Vartika Sharma
M.Sc. Nursing, Govt. State College of Nursing, Dehradun, Uttarakhand, India

Kamlesh Dixit
Assistant Professor, Govt. State College of Nursing, Dehradun, Uttarakhand, India

A study to assess knowledge and attitude of epileptic patients towards their illness and treatment in Govt. Doon medical college and hospital, Dehradun

Vartika Sharma and Kamlesh Dixit

Abstract
Epilepsy is a widely recognized health condition, but one that is poorly understood, even among people who know someone with the disorder. Lack of knowledge about the causes of epilepsy has been associated with negative attitudes. This this is study is carried out to assess knowledge and attitude of epileptic patients towards their illness and treatment And to find the correlation between knowledge and attitude of epileptic patients in Govt. Doon medical college and Hospital, Dehradun The quantitative research approach and descriptive design was used,, non-probability purposive technique was utilized to select the samples. The sample size of the research study was 100 epileptic patients attending Govt. Doon medical college and Hospital. The data was collected using a structured Questionnaire and a self-constructed rating scale. Majority of respondent (58%) were female. Findings of the study revealed that there is positive correlation between knowledge and attitude of epileptic patients towards their illness and treatment. Based on the findings of the present study majority of the epileptic patients had moderate knowledge and majority of respondents were having favourable attitude, regarding their illness and treatment. The finding of the study it can be concluded that there is moderately positive relationship between knowledge and attitude of epileptic patients towards their illness and treatment.

Keywords: Epileptic patients, knowledge, attitude, illness, treatment

Introduction
Epilepsy or seizure disorder is a chronic non-communicable neurological disorder characterized by recurrent unproved seizures. It has cognitive, psychological, behavioural and social consequences. Around 50 million people worldwide have epilepsy, making it one of the most common neurological diseases globally. Nearly 80% of Persons with epilepsy lives in low and middle-income countries. It is estimated that up to 70% of people living with epilepsy could live seizure free if properly diagnosed and treated. Reducing the burden of epilepsy in low- and middle- income countries requires understanding of cultural aspects of epilepsy, but studies still demonstrate that there is poor knowledge about methods of dealing with seizures. It is estimated that there may be about 12 million people with epilepsy in India, making it almost one sixth of the global burden. Around 14 people per, 1000 population are prone to suffer from epilepsy in India with higher estimates in children and young adult, and in rural areas. While 60% of people in urban India consult a doctor after suffering a seizure, only 10% in rural India would do so. A cross sectional study concluded that, Patients with epilepsy are not knowledgeable about their disorder. This is true regardless of age, educational background, or number of years with epilepsy. Atakli D *et al*. Epilepsy Behav 2016 assessed what PWE know about their disease in their study in Turkey. In this study they documented the knowledge deficit of PWE about their disease, a situation that may lead to suboptimal management and negative attitude. Kankane AK, Kankane A, Siddiqui M, Mishra P. (2015) assessed Knowledge, attitude and practice of epilepsy among persons attending tertiary care hospital of Bundelkhand region,. It was revealed that 64% patients thought that epilepsy is a mental illness. Twenty three percent believe it to be contagious disease or previous life sin. Negative attitude is shown as more than half persons stated that epilepsy is hindrance to marriage and occupation. Holy treatment by tantric or priest was favored by many. More than one third persons use onion, shoe or splash water on face to terminate seizure episode.
A study "a review of medical knowledge of epilepsy amongst isiZulu-speaking patients" at a regional hosp in KwaZulu-Natal. In this study they

Corresponding Author:
Kamlesh Dixit
Assistant Professor, Govt. State College of Nursing, Dehradun, Uttarakhand, India

found out that there were significant gaps in knowledge that may affect morbidity and mortality and concluded that there were considerable gaps in the medical knowledge of PWE's. Stacy Kuriakose, James Emmanuel, Kumar Anand (2014) Assessment of knowledge of epilepsy in epileptic patients attending a tertiary care centre in Kerala, India. A 15-item validated questionnaire was used to assess patient's awareness of epilepsy, safety aspects, social issues and treatment. Concluded that the patients in our study had a basic understanding of epilepsy, but knowledge in terms of safety measures, social issues and treatment options were poor. Educational interventions by health care professionals should focus on these facets of epilepsy apart from the general aspects.

Kassie G.M., Kebede T.M. Duguma B.K. (2014) in their study showed a statistically significant association was found between knowledge and literacy status which implies that with an increasing level of formal educations, a knowledgeable society with a more positive attitude towards epilepsy can be expected.

Methodology
The quantitative research approach and descriptive design was used, non-probability purposive technique was utilized to select the samples. The sample size of the research study was hundred epileptic patients attending Govt. Doon medical college and Hospital. This study consists of three tools for data collection, Socio-demographic tool is used to collect the socio demographic data of the samples and a Standard tool (EKP-G i.e. epilepsy knowledge Profile-General) containing 25 items is used to assess knowledge of epileptic patients regarding epilepsy and its treatment and a Self-structured tool (rating scale) consisting 15 items is developed and used to assess attitude of epileptic patients towards their illness and treatment.

Table 1: Description of socio demographic variables of the study participants. N=100

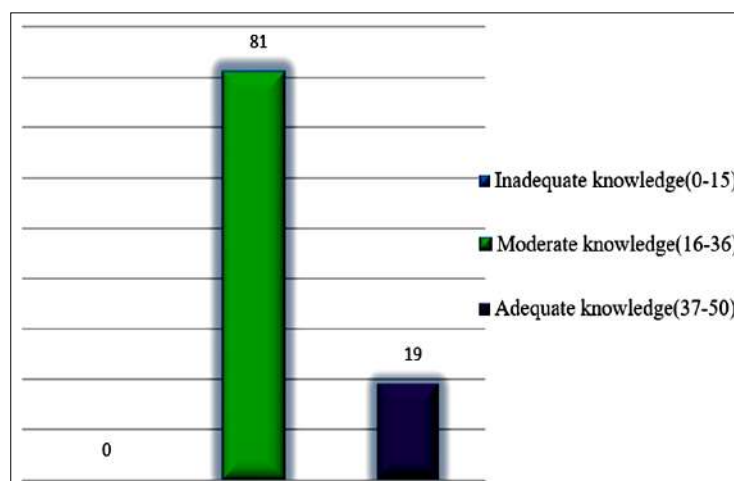| S. No.	Demographic variable		Frequency	Percentage
1.	Age (Years)	18-35	49	49%
		36-45	32	32%
		46-55	19	19%
2	Gender	Male	42	42%
		Female	58	58%
3.	Occupation	Student	57	57%
		Working	31	31%
		Unemployed	12	12%
4.	Marital Status	Single	56	56%
		Married	38	38%
		Divorced	6	6%
5.	Education	Illiterate	18	18%
		High school	21	21%
		Intermediate	38	38%
		Graduation	11	11%
		Post-graduation	12	12%
6	Number Of Years With Epilepsy	<1	38	38%
		1-5	56	56%
		6-10	6	6%
		11-15	Nil	Nil
7.	Frequency Of Seizures	Monthly	78	78%
		>1/month	1	1%
		Yearly	9	9%
		>1/year	12	12%
8.	Months On Follow-Ups	1/month	68	68%
		>1/month	6	6%
		1/year	4	4%
		>1/year	24	24%

Fig 1: Level of knowledge among population.

Major finding of this study is that 81% (81) of the epileptic patients had moderate knowledge, 19 percent had adequate knowledge and none of them had inadequate knowledge towards their illness and treatment.
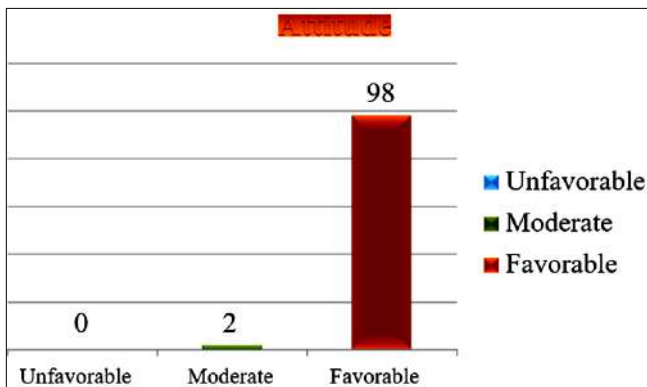

Fig 2: Level of Attitude among the population.

Findings revealed that 98% were having favorable attitude, while only 2% with moderate and No subject was carrying unfavorable attitude regarding their illness and treatment.
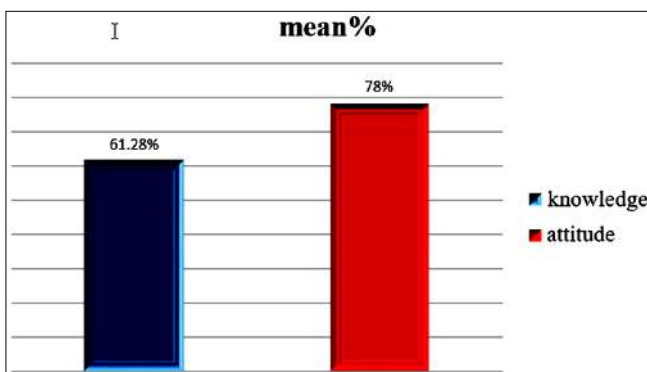

Fig 3: Mean knowledge and attitude percentage among population.

Knowledge mean score of respondents were found to be 30.64, mean percentage 61.28% with standard deviation 5.54Attitude mean score of respondents were found 58.55, mean percentage 78% with standard deviation 5.43. There is positive relationship (Moderate correlation) between knowledge and attitude of epileptic patients towards their illness and treatment obtained score is +0.380.

Conclusion
Patient education is an effective component of comprehensive care. Lack of knowledge about causes of epilepsy has been associated with negative attitude and beliefs, which leads to stigma towards it. It is also known that improvement in patient's knowledge may improve the symptom control. Based on findings of the study, it can be concluded that the majority of respondents had moderate knowledge towards their illness and its treatment and majority of respondents were having favorable attitude, regarding their illness and treatment. And there is moderately positive relationship between knowledge and attitude of epileptic patients.

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