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Knowledge and attitudes regarding students with seizures and associated factors among school teachers in selected Districts in Sri Lanka

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Background: Epilepsy is one of the most common neurological disorders of school going age. Teachers' knowledge and attitude are crucial being the first contacts of seizures occurring during school hours.

Objective: To assess knowledge, attitude and associated factors of teachers on students with epilepsy.

Method: A descriptive cross-sectional study was done including 406 teachers selected by multi-stage random sampling from six selected Districts. Data collected over three months using a structured, close ended questionnaire containing sections from Scale of Attitudes Toward Persons with Epilepsy (ATPE), a summated rating scale that measures attitudes and knowledge toward persons with epilepsy. Univariate and bivariate analysis was used. Comparisons of mean knowledge scores and presence/absence of positive attitudes were made using student t-Test and Chi-square test/ Fisher's Exact test accordingly.

Results: The majority (50.7%) was from Provincial schools (n=206). Over 57% (n=232) of respondents were educated up to or above graduate level, and 76.3% (n=310) were teaching subjects not related to science. Only 22.2% (n=90) of participants had taught a student with seizures, and 12.8% (n=52) had encountered a seizure during the class. Mean knowledge score was 58.4±18.6. Mean knowledge and attitude scores were not associated with teachers' age (p=0.71) gender (p=0.14), ethnicity (p=0.35, religion (p=0.21) or years of experience (p=0.14). Teachers teaching science-related subjects reported a higher mean score (62.7%±15.2) compared to those teaching non-science subjects (mean=57.1%±19.4); (p=0.001). Having previous experience with an epileptic student was associated with a higher mean knowledge score (p=0.02). Mean score for attitude was 81.4±14.8 which was significantly higher among those with previous experiences of students with epilepsy (p=0.02). The majority (93.3%) wanted to learn more about management of seizures.

Conclusion: The overall knowledge among teachers on seizures was average, and was inadequate on how to act during a seizure. The majority preferred to learn more on first-aid measures.