



**Research Article**

**A STUDY TO ASSESS THE EFFECTIVENESS OF VIDEO TEACHING PROGRAMME ON KNOWLEDGE ABOUT COMPUTER VISION SYNDROME AMONG MEDICAL CODING TRAINEE IN A SELECTED MEDICAL CODING TRAINING INSTITUTE, CHENNAI.**

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**ABSTRACT**

In this modern world everywhere we can see each and every individual either with a computer or mobile phone, this may make many works simpler, time saving, etc but on the other side there is also certain ill effects, among that one of the major problem that is increasing silently is “Computer Vision Syndrome.” It is not a single problem but it is a group of problems associated with it and it may also vary from each individual. The study showed that there was significant improvement at  $p < 0.001$  in the post test knowledge. It also shows that there is no association between the selected demographic variables and the post test knowledge level. Thus the video teaching programme imparted to the medical coding trainees on Computer Vision Syndrome had an effect on their knowledge and had a great potential for accelerating the awareness among medical coding trainees.

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**INTRODUCTION**

In this modern world everywhere we can see each and every individual either with a computer or mobile phone, this may make many works simpler, time saving, etc but on the other side there is also certain ill effects, among that one of the major problem that is increasing silently is “Computer Vision Syndrome.” It is not a single problem but it is a group of problems associated with it and it may also vary from each individual.

Computer vision syndrome (CVS) is a condition resulting from focusing the eyes on a computer or other display device for protracted, uninterrupted periods of time. Some symptoms of CVS include headaches, blurred vision, neck pain, fatigue, eye strain, dry eyes, irritated eyes, double vision, vertigo/dizziness, polyopia, and difficulty refocusing the eyes. These symptoms can be further aggravated by improper lighting conditions (i.e. glare or bright overhead lighting) or air moving past the eyes (e.g. overhead vents, direct air from a fan).

**Objectives**

- ✓ To assess the pre test level of knowledge regarding Computer Vision Syndrome among medical coding trainees.
- ✓ To assess the post test level of knowledge regarding Computer Vision Syndrome among medical coding trainees.

- ✓ To compare the pre test and post test level of knowledge regarding Computer Vision Syndrome among medical coding trainees.
- ✓ To associate the pre test and post test level of knowledge of medical coding trainees with their selected demographic variables.

**METHODOLOGY**

The quantitative research approach and one group pre test – post test design (Pre experimental design) was used for the study. Convenient sampling technique was used to select the sample for the study. A sample size of 60 medical coding trainees was selected for this study. The study was conducted in Iskills Solutions, T.nagar, Chennai. The structured interview questionnaire was developed based on the objectives of the study after reviewing the literature. The questionnaire consists of two parts. Part I includes demographic variables and Part II consists of 25 closed ended questions regarding Computer Vision Syndrome.

**RESULTS**

The level of knowledge of Medical coding trainees in the pre test was 35 (58.3%) of them had inadequate knowledge, 22 (36.7%) of them had moderate level of knowledge and 3 (5%) of them had adequate level of knowledge on Computer Vision Syndrome. In the post test among the 60 medical coding trainees 1 (1.7%) of them had inadequate knowledge, 18 (30%) of them had moderate level of knowledge and 41 (68.3%) of them had adequate level of knowledge on Computer vision Syndrome. This shows that the video teaching programme was effective. Overall the paired ‘t’ test

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score was 28.0 which is highly significant at  $p < 0.001$ . The variables showed that there was no significant association between the selected demographic variables and the post test level of knowledge of medical coding trainees on Computer vision Syndrome.

## **CONCLUSION**

The study showed that there was significant improvement at  $p < 0.001$  in the post test knowledge. It also shows that there is no association between the selected demographic variables and the post test knowledge level. Thus the video teaching programme imparted to the medical coding trainees on Computer Vision Syndrome had an effect on their knowledge and had a great potential for accelerating the awareness among medical coding trainees.

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