Comparison of the effectiveness of educational intervention based on Adult Learning Theory- with and without Telenursing on self-management in adult with Epilepsy

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Abstract:

Comparison of the effectiveness of educational intervention based on Adult Learning Theory with and without telephone follow up by nurse (Telenursing) on self-management in adult with Epilepsy

Introduction: Epilepsy is one of the most common neurological disorders in the world. Self-management had a significant effect on seizure control and quality of life. This study was conducted to compare of the effectiveness of educational intervention based on Adult Learning Theory with and without telephone follow up by nurse (Telenursing) on self-management in adult with Epilepsy.

Method: This study is a Randomized Controlled Trial (RCT) that done on 120 epileptic patients in Isfahan Society of Epilepsy. Data collection tool was Epilepsy Self-Management scale. Participants who met the inclusion criteria, were randomly assigned to the 3 groups: 1) Those in the education group without Telephone follow up received a four-session education based on Adult Learning Theory, 2) Those in the education with Telephone follow up group received four session education based on Adult Learning Theory plus 6 sessions telephone follow up by nurse and 3) Those in control group received no intervention. Then all participants had assessed with the same scale. Finally, Data was analyzed using SPSS (v.16).

Results: Before intervention there were no significant differences between three groups in demographic data and self-management score. Comparison of three groups after intervention showed that the mean score of self-management and sub scale in first and second group was increased significantly.

Conclusion: The results of this study indicate that the educational program based on Adult Learning Theory and telephone follow up had beneficial effects on self-management behaviors in epileptic patients.

Key words: Epilepsy, Self-Management, Education, Adult Learning Theory, Telephone Follow up