

“A study to assess the effectiveness of bay leaf solution on sore throat among people Residing in Sangli, miraj , Kupwad corporation area.”

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ABSTRACT

An irritated, painful, or scratchy throat that frequently gets worse when swallowed is referred to as a sore throat. Sore throat is one of the most common conditions for which emergency Rooms and primary care doctors are consulted. Colds and the flu are the most common viral Infections that lead to pharyngitis, or sore throats. The current research aimed to assess the effectiveness of bay leaf solution on sore throat objectives To assess the sore throat before the administration of bay leaf solution. To assess the sore throat after the administration of bay leaf solution. To compare the pre-test and post- test scores the study was conducted on 40 samples .This study shows that there is a highly significant difference is found between pre test and post test of sore throat among the community people .This clearly shows that the administration of bay leaf solution is effective on sore throat in the post- test.

HYPOTHESES:

H0: There is no significant difference after the administration of bay leaf solution on Sore Throat.

H1: There is significant difference between pre-test and post-test sore Throat.

MATERIAL AND METHOD:

A quasi experimental one group pre-test and post-test design was conducted to “A study by using purposive sampling technique 40 samples was selected for this study. A self-structured check was used to assess the sore throat. A researcher administered bay leaf solution to samples. After the administration of bay leaf solution on the 7th day post-test was conducted. Analysis was done using frequency and percentage distribution and paired ‘t’ test.

RESULT AND CONCLUSION:.

There were four sections in the research study. Section I contains demographic variables. Section II Analysis of pre-test of sore throat. Section III Analysis of post-test of sore throat. And sections IV Comparison between the pre-test and post-test score. It shows that, there is significant difference between pre- test and post- test of sore throat. This reveals that administration of bay leaf solution on sore throat was effective.

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INTRODUCTION

An irritated, painful, or scratchy throat that frequently gets worse when swallowed is referred to as a sore throat.¹Sore throat is one of the most common conditions for which emergency Rooms and primary care doctors are consulted.²Colds and the flu are the

most common viral Infections that lead to pharyngitis, or sore throats.³

Acute upper respiratory tract infections that impact the throat's respiratory mucosa cause sore throats. It is frequently arbitrary to refer to an acute upper respiratory tract infection as “sore throat” because

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Infections can affect any portion of the mucosa.⁴The two most frequent bacteria that cause sore Throats are Arcanobacterium haemolyticum and Streptococcus, which also causes strep throat. Young adults are primarily affected by Arcanobacterium, which also occasionally causes a Small red rash in addition to sore throats⁵ A sore throat can also be caused by other bacterial diseases, such as tonsillitis, sinusitis, and Bacterial pharyngitis.⁶A sore throat is often caused by inflammation in the delicate tissues of the throat and is more Often observed as a sign of another sickness. As a result, the symptoms that are actually present are simply indicators That the body is fighting back the infection.⁷Certain environmental elements, such dust and smoke, as well as main physiological reactions Like allergies are some of the common causes of sore throat, commonly known as the actual Triggers of the ailment.. The bay leaf, or Laurus nobilis, is a perennial shrub that is evergreen and a member of the Lauraceae family of plants. It has been utilized for a millennium and is a necessary component Of many traditional recipes and cooking methods⁸.Traditionally, two species of laurel are found: Laurus azorica and L. nobilis. The term “bay Laurel” refers to a number of plants that are not in the genus Laurus, such as the bay rum tree (Pimenta racemosa), or just “bay.”⁸It is frequently included in the French herb mixture known as “bouquet garni. “There is a long History of using bay leaf and its oil in traditional and folk medicine. In addition to being used As an emetic, stimulant, and diuretic, they include the treatment of respiratory illnesses and Infections, gastrointestinal discomfort and irregularities, diarrhoea, and amenorrhoea.⁸One of the most popular cooking spices for enhancing the flavour of meats, seafood, and soups Is bay. In addition to being a rich source of minerals and dietary fiber, bay is packed with Antioxidants. In addition to enhancing the flavour of food, bay tea relieves stomach aches, lung Congestion, colds, and sore throats.¹⁰

OBJECTIVES

To assess the sore throat before the administration of bay leaf solution.

To assess the sore throat after the administration of bay leaf solution.

To compare the pre-test and post- test scores

MATERIAL AND METHOD:

The current research aimed to assess the effectiveness of bay leaf solution on sore throat among people Residing in Sangli, miraj , Kupwad corporation area. The quasi experimental pre-test and post- test design and quantitative approach is use with purposive sampling technique. Total of 40samplswere selected from the selected areas of Sangli miraj kupwad

corporation area. Based on the criteria of selection Individuals with age group 20 to 60 years. Ethical permission was obtained from Institutional ethical committee and college Authority and DHO. Written permission was obtained. Participants Consent was obtained .Pre test: On the first day the sample selection pre assessment of sore Throat were assessed intervention was done on 40 sampls with 30 ml per day of Bay leave solution for 7 days. Post test: On 1st day, 3rd day and 7th day assessment was done t data was recorded.

ORGANIZATION OF FINDINGS:

SECTION 1:

The demographic variables of the participants were analysed in terms of frequency and percentage.

SECTION II: Analysis of pre-test of sore throat.

SECTION III: Analysis of post-test of sore throat.

SECTION IV: Comparison between the pre-test and post-test score.

SECTION: I

Table No.1) The demographic variables of the participants were analysed in terms of frequency and percentage.

N=40				
Sr . No	Demographic variable		Frequency	Percentage %
1.	Age of students	20-30	11	27.5
		31-40	12	30
		41-50	9	22.5
		51-60	8	20
2.	Gender	Male	21	52.5
		Female	19	47.5
3.	Education	Primary education	17	42.5
		Secondary education	11	27.5
		Graduate	10	25
		Post graduate	2	5
4.	Any allergies to Bay leaf If yes, mention	Yes	0	0
		No	40	100

Table No. 2) Analysis of pre-test of sore throat.

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n= 40

SIGNS AND SYMPTOMS	FREQUENCY	PERCENTAGE%
Cough	39	97.5
Fever	31	77.5
Running nose	34	85
Body ache	27	67.5
Sneezing	30	75
Pain in throat	40	100
Pain during swallowing	30	75
Swollen glands in neck	8	20
Hoarseness of Voice	31	77.5
White Patches inside the throat	0	0

RESULT : Above table and following figure depict that ,39 clients with cough ,31 clients with fever,34 clients with running nose,27 clients with body ache,30 clients with sneezing,40 clients with pain in throat,8 clients with pain during swallowing, 30 clients with swollen gland in neck, and 31 clients with Hoarseness of Voice .

Table No. 3: Analysis of post-test of sore throat.

N= 40

SIGN AND SYMPTOMS	FREQUENCY	PERCENTAGE %
Cough	19	47.5
Fever	0	0
Running nose	1	2.5
Sneezing	0	0
Body ache	5	12.5
Pain in throat	11	27.5
Pain during	8	20

swallowing		
Swollen glands in neck	0	0
Hoarseness of Voice	2	5
White Patches inside the throat	0	0

RESULT:Above table and following figure depict that,19 clients with cough ,1 client with running nose,5 clients with body ache,11clients with pain in throat,8 clients with pain during swallowing, clients with Hoarseness of Voice from 40(100%) clients.

Table No. 4: Comparison between the pre-test and post-test.

N=40

S r n o	As pec ts	Pre test		Post test		t v al ue	p val ue	Sign ifica nce
		M ea n	S. D .	M ea n	S. D .			
1 .	Cou gh	0.975	0.1158	0.455	0.055	6.244	0.0001	Sign ifica nt
2 .	Feve r	0.775	0.422	0.408	0.228	1.159	0.0001	Sign ifica nt
3 .	Run ning nose	0.85	0.361	0.015	0.111	1.355	0.0001	Sign ifica nt
4 .	Snee zing	0.675	0.474	0.111	0.111	9.000	0.0001	Sign ifica nt
5 .	Bod y ache	0.75	0.438	0.125	0.243	7.319	0.0001	Sign ifica nt
6 .	Pain in	1	0	0.2	0.4	1.0	0.0	Sign ifica

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	thro at			7 5	0 2	1 3	00 01	nt.
7 .	Pain duri ng swal lowi ng	0.75	0. 4 3 8	0. 2	0. 4 2 8	6 .9 0 4	0 . 00 00 1	Sign ifica nt.
8 .	Swo llen glan ds in neck	0.2	0. 4 0 5	0	0. 3 0 1	3 .1 2 2	0 . 00 33 7	Sign ifica nt.
9 .	Hoar sene ss of Voic e	0.77 5	0. 4 2 2	0. 0 5	0. 1 5 7	1 0. 1 3	0. 00 00 1	Sign ifica nt.
1 0 .	Whit e Patc hes insid e the thro at	0.02 5	0. 1 5 8	0	0. 1 5 7	— —	— —	—

RESULT:

Above table shows that, t value is 6.244 and p value is 0.00001 for cough it is <0.05 (at 5% level of significant) .For fever t value is 11.590 and p value is 0.00001 it shows that result is significant. Running nose is having t value 13.55 and p value 0.00001 which is significant. For sneezing t value is 9.000 and p value 0.00001 it states that there is significant difference between pre-test and post-test.In a table t value is 7.319 and p value is 0.0001 for body ache it is significant. The t value and p value for pain in throat is 10.13 and 0.0001 respectively which is significant. Pain during swallowing is having t value 6.904 and p value is 0.0001. shows that result is significant. For swollen glands in neck the t value 3.122 and p value 0.0033 it shows that result is significant. For hoarseness of voice t value is 100.13 and p value is 0.00001 it states that the result is significant.

NURSING IMPLICATION

NURSING PRACTICE:

The nurse, as a service provider, should periodically organize and conduct mass education programs regarding sore throat awareness.Bay leaf solution is

cost effective and easily available which has high antioxidant, antibacterial, antiviral, anti-inflammatory and effective in reducing the sore throat, the nurse must implement information education and communication (IEC) to create awareness to the community on the benefits of bay leaf.

NURSING ADMINISTRATION

The nurse as an administrator should design formal teaching programme on sore throat and its prevention using non-pharmacological and alternative system methods in reducing sore throat in the community. Nurse administrators should take adequate steps the growing bodies in formulating policies and protocol in providing patient education and plans for manpower money material, method and time to conduct successful and use full patient education programme.

NURSING EDUCATION

As a nurse educator, we must strengthen the concept of nonpharmacological methods for management of sore throat. Nursing curriculum to be equipped with knowledge regarding various health Information and alternative therapy. Integration of theory and practice is a vital need and it is important to nursing education. Nursing educators should emphasize on use of bay leaf solution.

NURSING RESEARCH

Study findings will help to develop positive approach towards findings out alternatives non pharmacological treatment over various disease.The researcher can expand views on the topic and come up new possibilities over the disease condition. Following recommendation researcher can enhance their capabilities and can find out effect of bay leaf solution on various kinds of diseases based on the properties of bay leaf solution.

RECOMMENDATIONS

An identical study can be conducted to assess the effectiveness of bay leaf solution on various disease. A comparative study can be performed to assess the effectiveness of bay leaf solution on sore throat between rural and urban population. A descriptive study can be conducted to assess the knowledge regarding sore throat among rural and urban area. An identical study can be conducted to assess the effectiveness of bay leaf solution on lipid profile among diabetic client

CONCLUSION:

This study shows that there is a highly significant difference is found between pre test and post test of sore throat among the community people .

This clearly shows that the administration of bay leaf solution is effective on sore throat in the post- test.

This reveals that, the administration of bay leaf solution is effective on sore throat.

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