

ABSTRACT

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KEY WORDS : Toothache, Earache, Headache, Home remedy, Management.

STATEMENT OF THE PROBLEM

A descriptive study was conducted to evaluate the knowledge and practice of women on management of different kinds of pain among adults in South Pichavaram, Chidambaram Taluk.

OBJECTIVES

1. To assess the existing knowledge and practice of women on various aspects of management on toothache, earache and headache among adults.
2. To study the relationship between knowledge and practice of women on management of toothache, earache and headache.
3. To find out the association between knowledge and practice of demographic variables such as age, education, occupation of people in management of toothache, earache and headache.

RESEARCH DESIGN & METHODOLOGY

A total of hundred subjects were selected by using non probability convenient sampling technique. Structured Interview Questionnaire was used to assess knowledge and practice.

RESULTS

The study revealed that out of 100 subjects 83 (83%) had moderately adequate knowledge regarding management of toothache. Sixty (60%) of the subjects had adequate knowledge regarding management of earache and 62 (62%) of the subjects had adequate knowledge regarding management of headache.

The study showed that subjects were using different kinds of practices for management of pains. For toothache 53 (53%) of the subjects responded as using axe oil, 53 (53%) use banyan milk, 73 (73%) seek the services of dental OP and 65 (65%) of the subjects use over the counter pain medications. All the samples practice, gargling with salt water to relieve tooth ache.

For the management of earache nearly 36 (36%) of the subjects use dry ginger with breast milk, 69 (69%) use products of palm tree, 39 (39%) use aloe vera juice, 84 (84%) seeks the services of ENT OP, 06 (06%) use warm oil with garlic and 43 (43%) use salt water to relieve earache.

This study has also revealed that nearly 84 (84%) of the subjects used hot tea to relieve head ache, 57 (57%) consider resting and 76 (76%) refer medical OP for treatment. All 100 (100%) samples use pain balm and over the counter medication to relieve the head ache.

CONCLUSION

The findings of the study reveal that the knowledge and practice of women in home remedies for management and prevention of pain was moderately adequate. Hence the community health nurse should plan interventions on educating, training and supervising women to practice home remedies.