

Assessment of Knowledge Regarding Nutrition of Covid 19 Patient Among UG Students in Selected Nursing College at Jaipur, With A View to Develop an Information Booklet on Nutrition of Covid 19

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Abstract

Background: For COVID-19 patients, nutrition is essential to their recuperation and immune system support. Undergraduate (UG) nursing students' awareness and understanding of nutritional management, however, are yet unknown.

Materials and Methods: A quantitative research approach with a descriptive non-experimental design was used. The independent variable was the information booklet on nutrition in COVID-19. The study was conducted among 50 purposively selected UG nursing students in Jaipur. Data were collected using a structured knowledge questionnaire, and descriptive statistics were used to analyze the data.

Results: Among the participants, 56% were in the age group of 21–23 years, 78% were male, and 40% were from B.Sc. Nursing Part II. A majority (90%) were Hindu and 54% resided in urban areas. Mass media and books were the main sources of information for 40% of the students. The findings revealed that 28% had poor knowledge, 52% had average knowledge, and only 20% had good knowledge regarding nutrition for COVID-19 patients. The mean knowledge score was 13.20 with a standard deviation of 2.57.

Conclusions: The study concluded that the majority of UG nursing students possessed average to poor knowledge regarding nutrition in COVID-19 care. The development and distribution of an information booklet are expected to significantly enhance their knowledge and preparedness in future clinical practice.

Keywords: Knowledge; Nutrition; Covid 19; Patient

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Introduction

The disease quickly escalated into a global pandemic, prompting the World Health Organization (WHO) to declare COVID-19 a Public Health Emergency of International Concern (PHEIC) on January 30, 2020, and later a pandemic on March 11, 2020¹. The rapid human-to-human transmission, facilitated by respiratory droplets and contact with contaminated surfaces, contributed to widespread outbreaks and significant morbidity and mortality worldwide². In response, countries implemented various public health interventions, including lockdowns, travel restrictions, social distancing, and the promotion of hand hygiene and mask usage to control the spread of the virus³.

Healthcare systems globally were overwhelmed by the sudden influx of COVID-19 patients, leading to

shortages in medical supplies, personnel, and intensive care unit (ICU) capacity⁴. Frontline healthcare workers faced immense physical and psychological stress while treating infected individuals, often at great personal risk due to initial shortages of personal protective equipment (PPE)⁵. In addition, routine healthcare services were disrupted, resulting in delayed diagnosis and treatment of other chronic and acute conditions⁶. Scientific research and global collaboration accelerated the development of diagnostic tools, treatments, and vaccines. Several COVID-19 vaccines received emergency use authorization within a year of the outbreak, marking an unprecedented achievement in vaccine development⁷. Mass vaccination campaigns began in late 2020 and early 2021, significantly reducing the rates of severe illness and death, although challenges remained in ensuring equitable access to vaccines across low- and middle-income countries⁸. Despite these advances, continued vigilance, surveillance, and public health measures remain essential in managing the long-term impact of COVID-19⁹.

Aim of the study:

Aim of the study was to assess the knowledge regarding nutrition of covid 19 patient among UG students in selected nursing college at Jaipur. This could help In spreading the knowledge and information to a larger group of nursing students.

Objectives: The primary objective of this study was to assess the knowledge regarding nutrition of COVID-19 patients among UG students in a selected nursing college at Jaipur, with a view to developing an information booklet.

Hypotheses:

H₁: The mean test knowledge score of UG students exposed that they have some knowledge regarding nutrition of covid 19.

Materials & Methods

Objective of this study was to assess the knowledge regarding nutrition of covid 19 patient among UG students in selected nursing college at Jaipur. In this study quantitative research approach was used to assess knowledge regarding nutrition of covid 19 among selected UG students at Jaipur with view to develop information booklet” The study was conducted using, descriptive Non-Experimental research design with one group. Setting used for this study were Institute of Medical Technology and Nursing Education, Sitapura, Jaipur. The independent variable is information booklet regarding knowledge nutrition of covid 19 among selected UG students at Jaipur. The study was conducted on 50 UG students at Jaipur on nutrition of covid 19 using purposive sampling technique. The data was collected by using structured teaching knowledge questionnaire.

Results

Description of the demographic variable among UG students in selected nursing college at Jaipur shows that most of the samples 28 (56%) were age group of 21-23 year, most of them were male 39 (78%), Most of them were B.Sc. (N) Part II 20 (40%), Most of them were belong to Hindu Religion 45 (90%). Most of them 27 (54%) Urban Area of residence, most of them 20(40%) were gain knowledge from Mass media and books about nutrition on covid 19 patients.

Table 1- shows that frequency and percentage distribution according to the knowledge score of UG student regarding nutrition of covid 19 patient.

| S.No | Level of knowledge | Frequency(n) | Percentage (%) |
|------|--------------------|--------------|----------------|
| 1 | Good knowledge | 10 | 20 |
| 2 | Average knowledge | 26 | 52 |
| 3 | Poor knowledge | 14 | 28 |

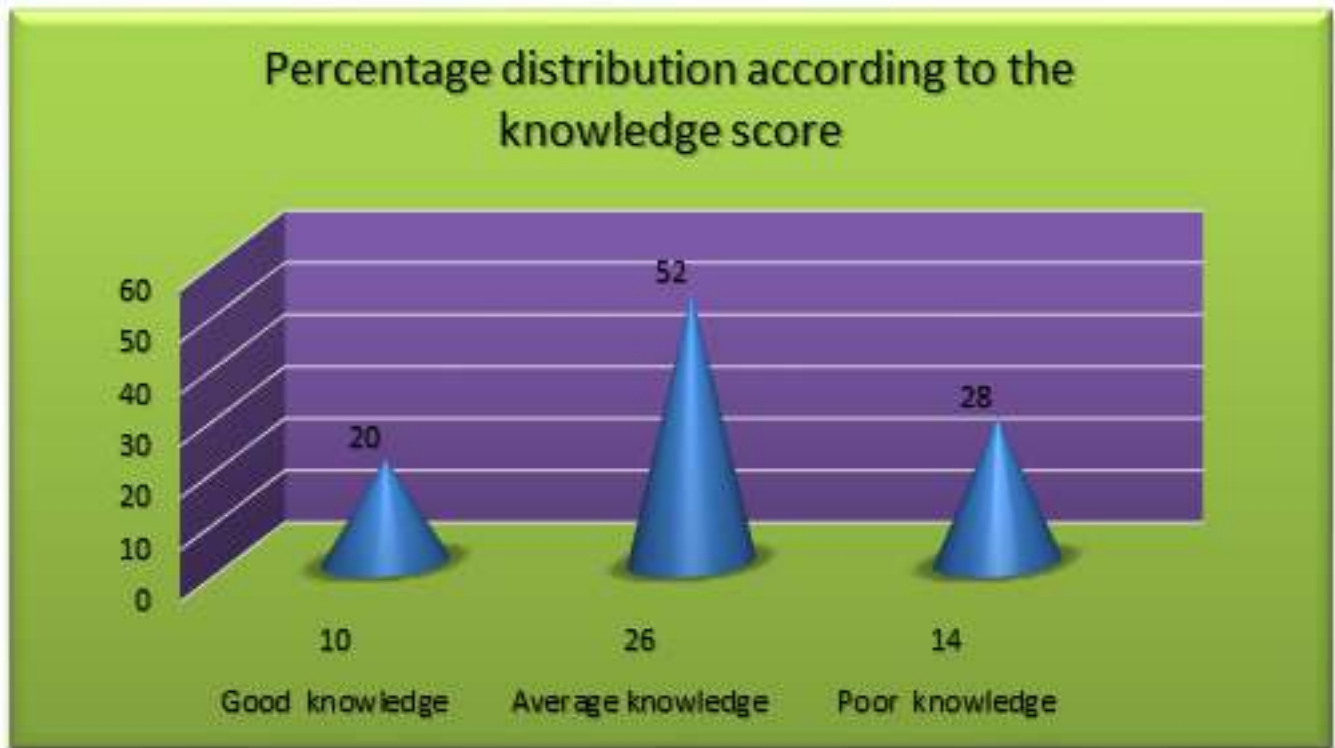


Figure: -1 shows that frequency and percentage distribution according to the knowledge score of UG student regarding nutrition of covid 19 patient. It reveals that 14 (28%) of UG student had poor knowledge, 26 (52%) of UG student had average knowledge, and 10(20%) of UG student had good knowledge.

Table 2 frequency, percentage, distribution, mean and standard deviation of nutrition of covid 19 among UG student by assessment level of knowledge

| Sr. No. | Level of knowledge | Frequency (n) | Percentage (%) | Mean | Standard deviation |
|---------|--------------------|---------------|----------------|-------|--------------------|
| 1. | Good knowledge | 10 | 20 | 13.20 | 2.57 |
| 2. | Average knowledge | 26 | 52 | | |
| 3. | Poor knowledge | 14 | 28 | | |
| | Total | 40 | 100.0 | | |

It reveals that frequency and percentage distribution of samples according to the knowledge score of UG student regarding nutrition of covid 19 patient. It reveals that 14 (28%) of UG student had poor knowledge, 26 (52%) of UG student had average knowledge, and 10(20%) of UG student had good knowledge as the mean score was 13.20 with the sample standard deviation of 2.57.

Discussion :-The aim of the study is “assessment of knowledge regarding nutrition of covid 19 patient among UG students in selected nursing college at Jaipur, with a view to develop an information booklet on nutrition of covid 19”. This study was a descriptive study. This study was conducted in UG students in selected nursing college at Jaipur. According to the knowledge score of UG student regarding nutrition of covid 19 patient. It reveals that 14 (28%) of UG student had poor knowledge, 26 (52%) of UG student had average knowledge, and 10(20%) of UG student had good knowledge as the mean score was 13.20 with the sample standard deviation of 2.57.

Conclusions: The main conclusion drawn in this present study was majority of UG students regarding nutrition of covid 19 had average, poor level of knowledge. After information booklet on nutrition of covid 19 the level of knowledge will be increase significantly.

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Conflicts of interests: There is no conflict of interest

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