

# A Study to Evaluate the Effectiveness of Structured Teaching Programme on Prevention of Pressure Sores in Terms of Knowledge among Staff Nurses in Selected Hospitals at Bagalkot

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## ABSTRACT

**Aims:** The aims of study are as follows:

1. To assess the level of knowledge regarding pressure sores among staff nurses
2. To determine the effectiveness of structured teaching programme regarding pressure sores and its prevention in terms of gain in knowledge among staff nurses.
3. To find the association between post-test knowledge Scores with selected demographic variables.

**Materials and Methods:** Study approach- This was an evaluative study and follow the examination plan as pre-exploratory, for example one gathering pre-test and post-test without control group. The population associated with this investigation was staff medical care takers working at HSK Hospital and Research Center at Bagalkot. Tests are staff nurses working at HSK Hospital and Research center at Bagalkot. Test size is 50 (Total) staff nurses were remembered for the investigation. Further information was gathered by organized shut finished information poll.

**Results:** The overall finding reveals that the mean knowledge scores of the pre-test in the area of knowledge (9.36) & minimum in the area of application (1.98). The mean knowledge scores of post-test were maximum in the area of

knowledge (24.76) and minimum in the area of application (5.66). Mean difference between possible gain and actual gain is calculated and found to be least in the area of understanding. Knowledge (24.76) indicates that the gain in knowledge in this area was maximum comparing to other areas. Whereas there is no association was found between post test knowledge scores on prevention of pressure sores in terms of knowledge among staff nurses and their socio demographic variable like age, marital status, Professional Education, experience, area of work.

**Conclusion:** A significant difference was found between the pre-test and post-test knowledge scores of the staff nurses. The study proved that STP was effective in improving the knowledge of staff nurses prevention of pressure sores.

**Keywords:** Pressure sore; friction; shearing force; immobility; incontinence; contractures; hygiene; nutrition; tissue necrosis; ischemia.

## INTRODUCTION

I entered with my skin intact I deserve to leave the same way. I shall not be provided with a pressure wound. If you should cause a pressure wound on my body, you will take complete responsibility,

refusing to dismiss me until you have achieved healing of my wound. All options for treatment will be provided to me regardless of the amount of my insurance (Hospital patient Bill of Rights' News letter of the National Decubitus Foundation U.S.A 2000).<sup>1</sup>

The skin is an active and largest organ in our body. The skin protects storage of food, secretes, excretes, regulates temperature and also is a sense organ. The three primary layers of the skin are the epidermis, dermis and subcutaneous tissue. The epidermis shields underlying tissue against water loss and injury and prevents entry of micro-organisms. The dermis continues with nerve fibers, blood vessels sebaceous and sweat glands and hair follicle". Subcutaneous tissue insulates and cushions the skin (Potter and Perry; 2004)<sup>2</sup> "A sound skin makes you feel good and look good" Healthy skin is often an indicator of our holistic wellness. Maintenance of a glowing, healthy skin needs good personal hygiene, unpolluted environment, avoiding contact with chemicals, good eating habits and proper rest and sleep and peace and happiness. (Jose, E.F 2001)<sup>3</sup>

**NEED FOR STUDY:** Studies have revealed that incidence of pressure sores was as high as 68% among brain and spinal cord injuries involving paralysis because of sensory motor deficiencies which cover larger areas of body (Reid and Morrison (1994) mentioned in their studies that pressure ulcers are present in 6-14% of all patients over 70 years<sup>4</sup>.

#### **Aims:**

The aims of the study are as follows:

- 1) To assess knowledge regarding pressure sores among staff nurses
- 2) To determine the effectiveness of structured teaching programme regarding pressure sores and its prevention in terms of gain in knowledge among staff nurses.
- 3) To find the association between post-test knowledge scores with their selected demographic variables.

## **MATERIALS AND METHODS**

The present study was conducted as an evaluative research approach and pre-experimental one group pre-test without control group design. The target population is the staff nurses working at various hospitals of Bagalkot. Accessible population is staff nurses working at HSK hospital and research centre Bagalkot was selected by a convenient sampling technique and 50 staff nurses were selected. The data were collected by structured closed ended knowledge questionnaire. Data analysis and interpretation were performed using descriptive such as frequency distribution. Mean, median, percentage, and inferential statistics such as Chi-square.

## **RESULTS**

### **Section: A. Sample characteristics**

Percentage wise distribution of staff nurses according to their age in years shows that most of the subjects i.e. 49 (98%) were in the age group of 21-30 years; only one (2%) was above 30 years old.

Percentage wise distribution of staff nurses according to their gender reveals that all are females (100%).

Percentage wise distribution of staff nurses according to their status shows that (50%) of the staff nurses had completed GNM, 50% of the staff nurses had completed Basic B.Sc. Nursing,

Percentage wise distribution of staff nurses according to their marital status shows that the majority (98%) of staff nurses are married.

Percentage wise distribution of staff nurses according to their working area shows that the majority (34%) of staff nurses were working in ICU, 32 percent of staff nurses were working Emergency ward, 22 percent of staff nurses were working in casualty, less percentage (12%) of staff nurses were working in Operation Theater.

Percentage wise distribution of staff nurses according to their years of work experience deficit that, the majority (94%) of staff nurses had below 2 years of work

experience, 4% of staff nurses had 2 to 6 years of work experience, and 2% of staff nurses more than 10 years of working experience.

Percentage wise distribution of staff nurses according to their Maximum numbers of subjects (46%) was having experience in ortho ward and only 2% were having medical ward experience.

### Section-B: Knowledge level of staff nurses on pressure sore and its prevention.

Assessment of the level of knowledge of the staff nurses and findings reveals that, Knowledge level of 50 staff nurses were assessed by using Structured Teaching Programme and analyzed by using descriptive statistics and inferential statistics

### Section- C: Association between post-test level of knowledge of staff nurses with the selected demographic variables.

After STP (post-test) Mean difference between possible gain and actual gain is

calculated and found to be least in the area of understanding. Knowledge (24.76) indicates that the gain in knowledge in this area was maximum comparing to other areas. There is no significant association between the post-test levels of knowledge among staff nurses with their selected demographic variables. There is no significant association between the post-test levels of knowledge among staff nurses with their selected demographic variables. In order to determine the significance of association between the level of knowledge after the administration of STP and the selected demographic variables, available data.

**Table 1: Range, mean, median & standard deviation of pre & post test knowledge scores of staff nurses on pressure sores and its prevention.**

Test	Range	Mean	Median	Standard deviation
Pre-test	12 - 24	17.08	17	2.72
Post-test	42 -47	46.00	46	1.12

**Table 2: Mean, difference of mean, Standard Deviation and t value of pre and post- test knowledge scores of staff nurses. N=50**

Group	Mean		Difference of mean	Standard deviation		t value paired	P value
	Pre-test	Post-test		Pre-test	Post-test		
Staff Nurses	17.08	46.00	8.58	2.72	1.12	68.11	P<0.001

**Table 3: Relationship between post-test knowledge level and demographic variable on pressure sore and its prevention. N=50**

S.No	Personal characteristics	Below median score	Above median score	$\chi^2$	Level Of Significance
1	<b>Age:</b> 21-30 >- 50	20 1	29 0	0.03 df.=1 p=0.87	NS
2	<b>Marital status</b> Married Unmarried	1 20	0 29	0.03 df.=1 p=0.87	NS
3	<b>Prof. education</b> G.N.M. B.Sc(N)	10 11	15 14	0.08 df.=1 p=0.77	NS
4	<b>Experience</b> <2years >2years	19 2	28 1	0.08 df.=1 p=0.77	NS
5	<b>Area of work</b> Medical Ortho Neuro Surgical	1 9 6 5	1 14 10 4	0.94 df.=3 p=0.82	NS

\*=<0.05(significant)

## CONCLUSION

A significant difference was found between the pre-test and post-test knowledge scores of the staff nurses. The study proved that STP was effective in improving the knowledge of staff nurses on prevention of pressure sores

### Recommendations:

Based on the findings, the following recommendations are proposed for future research.

- A similar study can be replicated on large scale for the purpose of generalization.
- A similar study can be conducted in national level to bring new programs to uplift the staff nurses.
- An experimental study can be conducted on the effectiveness of teaching programme on knowledge regarding prevention of pressure sores in terms of knowledge among staff nurses who are working in hospital.

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