spread ratio is very fast. The three stages of COVID-19 recovery include acute COVID-19 which is after 4 weeks after diagnosis,

Ongoing COVID-19 which is 4 to 12 weeks after diagnosis. Educating the patient may benefit in halting the viral spread and making better containment of the infection.[4]

The patient education that should be provided includes information about how it spreads, like when an infected person coughs, sneezes, viral particles usually spread from the infected one to the other one who is in contact. Contact with sick people should be totally avoided, people should not touch face, only cough or sneeze using a handkerchief or tissue, clean and disinfect object and surfaces. Stay isolated when feeling sick, wash hands often using soap and water.

Methodology:

A community based observational prospective study was carried out to assess the knowledge of people and patient education about COVID-19.It was carried out for a duration of 6 months (January 2021 – June 2021).The estimated sample size was 500 and it was calculated using the formula n = [x P(1-P)/] [1 +]/e^2N.The study was on post covid participants from eraviperoor gramapanchayat. Data from 500 individuals were collected using a structured predesigned questionnaire. The participants who are willing to participate were asked to fill a prepared questionnaire to determine their knowledge regarding health condition. The questionnaire was filled through face-to-face interviews with patients and data were collected. Counseling was given. The data was entered in Microsoft excel 2010 version. Results were analyzed as tabular form and percentages. The People who were not affected by corona virus and those who were not willing to participate was excluded from the study.

Results:

Table 1: Data on information gained after covid exposure

SL. No:	Response	Frequency	Percentage
1	Be aware about the spread	44	8.8
2	Be safe at home	38	7.6
3	Do not go close to anyone	4	0.8
4	Do not go out without any genuine reason	51	10.2
5	Drink plenty of water and eat healthy foods	16	3.2
6	It is an infectious disease	52	10.4
7	Keep social distancing	119	23.8
8	Protect yourself from infection	6	1.2
9	Sanitize hands regularly	10	2
10	Stay Safely	8	1.6
11	Use face mask and sanitizer	38	7.6
12	Use mask	36	7.2

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13	Use sanitizer and mask while going out	48	9.6
14	Use face shield	12	2.4
15	Using gloves is better opinion, Eating nutritional food is good for health	18	3.6
	Total	500	100

The above table demonstrates information gained after COVID-19 exposure. The information gained include aware of the spread, be safe at home, do not go close to anyone, do not go out without any genuine reason, drink plenty of water and eat healthy foods, it is an infectious disease, keep social distancing, protecting yourself from infections, sanitize hands regularly, stay safely, use face mask and sanitizer, use mask, use sanitizer and mask while going out use shield on your face and using gloves and eating nutritional food for health. The maximum respondents were subjects who had told about the importance of *social distancing which was 23.8%*.

Table 2: Data on post covid precaution

SL. NO:	Response	Frequency	Percentage
1	Sanitizer	28	6
2	Mask	0	0
3	Hand wash	0	0
4	Social distancing	0	0
5	Sanitizer, Mask, Hand wash, Social distancing	472	94
	Total	500	100

The above table reveals that the total study population of 500 were divided into 5 groups based on post covid precaution. Out of this 6% subjects used sanitizer as a precaution after COVID -19 period 94% subjects took all precautions like use of sanitizer and mask, hand washing and social distancing.

Table 3: Data on awareness of hand washing

SL.NO:	Response	Frequency	Percentage
1	Yes	500	100
2	No	0	0
	Total	500	100

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The above table reflects that the total population of 500 was divided into 2 groups based on awareness of hand washing. All study population were aware about the correct technique of hand washing.

Table 4: Data on knowledge regarding social distancing

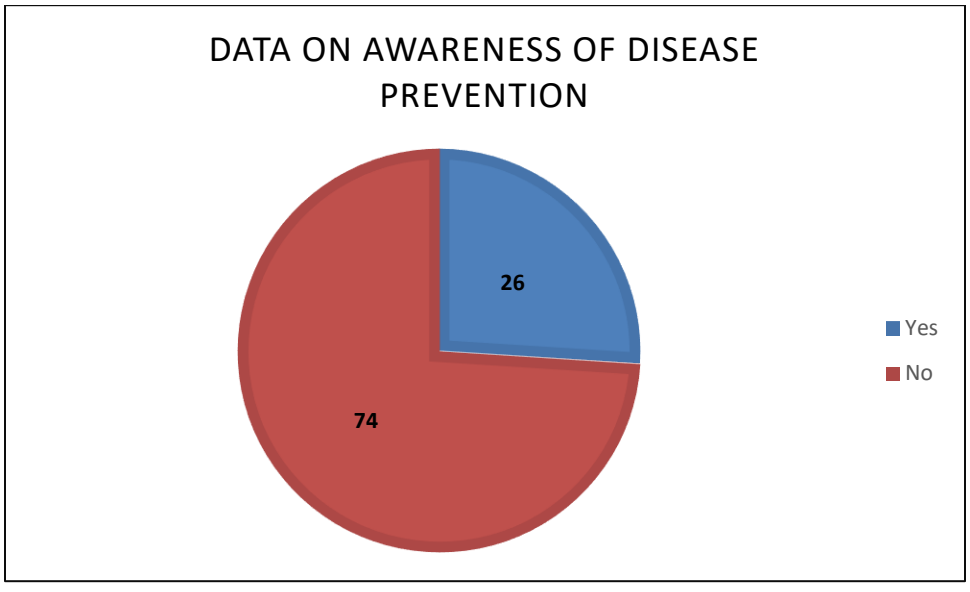
SL.NO:	Response	Frequency	Percentage
1	Yes	500	100
2	No	0	0
	Total	500	100

The above table illustrates that the total population of 500 were divided into 2 groups based on knowledge of social distancing. All study population had knowledge about social distancing.

Table 5: Data on awareness of disease prevention

SL.NO:	Response	Frequency	Percentage
1	Yes	132	26
2	No	368	74
	Total	500	100

Figure 1: Data on awareness of disease prevention



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The above figure reveals that the total study population of 500 was divided into 2 groups based on awareness of disease prevention. Out of this 26% subjects were aware about disease prevention and 74% subjects were unaware about disease prevention.

Table 5: Data on spread of covid-19

SL.NO:	Response	Frequency	Percentage
1	Nasal Route	73	14.6
2	People over age of 60,Children and People with chronic health issues	2	0.4
4	Through air	152	30.4
5	Through close contact	112	22.4
6	Through droplets and by contact	75	15
7	Through virus present in body fluids of infected person	86	17.2
	Total	500	100

The above table illustrates how covid-19 spreads. Out of which 14.6% was from nasal route, 0.45 in the people over ages of 60, children and people with chronic health issues, 30.4% through air, 22.4% through close contact, 15% through droplets and by contact and 17.2% through virus present in body fluids of infected person. Most of the spread was through the air which was 30.4%.

Table 6: Data on participation in counseling session

SL. NO:	Response	Frequency	Percentage
1	Yes	298	60
2	No	202	40

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	Total	500	100

The above table reveals that the total population of 500 was divided into 2 groups based on participation in counseling session. Out of this 60% study subjects attended counseling session and 40% subjects did not attended any counseling session.

Table 7: Data on counseling topic

SL. NO:	Response	Frequency	Percentage
1	Disease	258	30
2	Drug	252	29
3	Signs and Symptoms	202	23
4	Others	157	18
	Total	869	100

Discussion:

Majority of the people were aware about social distancing and other information which is similar to a cross sectional study conducted by **M O Aamin** on **Knowledge and information sources about COVID-19 among university students in Jordan** where 66.5% of the respondents were well about the infection.100% of the respondents were aware about the correct techniques of hand washing which is similar to the study conducted by **K Raj** on **Effect of frequent hand washing for COVID-19 prevention** in which 75% of the respondents were aware about the correct techniques of hand washing. The study illustrates that the total population of 500 were divided into 2 groups based on knowledge of social distancing. All study population had knowledge about social distancing. Most of the respondents had taken measures of precautions during COVID-19 period which is similar to a descriptive cross-sectional study conducted by **EA Mary** on **Infection prevention and control compliance among exposed health care workers in COVID-19 treatment centers in Ghana**: where they had a good awareness about the precautions.

Limitation:

Google forms were used for collecting information hence there are chances of misinterpretation. There are chances of wrong information from the respondents and We had difficulties during follow up due to the pandemic.

Conclusion:

Proper usage of masks and sanitizers were followed by most of the patients. Most of the participants were unaware about the disease prevention. In the study it was found that people had touched their nose, mouth and eyes frequently with unwashed hands. Majority of the people were well aware about the importance of social distancing, meaning of social distancing, precautions to be taken during covid period, correct technique and frequency of hand washing, knowledge regarding prevention, prevention of the spread, route of transmission, high risk population.

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