



THE STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING BODY MECHANICS AMONG FIRST YEAR B. SC NURSING STUDENTS, NIMS COLLEGE OF NURSING.

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KEYWORDS :

INTRODUCTION

Body Mechanics is the efficient use of the body as machine and as a means of locomotion. Wright introduced the concept of body mechanics. It includes hold our body when we sit, stand, lift, carry, bend and sleep. The coordinated efforts of musculoskeletal and nervous system to maintain balance, posture and body alignment during lifting, bending, moving and performing activities of daily living provide the foundation for body Mechanics.

A variety of patients handling tasks exists within context of nursing care such as walking, turning, lifting, and carrying are the physical activities which are require muscle exertion during nursing care and are typically performed manually. The proper implementation of these activities reduce the risk of injury to the musculoskeletal system, facilitates body movements and allowing physical mobility without muscle strain. Continues repeated performance of the activities through out ones working also avoid the risk of work related musculoskeletal disorder.

Poor body mechanics are often the cause of health problems such as back problems, contracture, wrist drop, etc. when we don't move correctly and safely the spine is subjected to abnormal stress that over time can lead to degeneration of spinal structures and like disc and joints. Prolonged immobility and inactivity affects most areas of function. It also affects all systems causes orthostatic intolerance, pulmonary embolism, deep vein thrombosis, etc. Impaired mobility can severely restrict the client's ability to perform normal daily activities either temporarily or permanently.³

NEED FOR STUDY

Good body mechanics means using the safest and more efficient methods to lift and move the patients or heavy items. Every day activities can place undo stress on the spine. Learning how to use good body mechanics will minimize their stresses and decrease the incidence of back and neck injuries."

The study was done "to assess the highest incidence rates of injuries and illness from over exertion among private sector" in USA in 1994. Incidence rate of injuries and illness among nursing professional is 318/10000 workers, the number of cases in that year is 41,884. The incidence rate among air transportation is 306. Coal mixing is 235. Private industry is 76. Finance, insurance and real estate is 17. In these the least incidence rate in finance, insurance and real estate."¹⁰

A study was conducted to assess the manual handling practices and injuries among intensive care unit, nurses working action and respiration. Medical centre in Australia. The study reveals that the rate of manual handling injuries among ICU nurses was unacceptably high (52.2%), among which 71.4% of the nurses had incidence of back injury. In order to reduce manual handling injuries the study recommended employees to provide lifting assistance device. So as to minimize occurrence the need such problems.

A comparative study was conducted in Australia regarding

musculoskeletal disorders among rural Australia an nursing students. A self reporting questionnaire was administered to 260 students. A high propotion of students reported on musculoskeletal disorder at some body site (80.0%) with low back pain being the most common condition (59.2%). This was followed by musculoskeletal disorder of the neck(34.6%), knee(25.0%), shoulder (23.8%), feet(16.5%), wrist(12.7%) and legs(11.9%).

Statement Of Problem

The study to assess the Effectiveness of structured teaching programme on knowledge regarding body mechanics among First year B. Sc Nursing Students, NIMS College of Nursing.

OBJECTIVES

To assess the level of knowledge on body mechanics among first year B. Sc nursing students before and after structured teaching programme.

To find out the association between the pretest scores of knowledge regarding body mechanics among first year B. Sc nursing students with their demographic variables.

Operational Definition

Assess

Assess refers to the evaluator of the level of knowledge using a structural questionnaire.

Effectiveness

It refers to the improvement in knowledge after structured teaching programme.

Structured Teaching Programme

It refers to the power point presentation on the body mechanics which include normal body alignment and preventing the risk of health problems.

B. Sc NURSING STUDENTS

Refers to students who are studying in B. Sc Nursing first year NIMS College nursing

Assumption

The knowledge of body mechanics may help the First year B. Sc Nursing students to improve their health.

First year B. Sc Nursing students may have some knowledge on body mechanics from their clinical posting.

HYPOTHESIS

H1: There will be a significant by improvement level of knowledge mechanics among First year B. Sc Nursing students after structured teaching programme.

H2: There will be a significant association between level of knowledge selected demographic variables such as age, sex ,education qualification, parents occupation.

DELIMITATION

The study is delimited to,

- Asses the level of knowledge on body mechanics. 30 samples only

Samples are taking from only one setting

Age group of 17-20 yrs

RESEARCH METHODOLOGY

Research Approach

Research approach adopted for this study is quantitative evaluative research approach that is true experimental one group pre test post test design.

Research Design

The research design applied for this study is quantitative evaluative research design. The aim of the research is to know the effectiveness of structured teaching programme on knowledge regarding body mechanics among first year B. Sc nursing students.

Variables

A Concept which can take a different qualitative value is called variables.

The variables used for this study are demographic variable, independent variable. Independent variable is structured teaching programme and dependent variable is knowledge regarding body mechanics.

Settings Of Study

The research setting of the present study was NIMS College of Nursing, Neyyattinkara. Here four B.Sc Nursing batch and two M.Sc Nursing batch are present. In all these batch 200 students are studying.

POPULATION

The entire set of individual or objects having some selected for the research study. common characteristics

The population of the present study was first year B. Sc Nursing students.

SAMPLE AND SAMPLING TECHNIQUES

SAMPLE

Sample is a part or subject of population selected to participate in research study. It is a portion of the population which represents the entire population.

The sample selected for the present study was First year B. Sc in NIMS College of Nursing, Neyyattinkara. nursing students

Sample Size

Sample size is normally decided by the nature of the study, nature of population, type of sampling technique total variable statistical test adopted for analysis sensitivity of measures and addition.

The sample size selected for the study was 30 First year B. Sc Nursing students in NIMS College of Nursing, Neyyattinkara.

SAMPLING TECHNIQUE

Sampling Techniques refers to the process of selecting the portion of population to represent the entire sample. Sampling technique adopted for this study is simple random technique.

CRITERIA FOR SELECTION OF THE SAMPLE

Inclusion Criteria

→ First year B. Sc Nursing students in the age group of 17-20yrs → Both gender → Available during data collection

TOOL

Development and Selection of the Tool

The tool was developed after verification by experts and by doing extensive literature review. In this study a structured questionnaire is used to identify the knowledge regarding body mechanics.

Description Of The Tool

The tool acts as an instrument to collect the data from the respondent of the study. Tool consists of two sections.

Section- A : Demographic variable

Age Gender ★ Educational Qualification ★ Parents Occupation

Section - B : Questionnaire used for the this study is open ended -

It consists of 20 questions for assessing the level of knowledge regarding body mechanics. Each question carries one mark and wrong answer carries zero mark.

RESULT

Majority of samples 56.6% belongs to 19 years of age 40% of samples belongs to 18 years of age and 3.3% of samples belongs to 20 years of age.

Majority of samples 94% are females and 6% of samples are males.

➤ Majority of samples 94% have plus two qualification 6% of samples have VHSE qualification.

➤ Out of 30 samples 60% of parents are self employees 23% have other occupations 13.3% have business.

Level of knowledge regarding body mechanics among First year B. Sc Nursing Students.

From the data we collected 86.66% have average knowledge and 13.3% have adequate knowledge.

Association between the level of knowledge on body mechanics among First year B. Sc Nursing students and selected demographic variables.

Chi square test was employed to find out the association between level of knowledge regarding body mechanics and selected demographic variables. There is a significant association between level of knowledge on body mechanics and the demographic variables.

CONCLUSION

Assessment of level of knowledge on body mechanics among First year B. Sc Nursing students exhibited that there is a significant level of knowledge on body mechanics among First year B. Sc Nursing students. Majority of samples 86.66% have average level of knowledge on body mechanics and minority of samples 13.3% have adequate knowledge.

NURSING IMPLICATIONS

The findings of the study have implications in the field of nursing education, nursing practice, nursing administration and nursing research. The professional practitioners can make significant changes in improving the level of knowledge on body mechanics among First year B. Sc Nursing students."

NURSING EDUCATION

Nursing curriculum play an important role in preparation of the future nurse. Nursing curriculum must be focused on improving and updating the knowledge level of nurses. This study First adds to the nursing knowledge as it provides information about body mechanics among year B. Sc Nursing students. The nurse educator can also organize classes and demonstration about body mechanics there by improving knowledge.

NURSING PRACTICE

The nurse can educate the patients about advantages of body

mechanics and implemented themselves.

NURSING ADMINISTRATION

The administrator can give education to patient and also give information about good body mechanics to junior staffs.

NURSING RESEARCH

The study unwinds the knowledge of body mechanics among First year B. Sc Nursing students. There is lot of scope for exploring the area. More and more research can be carried out on different aspects of body mechanics. So far only a few studies have been conducted on knowledge regarding body mechanics. This study reveals that there is an average knowledge regarding body mechanics, which needs further research to explore it. Future investigation could use the findings and methodology as reference materials. Other researchers conducting further studies in the same field could utilize the suggestions and recommendations. ¹⁵ 15

In collaboration with the education department, nursing administrator should take initiative in organizing in service and continuing program for the nurse regarding the body mechanics. Community health administration authorities should take an initiative to place nurses or other health professionals for educating the public on body mechanics among First year B. Sc Nursing students.

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