

## **A STUDY TO ASSESS THE EFFECTIVENESS OF INFORMATION BOOKLET ON KNOWLEDGE REGARDING PRESSURE RELIVING DEVICE ON PREVENTION OF PRESSURE SORES AMONG STAFF NURSES IN SELECTED HOSPITAL AT JAIPUR**

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### **ABSTRACT**

*A pressure ulcer is a localized injury to the skin or underlying tissues, usually over a bony prominence, as a result of pressure in combination with shear or friction occluding blood flow to that area. Prevention remains the best treatment for pressure sores. The primary nursing responsibility in preventing pressure sores is by implementing pressure sore preventing strategies for those identified as being at risk. Devices such as alternating pressure mattresses, foam mattresses with adequate stiffness and thickness, wheel chair cushions, padded commode seats, foam boots and lift sheets are useful in reducing pressure and shearing force. The reported incidence (number of new cases per year) of pressure ulcers in acute care facilities ranges from 2.7 % to 29.5%. The prevalence (Number of cases at one point in time) in acute care settings ranges from 3.5% to 29.5%. Several populations are at increased risk. Pressure sores are serious and common medical conditions in hospitals, and remain an important public health problem. Information from this Data Brief on pressure sore prevalence and practice use among hospital residents with pressure sores by staff nurses may provide a foundation for targeting public health efforts.*

**Key Words:** *Effectiveness, Information Booklet, Knowledge, Pressure Sores.*

## INTRODUCTION

A pressure ulcer is a localized injury to the skin or underlying tissues, usually over a bony prominence, as a result of pressure in combination with shear or friction occluding blood flow to that area. The most common sites for pressure sores are sacrum, heels, elbows, hips, ankles, shoulders, back and occiput. The factors that influence the development of pressure sores are the intensity of the pressure, the duration of the pressure exerted on the skin and the ability of the patient's tissue to tolerate it. Now it is viewed that pressure ulcers are as a result of negligence, especially in nursing care. So the prevention of pressure sore begins with the assessment of the knowledge of nursing personnel who provides care, identifying the client at risk and to adapt certain preventive strategies to reduce the prevalence of pressure sore..

## RESEARCH METHODOLOGY

The research methodology refers to the principles and ideas on which researchers bases their procedures and strategies. Methodology is the most important part of any research study which enables the researcher to form the blueprint for the study undertaken.

### Research Approach

Evaluative research approach has been adopted for the present study

### Research Design

The research design for this study was pre experimental one group pre-test and post-test design which was used to answer and to find out the relationship between the independent variable and dependent variables with objectives of assessing the knowledge regarding pressure relieving device on prevention of pressure sores among the staff nurse in selected hospital at jaipur.

### Variables

In this study socio-demographic variables are Age, gender, religion, education, working of experience, working of area, source of information and previous exposure to information regarding prevention pressure sore among the Staff nurse in selected hospital at Jaipur.

**Setting of the Study:** The setting of the study is Bhandari hospital, Jaipur.

**Population:** The population selected for this study comprised staff nurse of selected hospital, Jaipur who are in age group of 21 to above 36years.

**Sample and sampling technique:** Convenience sampling technique was used to select 50 staff nurses of selected hospital at Jaipur and who met the inclusion criteria for the study.

**Sample size:** The present study was conducted among 50 staff nurses of selected hospital at, Jaipur.

#### **Data collection tools and techniques:**

A Self structured knowledge questionnaire was selected on the basis of objectives of the study, as it was considered to be the most appropriate instrument to elicit responses from the subjects because the tool is the vital aspect for all kinds of studies. The tool was classified into two sections. **Section A:** 8 Demographic variable questionnaires which included Age, gender, religion, education, working of experience, working of area, source of information.

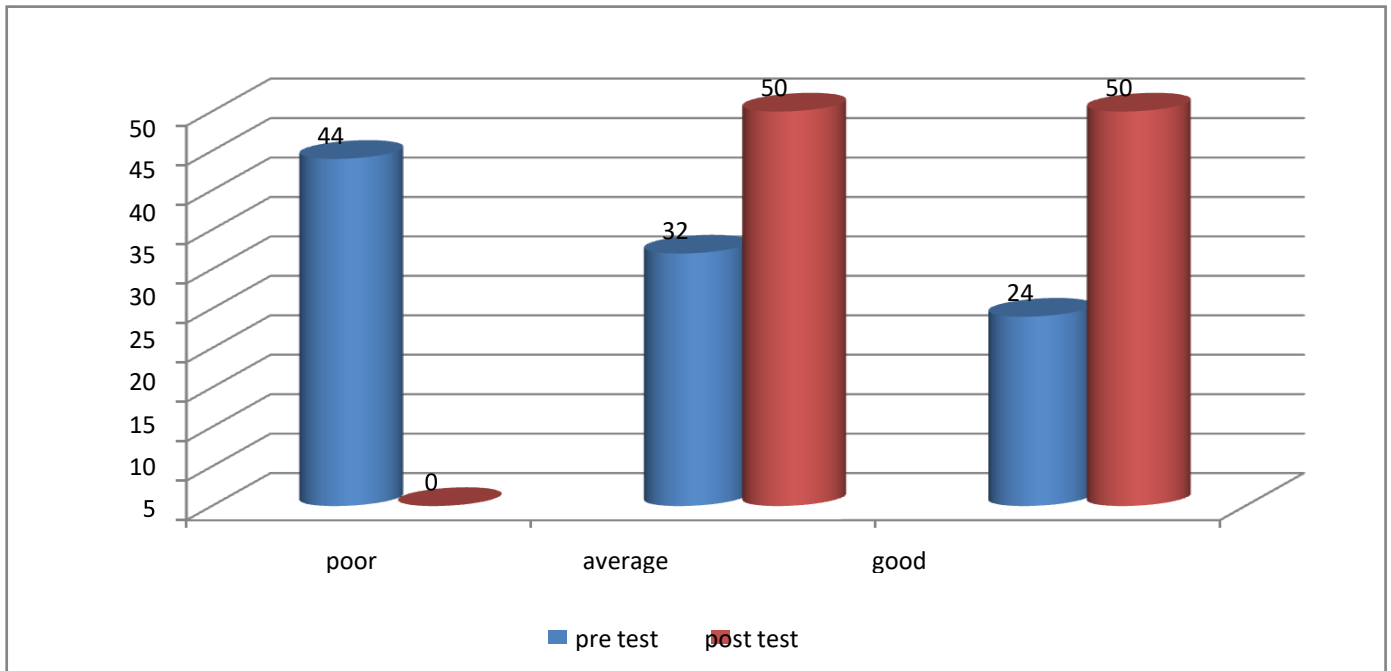
**Section B:** - Structured Self- Administered questionnaire consists of 30 item. Items were prepared based on the following aspects of prevention of pressure sore. Question related to introduction and definition: 5 items, Question related to causes and sign: 3 items, Question related to type and device: 14 items, Question related to prevention and management: 8 items.

## **RESULTS**

#### **Major findings are summarized as follows: -**

**Section-I :**In the study majority 40% of the staff nurse were aged between 26-30 years & 24% of them aged between 21-25 years, 20% of them were aged above 36 years and 16% of them aged between 31-35 years. The Majority 52% of the staff nurse belong to Hindu religion, 36% belongs to Muslims religion, 12% belongs to Christian and none of them from others. The Majority 50% of the staff nurse distribution according their gender 54% of male and 46% female. The majority 52% of the staff nurse were GNM and 28% B.Sc nursing and 20% Post basic. The majority of 36 % of the staff nurse have 1-3 years of experience, 30% have 3-6 years of experience, 18% have above 6 years of experience and remaining 16% have less than one years of experience. The majority of 32 % of the staff nurse have medical or surgical ward, 32% have ICU, 20 have orthopedic ward and remaining 16% have other ward. Majority 40% of staff nurse getting information by training, 28% of staff nurse getting information by books and journal, 16% staff nurse getting information by mass media and remaining 16% of staff nurse getting information by workshop.

**Knowledge Regarding Pressure Reliving Device on Prevention of Pressure Sores Among the Staff Nurses in Selected Hospitals in Pre Test and Post Test**



Depicts that majority 44% of the staff nurses had poor knowledge, followed by 32% had average knowledge and 24% had good knowledge regarding pressure reliving device on prevention of pressure sore in the pre-test. After administration of information booklet 50% of the staff nurse had good knowledge, followed by 50% had average knowledge and 00% of them had poor knowledge regarding pressure sore and reliving device

**Comparison of pre-test and post-test the knowledge regarding pressure reliving device on prevention of pressure sores among the staff nurse.**

	Mean	Mean Percentage (%)	SD	pressure reliving	Pressure reliving percentage (%)	df	t-value	Inference
Pre test	14.72	49.06%	2.62	7.02	47.69	48	16.08	S
Post test	21.74	72.46%	4.19					

It is evident that the obtained "t" value 16.08 is greater than the table value at 0.05 level of significance. Therefore, "t" value is found to be significant. It means there is gain in knowledge level of regarding pressure reliving device on prevention of pressure sores among the staff nurses in selected hospitals. This supports that information booklet on regarding pressure reliving device on prevention of pressure sores.

Association between pre-test knowledge regarding pressure relieving device on prevention of pressure sores among the staff nurse

Variable	Below median	Above median	Total	df	$\chi^2$	P value	Inference
<b>1.Age in years</b>							
21-25	08	04	12	3	21.49	0.0016	S
26-30	12	08	20				
31-35	05	03	08				
Above 36	06	04	10				
<b>Total</b>	<b>31</b>	<b>19</b>	<b>50</b>				
<b>Gender</b>							
MALE	15	12	27	1	0.00	1.00	NS
FEMALE	13	10	23				
<b>Total</b>	<b>28</b>	<b>22</b>	<b>50</b>				
<b>Religion</b>							
Hindu	16	10	26	3	21.49	0.0016	S
Muslim	10	08	18				
Christian	05	01	06				
others	00	00	00				
<b>Total</b>	<b>31</b>	<b>19</b>	<b>50</b>				
<b>Education</b>							
GNM	15	11	26	2	20.57	0.0002	S
Post Basic	07	03	10				
B.Sc.	10	04	14				
<b>Total</b>	<b>32</b>	<b>18</b>	<b>50</b>				
<b>work experience</b>							
< 1	04	04	08	3	25.06	0.0071	S
1-3	10	08	18				
3-6	12	03	15				
Above 6	05	04	09				
<b>Total</b>	<b>31</b>	<b>19</b>	<b>50</b>				
<b>working area</b>							
Medical or surgical	10	06	16	3	23.16	0.0006	S
Orthopedic ward	06	04	10				
ICU	10	06	16				
Others	05	03	8				
<b>Total</b>	<b>31</b>	<b>19</b>	<b>50</b>				
<b>source of information</b>							
Mass media	06	02	08	3	20.55	0.0001	S
Books and journal	10	04	14				
Workshops	05	03	08				
training	12	08	20				
<b>Total</b>	<b>33</b>	<b>17</b>	<b>50</b>				

## DISCUSSIONS & CONCLUSIONS

The present study was conducted to assess the effectiveness of information booklet on knowledge regarding pressure relieving device on prevention on pressure sore among the staff nurse in selected hospital at jaipur. In order to achieve the objectives, an evaluative research approach and pre experimental design was adopted and convenient sampling technique was used to select the samples.

The study was conducted over a period of from 23/08/2017 to 23-09-2017. The data were collected from 50 staff nurse with the help of information booklet questionnaires to assess knowledge regarding prevention of pressure sores, followed by administration of information booklet. After one week post test was conducted.

The overall findings of the study revealed that there was overall mean knowledge score obtained by the staff nurse was 21.74 and with standard deviation 4.19 and the mean percentage was 72.46% so this indicates that mothers have some knowledge regarding prevention of home accidents.

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