



A STUDY TO ASSESS COMMON HEALTH PROBLEMS AND THEIR MANAGEMENT STRATEGIES OF REGISTERED NURSES IN A SELECTED HOSPITAL OF NEW DELHI.

Nursing

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ABSTRACT

Nursing is a high-pressure job. They have many responsibilities to attend helping patient assist in procedure, documenting care, as well as filling leadership roles at hospital health system. Globally, 40% Registered nurses are suffering from common health problem associated with the factors related to their job such as stress, frustration, fatigue, leg cramp etc.¹ The aim of this study was to assess the common health problems and the management strategies used by registered nurse in selected hospital of New Delhi. The research approach was quantitative and explorative research design was used. Sample selected was Registered Nurses of Indraprastha Apollo Hospital. Structured opinionnaire was developed to collect the data, which showed the registered nurse have lack of sleep (33,66%), pain in joint (29,58%), leg cramps (29,58%), leg pain (33,66%), weight loss (23,46%), stress (30,60%), abdominal pain (27,54%). Mostly registered nurses sometimes use self medication (33,66%), home remedies (32,62%), exercise (36,72%), healthy dietary pattern (37,74%), increased fluid intake (28,56%).

KEYWORDS

Common Health Problem, Management Strategy, Registered nurses

INTRODUCTION

"To do what nobody else will do, a way that nobody else can do, in spite of all we go through; that is to be a nurse."

-Rawsy Williams

Healthcare systems are organizations that are established to meet the health needs of people. Night shift nurses are responsible for patient care with little support in a difficult working environment under continuous pressure and face problems directly related to working at night.²

Healthcare workers are exposed to various occupational health hazards, including accidental needle stick injuries (NSIs), which pose a serious risk of infection to healthcare workers with HIV, Hepatitis B and C, **Ilhan et al.** demonstrated that the percentage of nurses experiencing a sharp or NSI during their professional life was 79.7%. Similar results were shown in another study done by **Sharma et al.**, which revealed the prevalence of needle stick injury among nurses was found to be 79.5%. A study done in Australia by **Win woodet al.** Demonstrated that the fatigue related to night shifts can increase the risk of human errors and injuries and can negatively affect the quality of patient care.³ Stress among the nurses has also increased. Stress is experienced when demands made on us, outweigh our resources. It is usually observed that nursing profession undergoes tremendous stress which effect on work performances of nurses and ultimately affects the patient care.⁴

Nurses in many settings may be exposed to infectious diseases such as measles, mumps, rubella, and influenza. Infectious hazards which arise through exposure to patients' bodily fluids (which is clear for Nurses who perform the majority of ADLs in healthcare settings), yet does not make up a large volume of the literature on hazards nurses face at work.⁵

Workplace violence is a violent act(s) directed toward workers and can include physical, psychological or verbal behaviour. It is prevalent in nursing and causes victims work-based stress that can affect not only the individual but also the quality of care.⁶ The objectives of this study are to assess the common health problems and the management strategies used by registered nurse in selected hospital of New Delhi.

MATERIAL AND METHODS

The data was conducted in May 2021. A quantitative research approach with explorative research design was used to assess the common health problems and their management strategies of Registered Nurses in selected hospital of New Delhi. Permission from Principal and ethical clearance from Organizational Review Board was taken before starting the study. Total of 50 Registered Nurses was taken via convenient sampling technique and provide Structured opinionnaire form to fill and collected the responses through online mode (Google forms). Before the questionnaire was given to the

participants, consent was taken; aims and objectives were explained to them. The Structured opinionnaire assess the common health problem and management strategies regarding Registered Nurses were comprised of three sections.

Section 1 consists of Demographic Performa including 04 items to collect information on subject's demographic characteristics (Gender, Unit, Experience and suffering from any Health problem).

Section 2 consist of Structured opinionnaire to assess common health problem faced by the registered nurses .including 19 items (Lack of sleep, Pain in joints, Leg cramps, Leg pain, Stress, Abdominal pain, Fatigue, Frustration, Headache, Lack of appetite, Excessive appetite, Binge eating, Constipation, Skin infection, Varicose Vein, Lack of concentration, Urinary incontinence)

Section 3 consist of Structured opinionnaire to assess management strategies used by nurses including 20 items (Self medication, Home remedies, Alternative system of medicine (Ayurveda), Exercise, Healthy dietary pattern, Prescribed Medication, Frequent hand washing, Limit caffeine intake, Massage therapy, Increase fluid intake, Proper sleep, Limit use of electronic gadget, compressing garments and bandaging, Relaxation therapy, Music therapy, Avoid close contact with patient, Sharing my concern with colleagues/ friends/ family, Limit alcohol, smoking and other addictive substance, Wear appropriate PPE, Follow hospital protocol/ SOPs for all procedure). Maximum and minimum score for Common Health problems was 57 and 19, and For Management strategies 60 and 20. Common Health Problems of Registered Nurses grading criteria considered as 19-30(Mild), 30-45(Moderate),45 and above (Severe). Management strategies used by registered nurses criteria considered as 20-35(Poor),35-50(Average),50 and above(Good)The maximum score was 1 for each correct answer and no score was awarded for incorrect answer or question not attempted.

RESULTS

Tables 1 depict the important demographic variables about the Registered nurses like Gender, Unit, Experience and Suffering from any health problem.

Table 2 and 3 depicts the frequency and percentage distribution of Common Health Problem and management strategies.

Table 1 depicts that 33% (19) registered nurses got the score between 19-30; 52% (30) registered nurses got the score between 30-45 and 1%(1) registered nurses got the score between 45 and above.

Table 2 depicts that 11% (7) of registered nurses got the score between the 20-35; 63% (38) of registered nurses got the score between the 35-50; 8% (5) of registered nurses got the score between 50 and above.

Table No.1- Demographic characteristics of the Registered Nurses

Demographic Variables	Frequency(F)	Percentage (P)
1. Gender		
a) Female	45	90%
b) Male	5	10%
1. Unit		
a) ICU/HDU	26	52%
b) OT	5	10%
c) General ward	12	24%
d)OPD	1	2%
e) Others	6	12%
2. Experience		
a) 3 months-1 year	22	44%
b) 1-3 year	17	34%
c) 3-5 year	6	12%
d) 5 or more	5	10%
4. Are you suffering from any health problem		
a) No	45	90%
b) If yes, please specify	3	6%
c)Other	2	4%

Table No.2: Frequency And Percentage Distribution Of Common Health Problems Of Registered Nurses.

S NO.	COMMON HEALTH PROBLEM SCORE	FREQUENCY	PERCENTAGE (%)
1.	19-30	19	33
2.	30-45	30	52
3.	45 and above	1	1

Table No.3: Frequency And Percentage Distribution Of Management Strategies Among Registered Nurses.

S NO.	MANAGEMENT STRATEGIES SCORE	FREQUENCY	PERCENTAGE (%)
1.	20-35	7	11
2.	35-50	38	63
3.	50 and above	5	8

DISCUSSION AND CONCLUSION

The present study findings coincide that Majority of the registered nurses were female (45, 90%) while only few were male (5, 10%).Registered nurse were working in the ICU/HDU (26, 52%) while some of the registered nurses were working in the OPD (1, 2%). Maximum of the registered nurses having the experience of 3 months-1year (22, 44%) while few were having experience of 5 or more (5, 10%).Majority of the registered nurses were not suffering from any health problems (45, 90%) while some of the registered nurses were other problems (2, 4%).

The present study attempted to assess the common health problems and their management strategies of Registered Nurses. The study reveals most of the registered nurse sometimes have lack of sleep (33, 66%), pain in joint (29,58%), leg cramps (29,58%), leg pain (33,66%), weight loss (23,46%), stress (30,60%), abdominal pain (27,54%), fatigue(31,62%),frustration(31,62%),headache(33,66%),lack of appetite (26,52%), constipation (23,46%).

Mostly registered nurses sometimes use self medication (33,66%), home remedies (32,62%), exercise (36,72%), healthy dietary pattern (37,74%), limit caffeine intake (29,58%), increased fluid intake (28,56%), proper sleep (32,64%), limit use of electronic gadget (24,48%), compressing garments and bandaging (25,50%), relaxation therapy (20,40%), music therapy (26,52%), sharing my concern with colleagues/friends/family (30,60%).

The present study finding coincides that 66% of Registered nurses were having lack of sleep problem and this finding were in agreement with the study conducted by Diana E. McMillan (2011) a study on Napping during Night Shift: Practices, Preferences, and Perceptions of Critical Care and Emergency Department Nurses. Forty-seven Canadian critical care unit managers who were members of the Canadian Association of Critical Care Nurses responded to the web-based survey. The finding was 13 critical care nurses with an average of 17 years' experience. Ten nurses napped regularly; 2 avoided napping because of sleep inertia. The findings were nursing research has addressed napping, an effective strategy to improve performance, reduce fatigue, and increase vigilance. Ability to nap was affected by the demands of patient care and safety, staffing needs, and

organizational and environmental factors.⁷

Another study which support the findings of current study was done by Kane (2009), in India which found out the most causes of stress were jobs not completed in time because of shortage of staff, overtime etc. in which 55.5 % of nurses experienced high level of stress at their workplace.⁸

In the light of the present study, it can be concluded that Registered nurses who participated in this study perceived job stress, fatigue, weight loss, frustration of work overload were common problems at their work place. On the other hand different Management strategies developed by Registered nurses such as music therapy, relaxation therapy, sharing their thoughts with colleagues/ friends/ family were simple, applicable and feasible and considered as valid with the investigators opinions and perspectives.

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