



A STUDY TO ASSESS THE KNOWLEDGE AND PRACTICE OF BODY MECHANICS AMONG STAFF NURSES WORKING IN INTENSIVE CARE UNIT IN SELECTED TERTIARY HOSPITAL, KELAMBAKKAM, KANCHIPURAM DISTRICT, TAMILNADU

Mrs. Thenaruvi

M.Sc (NURSING), Associate Professor-Guide, Chettinad College of Nursing, Chettinad Academy of Research and Education, Tamilnadu, India.

Ms. Akila K*

B.Sc (NURSING) student, Chettinad College of Nursing, Chettinad Academy of Research and Education, Tamilnadu, India. *Corresponding Author

Ms. Karthiga K

B.Sc (NURSING) student, Chettinad College of Nursing, Chettinad Academy of Research and Education, Tamilnadu, India.

ABSTRACT

A descriptive study to assess the knowledge and practice of body mechanics among staff nurses working in intensive care unit, selected tertiary care hospital, Kanchipuram district, Tamilnadu. The objectives are to assess the Knowledge and Practice regarding body mechanics among staff nurses working in Intensive Care Unit. To determine the association between the knowledge and Practice and selected social demographic variables regarding body mechanics among staff nurses working in Intensive Care Unit. The mean value is 15.3 and the standard deviation value is 1.87. Results reveals that there is having significant association between the level of age ($\chi^2 = 1.76$), Year of service ($\chi^2 = 1.67$), Educational level ($\chi^2 = 1.04$), Designation ($\chi^2 = 2.14$), BMI ($\chi^2 = 1.21$), Exercise pattern ($\chi^2 = 2.27$). The Level of Knowledge are 0% had inadequate knowledge, 14% had moderate knowledge and 86% had adequate knowledge.

KEYWORDS : body mechanics, knowledge and practice

INTRODUCTION

"A GOOD STANCE AND POSTURE REFLEX A PROPER STATE OF MIND"

-MORIHEI UESHIBA

"Body mechanics is a two-word phrase used to describe the movements we make each any during normal activities, including lying in bed, sitting, standing, lifting, pulling, pushing and walking Good body mechanics will help remedy and prevent future back problems, while bad body mechanics contribute to back problems and other muscle and bone problems.

Poor body mechanics are often the cause of back problems. When we do not move correctly and safely, the spine is subjected to abnormal stresses that over time can lead to degeneration of spinal structures like discs and joints, injury, and unnecessary wear and tear. That is why it is so important to learn the principles of proper body mechanics. Proper body mechanics are vitally important for keeping our spine healthy. And it is easy to incorporate these principals into our daily life. It may seem unnatural at first, but if we keep at it, they will easily become routine and our back will thank us for it.

Body mechanics can be both good and bad and can have direct effects on back pain. Jobs of healthcare team members require pushing, pulling, carrying and lifting during patient care activities. Prolonged performance of these actions leads to muscles injuring the patients as well as nurses. To avoid these problems, proper body mechanics should completing a task can cause severe musculoskeletal strains and fatigue thereby increasing the risk be consciously used in performing a physical activity. A nurse should have thorough scientific knowledge of body mechanics and its proper use in their daily practice, muscles which cannot provide the best support and strength are forced into exertion, strain, injury, fatigue of the body tissue. Training seems to play an important role in reducing the incidence of injury, as shown by the fact that about 80% of injuries occur among nursing aides, orderlies, and attenders compared with 20% occurring among registered nurses.

"A Study To Assess the Knowledge and Practice of Body Mechanics among Staff Nurses Working in Intensive Care

Unit in Selected Tertiary Hospital Kelambakkam , Kanchipuram District, Tamilnadu."

OBJECTIVES:

1. To assess the Knowledge and Practice regarding body mechanics among staff nurses working in Intensive Care Unit.
2. To determine the association between the knowledge and Practice and selected social demographic variables regarding body mechanics among staff nurses working in Intensive Care Unit.

RESEARCH METHODOLOGY

Evaluate approach was considered since the Researchers want to assess the knowledge and practice of body Mechanics. The population of the study is Staff Nurse working in Intensive Care Unit. At Chettinad Hospital and Research Institute, Kelambakkam, Kanchipuram District. hospital. A purposive sampling technique was used to select 63 samples with the following inclusion criteria viz. The population of the study is Staff Nurse working in Intensive Care Unit. At Chettinad Hospital and Research Institute, Kelambakkam, Kanchipuram District.

REASERCH DESIGN:

Descriptive design is chosen for the study.

POPULATION:

The population of the study is Staff Nurse working in Intensive Care Unit at Chettinad Hospital and Research Institute, Kelambakkam, Kanchipuram District.

SAMPLE SIZE:

The sample of the study consists of 63 Staff Nurse who all are working in the Intensive Care Unit.

SAMPLING TECHNIQUES:

Purposive sampling techniques are used to select the sample.

SAMPLING CRITERIA:

A. INCLUSION CRITERIA:

1. Staff Nurses who all are working in intensive care unit.
2. Both male and female staff Nurses.
3. Staff Nurses who are able to read and speak English.

B.EXCLUSION CRITERIA:

1. Staff Nurses who are not willing to participate.
2. Staff Nurses who are very sick.
3. Staff Nurses who are above 50 years.

DESCRIPTION OF THE TOOL:

A Structured questionnaire will be developed as a tool for data collection. It will consist of two parts.

Section A: Demographic data of Intensive Care Unit Staff Nurses.

Section B: Consist of questions to assess the knowledge and practice regarding the Body Mechanics among the Staff Nurses working in Intensive Care Unit.

METHOD OF SCORING:

A structured questionnaire is used in this study. Scoring is based on the 'Thurstone' scale, which includes 'yes' or 'No' of 20 questions. Each (Yes) answer carries "1" (One) mark and (No) answer carries "0" (Zero) mark. The maximum score is 20 and minimum score is 0. The level of Knowledge (12 questions) and practice (8 questions) regarding body mechanics as,

SCORE	PERCENTAGE	KNOWLEDGE AND PRACTICE
< 6	< 34	Inadequate
7-13	35 - 69	Moderately adequate
>14	>70	Adequate

CONCLUSION:

On the basis of conducted research it can be concluded the assessment of Knowledge and practices of body mechanics among staff nurses working in the Intensive Care Unit.

On the basis of conducted research it can be concluded the assessment of Knowledge and practices of body mechanics among staff nurses working in the Intensive Care Unit.

Results reveals that there is having significant association between the level of age ($\chi^2 = 1.76$), Year of service ($\chi^2 = 1.67$), Educational level ($\chi^2 = 1.04$), Designation ($\chi^2 = 2.14$), BMI ($\chi^2 = 1.21$), Exercise pattern ($\chi^2 = 2.27$).

0 % had inadequate knowledge
14% had moderate knowledge
86% had adequate knowledge.

REFERENCES

1. "Joyce M Black, "Medical surgical Nursing clinical Management of positive outcomes" 7th Edition Volume 2, Elsevier Publication.
2. "Brunner and Suddarth's"(2007)"Medical surgical nursing" Volume - II, 11th edition Lippincott publications.
3. "Ezzati M, Lupus AD, Dogers"(2011) "A Selected major risk factors and global and regional burden of disease" 2nd edition, Lancet publication.
4. "K.Park,"(2010),"Text book of Preventive & Social Medicine", 16th Edition pub. Banarsidas Bhanot -2010.

JOURNALS:

5. Bashir, Munira. "Low back pain caused by muscular skeletal disorder" health care industry. Nursing journal of India, April 2002
6. Jaafar N, Ghazali M. Knowledge and Practice of Body Mechanics Techniques Among Nurses in Hospital Klang, Johor, Malaysia.
7. Karahan A, Bayraktar N, Effectiveness of an Education Program to Prevent Nurses' Low Back Pain An Interventional Study in Turkey WORKPLACE HEALTH & SAFETY • VOL. 61, No. 2, 2013
8. Gail Powell-Cope et al, Faculty Perceptions of Implementing an Evidence-Based Safe Patient Handling Nursing Curriculum Module, The Online Journal of Issues in Nursing, Vol. 13, No 3 Sept 08. Markusic Jeanne et al, Maintain a Healthy Spine Using Good Body Mechanics,

WEBSITES:

9. www.spineuniverse.com.
10. http://ajot.aota.org/on03/12/2015
11. http://www.WingUSA.
12. https://www.cpspain.com
13. www.bodymechanicsnyc.com
14. https://nurseslabs.com
15. www.coloradospineinstitute.com