



A DESCRIPTIVE STUDY TO ASSESS THE LEVEL OF KNOWLEDGE REGARDING MANAGEMENT OF SCIATICA DURING PREGNANCY AMONG STAFF NURSES IN SMVMCH, AT PUDUCHERRY

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ABSTRACT

Sciatica is a form of radiculopathy caused by compression of the sciatic nerve, the large nerve that travels through the buttocks and extends down the back of the legs. This compression causes shock - like or burning low back pain combined with pain through the buttock and down one leg, occasionally reaching the foot. **Objective:** To assess the knowledge among staff nurses regarding sciatica during pregnancy. To associate the level of knowledge among staff nurses regarding management of sciatica during pregnancy with selected demographic variables. **Methodology:** the descriptive research consists of 30 staff nurse who met inclusion criteria to assess the level of knowledge regarding management of sciatica during pregnancy among staff nurses at Puducherry. **Result:** level of knowledge regarding management of sciatica during pregnancy among staff nurses. In the staff nurses, majority of them had adequate level of knowledge 14 (46.7%), 12 (40%) had moderate level of knowledge and others 4 (33.3%) had inadequate level of knowledge regarding management of sciatica during pregnancy. **Conclusion:** A well planned nursing assessment were provided such as monitoring vital parameters, assessment of pain using visual analog pain intensity scale and its management like providing comfortable positions and extra comfort devices, hot and cold application in order to prevent the complication of sciatica during pregnancy.

KEYWORDS : Sciatica during pregnancy, staff nurses, knowledge.

INTRODUCTION:

Sciatica is a form of radiculopathy caused by compression of the sciatic nerve, the large nerve that travels through the buttocks and extends down the back of the leg. This compression causes shock-like or burning low back pain combined with pain through the buttock and down one leg, occasionally reaching the foot. In the most extreme cases, when the nerve is pinched between the disc and the adjacent bone, the symptoms may involve not only pain, but numbness an muscle weakness in the leg because of interrupted nerve signaling.

PGP and LP are two different patterns of LBP during pregnancy, although, a small group of women suffer from combined pain. PGP is common during pregnancy and postpartum period and approximately four times as prevalent as LP. It is described as deep, stabbing, unilateral or bilateral, recurrent or continuous pain, presenting between the posterior iliac crest and the gluteal fold, possibly radiating to the posterior lateral thigh, to the knee and calf, but not to the foot.

A nurse plays a vital role in this work, she is expected to carry out the instructions and aims to restore low back pain victim mentally and functionally. Nurses get the opportunity of taking the treatment to its logical conclusion by restoring the mother. In an pregnant women apart from the routine treatment, a nurse has an extended role of being a guardian apart from a nurse. The nurse gets an opportunity to treat the client as a whole.

STATEMENT OF THE PROBLEM:

"A study to assess the level of knowledge regarding management of sciatica during pregnancy among staff nurses in SMVMCH, at Puducherry".

OBJECTIVES:

- To assess the knowledge among staff nurses regarding sciatica during pregnancy
- To associate level of knowledge among staff nurses regarding management of sciatica during pregnancy with selected demographic variables

RESEARCH METHODOLOGY:

" A study to assess the level of knowledge regarding management of sciatica during pregnancy among staff nurses in SMVMCH, at Puducherry".

The target population who fulfill inclusion criteria are selected in this study. A purposive sampling technique was used to select 30 samples. A structured questionnaires tool to assess the knowledge regarding management of sciatica during pregnancy among staff nurses. , majority of them 14 (46.7%) had adequate level of knowledge, 12 (40%) had moderate level of knowledge and others 4 (33.3%) had inadequate level of knowledge regarding management of sciatica during pregnancy. The data collection was conducted for one week in hospital at puducherry.

The investigators first introduce herself to the staff nurses and developed a good rapport with them. The investigator explained the purpose of the study . The data collection was done by interview method separate questionnaires was used for management of sciatica during pregnancy. Simantaneously same data procedure used for the entire 30 samples.

MAJOR FINDINGS OF THE STUDY:

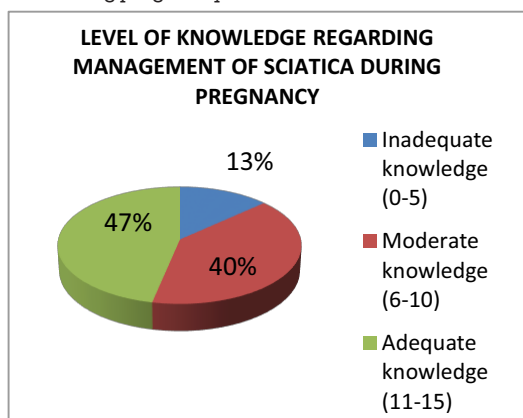
Table 1: Reveals that, Frequency and Percentage wise Distribution of Demographic Variables among staff nurses. Out of 30 staff nurses who were interviewed, Majority of the staff nurses 14 (46.7%) of study population were in the age group 26-30 years. Most of the staff nurses comes under female 27 (90%) in gender. Majority of the staff nurses were belongs to Hindu religion 25 (83.3%). Most of them comes under rural area 19 (63.3%).Most of the staff nurses were joined family 21 (70%). Majority of staff nurses were belongs to B.sc nursing in educational status 23 (76.7%). Majority of staff nurses were belongs to 1-5 years in total years of experience in nursing 18 (60%). Majority of staff nurses were belongs to 1-5 years in years of experience in obstetrics and gynecology ward 24 (80%). Majority of staff nurses were belongs to gynecological ward in area of working 13 (43.3%). Majority of the staff nurses were family monthly income is 22 (73.3%) in rupees 10001-15000 and Most of them having Previous experience of handling sciatica during pregnancy 22 (73.3%).

Table 2: Frequency and percentage wise distribution of level of knowledge regarding management of sciatica during pregnancy among staff nurses.

(N = 30)

LEVEL OF KNOWLEDGE REGARDING MANAGEMENT OF SCIATICA DURING PREGNANCY	FREQUENCY (N)	PERCENTAGE (%)
Inadequate knowledge (0-5)	4	13.3
Moderate knowledge (6-10)	12	40
Adequate knowledge (11-15)	14	46.7

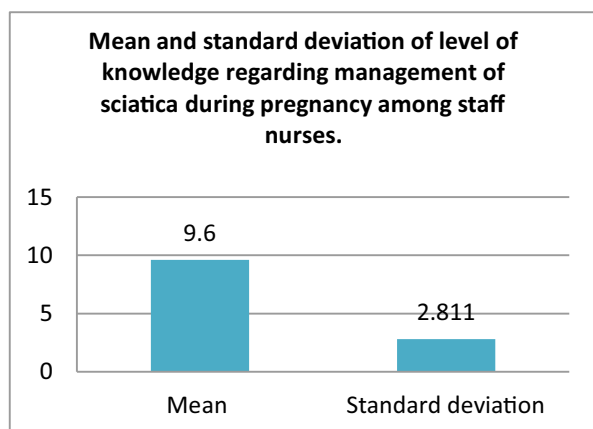
Table -2: Frequency and percentage wise distribution of level of knowledge regarding management of sciatica during pregnancy among staff nurses. In staff nurses, majority of them 14 (46.7%) had adequate level of knowledge, 12 (40%) had moderate level of knowledge and others 4 (13.3%) had inadequate level of knowledge regarding management of sciatica during pregnancy.

**Table 3: Mean and standard deviation of level of knowledge regarding management of sciatica during pregnancy among staff nurses.**

(N = 30)

LEVEL OF KNOWLEDGE REGARDING MANAGEMENT OF SCIATICA DURING PREGNANCY	Mean	Standard deviation
	9.600	2.811

Table -3: Mean and standard deviation of level of knowledge regarding management of sciatica during pregnancy among staff nurses is (9.600±2.811).

**Fig: 13 Mean and standard deviation of level of knowledge regarding management of sciatica during pregnancy among staff nurses****Table 4: Association of the knowledge regarding management of sciatica during pregnancy among staff nurses with their selected demographic variables.**

(N=30)

The table 4 depicts that the demographic variables Age (in years), Gender, Residency, Type of family, Educational status, Total Year of Experience in nursing, Year of Experience in obstetrics and gynecology ward, Area of working and Monthly Income had shown statistically significant association with knowledge regarding management of sciatica during pregnancy among staff nurses with chi-square value of ($X^2=22.84$, d.f=6) ($X^2=21.66$, d.f=2) ($X^2=13.74$, d.f=2) ($X^2=16.11$, d.f=2) ($X^2=30.25$, d.f=4) ($X^2=30.07$, d.f=4) ($X^2=21.96$, d.f=4) ($X^2=38.96$, d.f=8) and ($X^2=23.58$, d.f=4) at $p<0.001$ level. The demographic variables Previous experience of handling sciatica during pregnancy had shown statistically significant association with knowledge regarding management of sciatica during pregnancy among staff nurses with chi-square value of ($X^2=12.46$, d.f=2) at $p<0.05$ level. The other demographic variable religion had not shown statistically significant association with knowledge regarding management of sciatica during pregnancy among staff nurses.

CONCLUSION:

Thus the study findings reveals that management of sciatica during pregnancy among staff out of 30 samples 14 (46.7%) had adequate level of knowledge and some of them 4 (13.3%) had inadequate level of knowledge regarding Management of sciatica during pregnancy. A well planned nursing assessment were provided such as monitoring vital parameters, assessment of pain using visual analog pain intensity scale and its management like providing comfortable positions and extra comfort devices, hot and cold application, health education regarding dietary management, maintaining body mechanism and exercises, Personal hygiene, Self care activities and prevention of further complications.

RECOMMENDATION:

Based on the findings of the present study, the following recommendation have been made,

- The same study can be conducted in different settings
- The study can be replicated with larger samples for better generalization
- The study can be conducted by staff nurses.

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