



## ORIGINAL RESEARCH PAPER

## Nursing

### KNOWLEDGE REGARDING SELECTED PHYSICAL ASSESSMENT SCALES USED IN CARDIAC AND CENTRAL NERVOUS SYSTEM IN ADULT PATIENTS AMONG STAFF NURSES

**KEY WORDS:** Physical Assessment Scales

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#### ABSTRACT

The skills of physical assessment and examination provide nurses with powerful tools to detect subtle, as well as obvious changes in a client's health. Physical assessment enables the nurse to assess patterns reflecting health problems and to evaluate the client's progress following a treatment therapy'. This study was conducted with an objective To Assess the knowledge regarding selected physical assessments scales used in Cardiac and Central Nervous system in adult patient among staff Nurses by using structured knowledge questionnaire.

**METHODOLOGY:** Non experimental Descriptive research design was used. By using simple random sampling technique 50 staff Nurses were selected and assessed their Knowledge by using self administered structured Knowledge questionnaire at R.L.J.Hospital and Research Centre.

**RESULTS:** The knowledge level of study participants was moderate 9(18%) and none of the samples belongs to adequate knowledge level.

**CONCLUSION:** The overall knowledge scores reveals that majority of staff Nurses were having inadequate knowledge on use of assessment scales, thus it lead to wrong decision, Diagnosis and inappropriate care which endangers the life of the client.

#### INTRODUCTION

An assessment of the clients on state of health is an important aspect of nursing care<sup>2</sup>. Nurses are most often the first persons to detect changes in client's conditions, regardless of the setting for this reason, the ability to think, critically and interpret the meaning of client's behaviours and presenting psychological changes is very important<sup>3</sup>. A complete health assessment involves a health history and behavioural and physical examination. A physical examination is head to toe review of body systems that offers objective information about the client<sup>4</sup>. Various physical assessment scales are a part of physical examination. The use of physical assessment scales gives more comprehensive and a good yard stick to measure the patient's diagnosis<sup>5</sup>. A comprehensive study was conducted in Open University Malaysia to assess Nursing skill competence through, objective structured clinical examination. The study was done to know the students performance regarding various Nursing skills. The result reveals that the skill is based upon their knowledge<sup>6</sup>. Further the researcher also noted that staff nurses were adopting wrong scale of physical assessment in Central and Cardiac system. This triggered the investigators to enhance the knowledge of staff nurses in use of selected physical assessment scales which makes a contribution of evidence based nursing practice.

#### Statement of Problem

Assess the Knowledge regarding Selected Physical Assessment Scales used in Cardiac and Central Nervous System in adult patients among Staff Nurses in Selected Hospital Kolar with a view to Develop Information Booklet

#### OBJECTIVES

1. To Assess the knowledge regarding selected physical assessments scales used in Cardiac and Central Nervous system in adult patient among staff Nurses by using structured knowledge questionnaire
2. To determine the association between knowledge with selected socio demographic variables such as age, gender, number of times physical assessment scales used.
3. To develop information booklet on physical assessment scales of Cardiac and Central Nervous system in adult patients

#### Assumptions

1. Staff Nurses will have some knowledge about physical assessment scales used in Cardiac and Central Nervous system.
2. There will be some association between knowledge of staff nurses on the use of assessment scale used in Cardiac and Central Nervous system with selected socio-demographic variables.

3. The information booklet will improve the knowledge level of staff nurses regarding physical assessment scales used in Cardiac and Central nervous system in adult patients.

#### Hypothesis

- H<sub>1</sub>:** There will be statistically significant association between knowledge and selected socio-demographic variables of study sample.
- H<sub>2</sub>:** The knowledge score of study sample who have used the selected scales more than two times will be significantly higher when compared to the sample who have used less than twice.

#### MATERIALS AND METHODS

For the study Non- experimental descriptive research design was used. Based on objectives of the study, a structured knowledge questionnaire was prepared in English. Later the tool was validated by research experts for its adequacy and appropriateness. After obtaining an ethical clearance from an institutional ethical committee, a written permission was obtained from nursing superintendent of R.L. Jalappa Hospital and Research centre, Kolar. Through simple random sampling technique 50 staff nurses were selected based on inclusion criteria. A formal permission was obtained from all the study participants. Then the data was collected by using self administered structured knowledge questionnaire. And data was analysed by descriptive and inferential statistics.

#### Findings of the study

##### 1. Findings related to Socio Demographic Variables

With regard to Socio- demographic variables, majority 44(88%) of study participants belongs to the age group of 22-24 years, 49(98%) of study participants were females, 35(70%) of study participants were from English medium, 30(60%) have used physical assessment scales 1-5 times during physical examination of the patient.

**Table: 1 Socio-demographic variables of Staff Nurses**

SL No.	Demographic Variables	No. of Samples	Percentage (%)
1.	22-24 years	44	88
2.	Females	49	98
3.	English	35	70
4.	Use of physical assessment scale	30	60

##### 2. Findings related to overall knowledge score

**Table: 2 Distribution of sample according to the Overall Knowledge Score**

The overall Knowledge score revealed that the knowledge level of study participants was Moderate 9(18%) and none of the samples belongs to adequate knowledge level.

SL No.	Grade	N	Percentage (%)
1.	Adequate (38 and above score)	-	-
2.	Moderate (26-37 score)	9	18%
3.	Inadequate	41	41%

### 3. Findings related to association between knowledge scores and selected socio-demographic variables.

The Association between the knowledge scores and selected socio- demographic variables like age, gender, previous medium of instruction and number of times physical assessment scales used were analyzed. The findings revealed that there is no significant association between the knowledge and socio-demographic variable like age, gender, previous medium of instruction, and number of times they have used physical assessment scales. The obtained  $\chi^2$  value was less than the table value  $p < 0.05$  level of significance.

### DISCUSSION

The present study was intended to assess the Knowledge regarding Selected Physical Assessment Scales used in Cardiac and Central Nervous System in adult patients among Staff Nurses in Selected Hospital Kolar with a view to Develop Information Booklet, findings of socio-demographic variables of adult patients revealed that majority of them were between 22-24 years of age group, most of them were females. The overall Knowledge score revealed that the knowledge level of study participants was Moderate 9(18%) and none of the samples belongs to adequate knowledge level.

The Association between the knowledge scores and selected socio- demographic variables like age, gender, previous medium of instruction and number of times physical assessment scales used were analyzed. The findings revealed that there is no significant association between the knowledge and socio-demographic variable like age, gender, previous medium of instruction, and number of times they have used physical assessment scales. The obtained  $\chi^2$  value was less than the table value  $p < 0.05$  level of significance. Similar findings were seen in the study conducted by Tukaram<sup>7</sup> at Belgaum on Neurological Assessment on the Clients with Altered sensorium. The findings showed that the practice in the area of GCS Scale was 56.6% at pretest and post test score was 93.3%, actual gain in score was 36.67%. The study concluded that knowledge regarding Neurological examination for staff nurse was unsatisfactory<sup>7</sup>.

### LIMITATIONS

The study was limited to the Staff Nurses who are working in R.L Jalappa Hospital and Research centre.

### CONCLUSION

The present study was an attempt to know the Knowledge level of Staff Nurses regarding selected physical assessment scales used in cardiac and central nervous system in adult patients among staff nurses. The study concludes that, the information booklet on physical assessment scales of Cardiac and Central Nervous system in adult patients was effective in improving the Knowledge.

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