



EFFECTIVENESS OF PLANNED TEACHING PROGRAM ON KNOWLEDGE AND PRACTICE REGARDING BODY MECHANICS AMONG STAFF NURSES

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ABSTRACT

Body mechanics is using the body in an efficient and careful way. Knowledge and practice regarding body mechanics among staff nurses was assessed with the objective of to assess the knowledge and practice regarding body mechanics among staff nurses and assess the effectiveness of planned teaching program on knowledge and practice regarding body mechanics among staff nurses. Materials and methods: The one group pre and post test design was used in this study. Total 60 samples were selected, structured questionnaire and rating scale was used to assess the knowledge and practice among staff nurses. Results reveals that post test mean knowledge score 19.68 was higher when compared with pre test mean knowledge score 7.48 & post test mean practice score 29.45 was higher when compared with pre test mean practice score 22.93. Hence it is statistically interpreted that planned teaching program on knowledge & practice regarding body mechanics was effective.

KEYWORDS : Knowledge, practice, body mechanics

INTRODUCTION

Nurses play an important role in providing care to their client. They are the one who will be with the patient than physician and others and they are the back bone of hospital. Hence the nurses should have to take care of themselves and should be physically fit for that they should have knowledge regarding body mechanics and they should practice it to prevent work related musculoskeletal injuries.

- 1) To assess the pre test knowledge and practice regarding body mechanics among staff nurses.
- 2) .To assess the post test knowledge and practice regarding body mechanics among staff nurses.
- 3) To assess the effectiveness of planned teaching program on knowledge and practice regarding body mechanics among staff nurses..

To associate the knowledge and practice score with selected demographic variables.

METHODOLOGY

Research approach- Descriptive research approach
 Research design- One group pretest post test
 Setting of study- Selected hospitals of Nagpur city
 Sample- Staff nurses in selected hospitals
 Sample size- 60
 Sampling techniques- Non probability convenient sampling

OBJECTIVES

Tool- structured knowledge questionnaire, 3 point rating scale, planned teaching program.

Research variable- knowledge and practice regarding body mechanics

Demographic variable- age, gender, marital status, qualification, area of working, year of experience and monthly income.

Sampling criteria

Inclusion criteria

inclusive criteria was, staff nurses who are:

1. Registered nurses and are having RGNM, B.sc nursing and PBB.Sc Nursing qualification.
2. Able to read and understand English.
3. Willing to participate in study.
4. Available at the time of data collection

Exclusion criteria

staff nurses who:
 have completed any in-service education on body mechanics

RESULT

Based on the objectives and the hypothesis the data were analyzed by using various statistical test. The level of knowledge and practice is divided under following

Table no 1. Shows Description of effectiveness of planned teaching program in knowledge score of pretest and posttest of staff nurses regarding Body mechanics

Overall	Mean	SD	Mean %	Calculated t value	Df	Table value	p-value	Level of significance
Pre test	7.48	2.39	29.93	37.15	59	2.00	0.0001*HS	p<0.05
Post test	16.68	2.34	78.73					

Above table shows the overall mean knowledge scores of pre test and post test which reveals that A post test mean knowledge score was higher 19.68 with SD of ±2.34 when compared with pre test mean knowledge score value which was 7.48 with SD of ±2.39. The calculated t value 37.15 is greater than table value 2.00 at 0.05 level of significance. Hence it is statistically interpreted that planned teaching program on knowledge regarding body mechanics was effective. Thus H1 is accepted and H0 is rejected.

Fig .No 1: Bar diagram effectiveness of planned teaching programme in Knowledge scores of pre test and post test of staff nurses regarding body mechanics

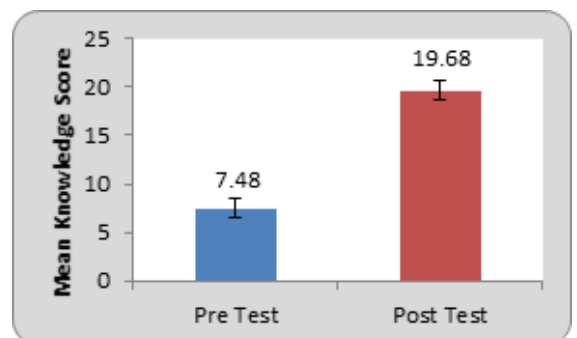
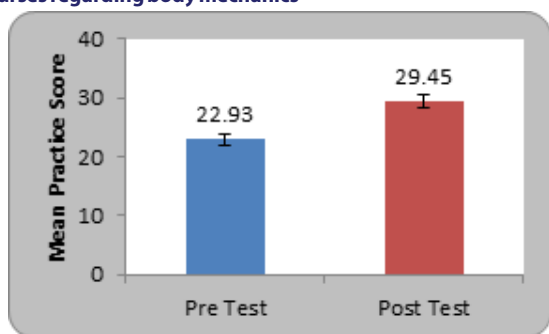


Table no:2: Shows Description of effectiveness of planned teaching program in Practice score of pretest and posttest of staff nurses regarding Body mechanic

Overall	Mean	SD	Mean %	Cal 't value	Df	Table value	p-value	Level of significance
Pre test	22.93	2.16	152.86	16.63	59	2.00	0.0001*HS	p<0.05
Post test	29.45	3.29	196.33					

Above table shows the overall mean scores of pre test and post test which reveals that post test mean Practice score was higher 29.45 with SD of ±3.29 when compared with pre test mean Practice score value which was 22.93 with SD of ±2.16. The calculated t value 16.63 is greater than table value 2.00 at 0.05 level of significance. Hence it is statistically interpreted that planned teaching program on Practice regarding body mechanics was effective. Thus H1 is accepted and H0 is rejected.

Fig .No 2: Bar diagram effectiveness of planned teaching programme in Practice scores of pre test and post test of staff nurses regarding body mechanics



DISCUSSION

DeRoyal, a manufacturer of orthopaedic soft goods, believed a total back hygiene program that included aggressive training in body mechanics would reduce the cost associated with back injury. Prior to implementing a back educational program, the knowledge base of employees was assessed. Most workers know the best way to lift. But, they had less knowledge of the best way to push. They also did not always use proper technique in lifting without twisting, planning lifts, and proper standing. A subset of workers that has previously attended back training sessions (n = 6) all gave the correct answers on 4 or the 5 survey items. Orthopedic nurses could play a critical role in the industrial setting through assessment of body mechanic knowledge and implementation of educational programs.

This Study reveals that knowledge regarding body mechanics was poor among staff nurses, but after implementation of planned teaching program knowledge and practice score of staff nurses was increased.

RECOMMENDATIONS:-

- A similar study can be replicated on a larger population for a generalization of findings.
- A Study may be conducted to evaluate the effectiveness of planned teaching program versus information booklet on body mechanics.
- A comparative study can be done to assess the knowledge of body mechanics among staff nurses in community and hospital setting.
- A descriptive study can be carried out to assess the attitude and practice of staff nurses on body mechanics.
- A similar study can be carried out to evaluate the effectiveness of video assisted teaching program on body mechanics.

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