



A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE AMONG STAFF NURSES REGARDING PRESSURE ULCERS AND ITS PREVENTION IN SELECTED HOSPITALS, MUKERIAN, PUNJAB

Nursing

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ABSTRACT

BACKGROUND Pressure ulcers are the common conditions among patients hospitalized in acute and chronic care facilities. Now a days, pressure ulcers are recognized worldwide as one of the five most common causes of harm to patients and preventable patient safety problem. Also increasingly described as an indicator of the quality of care provided by health care organizations. **OBJECTIVES OF THE STUDY** 1. To assess the knowledge regarding pressure ulcers and its prevention among staff nurses. 2. To determine the association of knowledge regarding pressure ulcers and its prevention among staff nurses with selected demographic variables i.e. age, experience, qualification, area of work, in-service education programme. **METHODS** A quantitative research approach & non-experimental descriptive research design was used. The study was conducted at selected Hospitals of Mukerian, District Hoshiarpur, Punjab. Sample of 50 staff nurses were selected by Non randomized convenient sampling technique. Self-structured knowledge questionnaire with 30 multiple choice questions was used. **RESULT** The investigator found that 66% staff nurses had average knowledge, 28% had poor knowledge and 6% had good knowledge regarding pressure ulcers and its prevention. **CONCLUSION** The findings revealed that maximum staff nurses had average level of knowledge regarding pressure ulcers and its prevention.

KEYWORDS

Pressure Ulcers, Staff Nurses, Knowledge, Prevention

INTRODUCTION:

A pressure ulcer is defined by international guidelines as a “localized injury to the skin and/or underlying tissue usually over a bony prominence, resulting from sustained pressure (including pressure associated with shear). The pressure/shear causes asphyxia to the skin. If the pressure on the skin is too high or of too long duration, an ulcers can be developed.

The incidence and prevalence of pressure ulcers vary greatly, depending on the setting and also by stage of ulceration. In the hospital, incidence rates have ranged from 1% to 30%. Higher rates are noted in intensive care units, where patients are less mobile and have severe systemic illnesses. The incidence of pressure ulcers not only differs by health care setting but also by stage of ulceration. The stage I pressure ulcers (persistent erythema) occurs most frequently, accounting for 47% of all pressure ulcers. The stage II pressure ulcers (partial thickness loss involving only the epidermal and dermal layers) are second, at 33%. Stage III (full-thickness skin loss involving subcutaneous tissue) and stage IV (full thickness involving muscle or bone or supporting structures) pressure ulcers make up the remaining 20%. Several studies have noted that the incidence of pressure ulcers among black Americans and among white Americans may differ. Blacks tend to have a greater incidence of stage III and stage IV pressure ulcers than whites have. Whether this can be attributed to structural skin changes or socioeconomic factors is unknown because of the paucity of pressure-ulcers research among patients in U.S. minority groups.

The nurses play crucial role in managing the patients with pressure ulcers. The chief nursing officer, the unit manager and the bedside nurse must all collaborate to prevent tissue injury in patients at risk for developing pressure sores and to promote wound healing in patients with existing breakdown.

Nursing research play a major role in closing the knowledge gap regarding optimal turning/repositioning schedules. Additional nursing research is needed to determine effective methods of classifying pressure ulcers depth with good validity and reliability. There is also a dearth of nursing research on the optimal solution and frequency for cleansing a pressure ulcer.

Materials & Methods

A quantitative research approach & A non-experimental descriptive research design was considered appropriate for the present study with selected variables such as age, marital status, level of education, years of experience and in-service education etc. Non randomized convenient sampling technique was used to select the sample of 50 staff nurses. Self-structured knowledge questionnaire was used which consist of 30 multiple choice questions to assess the level of knowledge regarding prevention of pressure ulcers among the staff nurses.

A written approval was taken from ethical committee of college for conducting the study. Pilot study was conducted during the month of June 2021. Reliability of tool was computed by split half method and Karl Pearson's coefficient of correlation. The study was conducted at selected Hospitals of Mukerian, District Hoshiarpur, Punjab with formal permission from the S.M.O. or civil surgeon of the selected hospitals. The written consent was taken from the staff nurses who were willing to participate. Confidentiality and anonymity were guarded. The procedure of data collection was carried out in the month of the July 2021. The data was analysed by using descriptive and inferential statistics. The data analysis was done by calculating frequency, percentage, mean, standard deviation, 't' test and f test.

RESULT

TABLE-1 Frequency and Percentage Distribution of staff nurses by sample characteristics N=50

Demographic Variables	Frequency(n)	Percentage (%)
Age In Years		
20-28 yrs	39	78
29-36 yrs	7	14
37-46 yrs	3	6
47-56 yrs	1	2
Marital Status		
Married	19	38
Unmarried	31	62
Widowed	0	0
Divorced	0	0
Years Of Experience		
Below 5 years	41	82
6-10 years	5	10
11-15 years	3	6
Above 16 years	1	2
Education		
ANM GNM	5	10
B.Sc/Post	38	76
B.Sc (Nursing)	5	10
M.Sc (Nursing)	2	4
Habitat		
Urban	27	54
Rural	23	46
Area of work		
Medical ward	16	32
Emergency	16	32
Gynae ward	10	20
Pediatric ward	8	16
In-service education programme		
Yes	14	28
No	36	72

TABLE-2 Level of knowledge regarding pressure ulcers and its prevention among staff nurses

N=50

Level of Knowledge	Score	n	%
Poor	≤10	14	28
Average	11-20	33	66
Good	≥21	03	06

Maximum Score: 30

Minimum Score : 0

Major Findings

Maximum mean knowledge score was obtained by staff nurses in age group of 37-46 years, who were married, having 11- 15 years of experience with M.Sc. degree and living in rural area. Maximum mean knowledge score was obtained by staff nurses who work in emergency ward and who attended the in-service education.

CONCLUSION

Based on the finding of the present study, the investigator found that 66% staff nurses had average knowledge, 28% had poor knowledge and 6% had good knowledge regarding pressure ulcers and its prevention.

Summary

The present study was conducted as an attempt to assess knowledge regarding pressure ulcers and its prevention among staff nurses in selected hospitals, Mukerian, Punjab. The study was descriptive in nature, 50 samples of staff nurses was taken.

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