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A STUDY TO ASSESS THE KNOWLEDGE AND ATTITUDE OF B.Sc. NURSING STUDENTS REGARDING PREVENTION OF PRESSURE ULCERS IN SELECTED NURSING COLLEGES OF KASHMIR.

Syed Rohi Jan

Tutor, Syed Mantaqui Memorial College of Nursing
Islamic University of Science and Technology, Awantipora, J&K, India.

Humaira Qadir

Tutor, Syed Mantaqui Memorial College of Nursing
Islamic University of Science and Technology, Awantipora, J&K, India.

Sameer Ahmad Dar

Assistant Professor,
Dolphin Institute of Medical Sciences and technology
Pulwama, J&K, India.

Abstract— Title: A study to assess the knowledge and attitude of B.Sc. Nursing Students regarding prevention of Pressure Ulcers in selected Nursing Colleges of Kashmir. Objectives: To assess the level of knowledge and attitude regarding prevention of pressure ulcers among B.Sc. Nursing Students. Materials and Methods: A descriptive cross-sectional design was used. With the non-probability consecutive sampling 60 study participants from B.Sc. Nursing 2nd and 3rd year were selected. Tool used in this study included three sections, Section-I including demographic Performa of students such as age, gender, area of residence and family type. Section-II including standardized Pressure ulcer knowledge assessment tool with 25 item questionnaire on knowledge and prevention of pressure ulcers. Section-III including standardized Likert Scale to assess attitude regarding prevention of pressure ulcers Data was analyzed by using descriptive and inferential statistical technique. Result: The data analysis revealed that the majority of study subjects 68.3% had poor knowledge and 83.3% of study subjects have neutral attitude, regarding prevention of pressure ulcers. Conclusion: The study concluded that study subjects had average knowledge and neutral attitude regarding prevention of pressure ulcers and there should be more awareness regarding prevention of pressure ulcers which can be achieved by giving more knowledge to students regarding prevention of pressure ulcers. All specialized nursing courses should cover pressure ulcer prevention

issues in order to provide better knowledge of pressure ulcer prevention to students. To advance nursing knowledge of pressure ulcer prevention in Jammu Kashmir, further studies should be conducted to evaluate the course material of pressure ulcer prevention in the nursing curriculum.

Keywords—Assess, Knowledge, attitude, Prevention, Pressure Ulcer.

I. INTRODUCTION

Decubitus ulcers, also known as pressure sores or decubiti, are ulcerated or sloughed area of tissue subjected to pressure from lying on mattress or sitting on a chair for a prolonged period of time resulting in the slowing of circulation and finally death (necrosis) of tissues .Decubitus ulcer is an ulcer occurring on the skin of any bed ridden patient, particularly over bony prominences or when two skin surfaces press against each other. Bed sore is the term applied to the local gangrene or ulcer caused by certain conditions associated with the confinement of bed. Bedsores (also called pressure ulcers and decubitus ulcers) are injuries to skin and under lying tissue resulting from prolonged pressure on the skin. Bedsores most often develop on skin that covers bony areas of the body, such as the heels, ankles, hips and tailbone. They can happen to anyone, but usually affect people confined to the bed for prolonged period of time. People most at risk of bedsores have medical



conditions that limit their ability to change positions or cause them to spend most of their time in a bed or chair. The National Pressure Ulcer Advisory Panel says the incidence range from 0.4% to 38% in hospitals, from 2.2% to 23.9% in skilled nursing facilities, and from 0% to 17% for health agencies.

Need of the Study:

Pressure ulcers are caused when an area of skin and the tissue below are damaged as a result of being placed under pressure for sufficient time, impairing its blood supply. Typically, they can occur in a person confined to bed or chair by an illness. All patients are potentially at risk of developing a pressure ulcer. However, they are more likely to occur in people who are seriously ill, have a neurological condition, impaired mobility, impaired nutrition, or poor posture or a deformity. Internationally, there is an evidence based guidelines of pressure ulcer prevention that have been developed and promoted widely by European Pressure Ulcer Advisory Panel (EPUAP). This study will provide a unique exploration of student nurses knowledge and attitude towards ulcer prevention. Pressure ulcer is a preventable medical complication of immobility. It has psychological, economic and social impact on individual and family. Its cost of treatment is more than twice of cost of prevention. It is primarily the nurses' responsibility to prevent pressure ulcer. It is important to understand the existing knowledge of student nurses regarding pressure ulcer, its prevention, management and their attitude regarding its prevention. Student nurses are the future nursing officers, so they will play a vital role in hospitals and community to identify high risk population and can develop strategies as per evidence based practices for controlling incidences of pressure ulcers.

Objectives of the study:

- 1) To assess the level of knowledge regarding prevention of pressure ulcers among B.Sc. Nursing Students in selected college.
- 2) To assess the attitude regarding prevention of pressure ulcers among B.Sc. Nursing Students in selected college.
- 3) To find out the association between knowledge score regarding prevention of pressure ulcers with their selected demographic variables.
- 4) To find out the association between attitude regarding prevention of pressure ulcers with their selected demographic variables.

II. PROPOSED ALGORITHM

Research Approach: Quantitative approach.

Research Design: Descriptive cross-sectional design was adopted.

Research Setting: Study Samples were selected from Syed Mantaqui Memorial College of Nursing and Medical Technology, IUST Kashmir.

Population: The population under study are B.Sc. Nursing 2nd Year and 3rd Year students of Syed Mantaqui Memorial College of Nursing, IUST, Awantipora Kashmir.

Sample: B.Sc. Nursing Students.

Sample Size: 60.

Sampling Technique: Consecutive Non-probability sampling technique.

Criteria for Sample Selection:

Inclusion criteria:

- B.Sc. nursing students who were present at the time of data collection.
- B.Sc. nursing students who were willing to participate.

Data Collection tool: A standardized questionnaire (PUKAT 2.0) and Likert scale were selected as tool for the study to assess the level of knowledge and attitude of B.Sc. nursing students regarding prevention of pressure ulcers.

III. EXPERIMENT AND RESULT

1. Findings related to demographic characteristics of subject:

Age wise distribution of study samples revealed that majority of the samples 60 % were in the age group of 20-22 Years. Among all the participant's majority of the respondents 61.7% were female nursing students. Sample distribution with regard to their area of residence revealed that most of respondents 73.3% were from rural areas. Percentage distribution of samples according to type of family revealed that highest percentage of respondents 86.7% were from nuclear families.

2. Findings related to knowledge scores of study subjects:

The findings revealed that the majority of the study subjects 68.3% had poor knowledge and 31.7% had average knowledge regarding pressure ulcers and its prevention. Analysis also revealed that study subjects who belong to nuclear families had more knowledge as compared to study subjects who were from joint families.

3. Findings related to attitude scores of study subjects:

The findings of the study revealed that majority of study subjects 83.3% had neutral attitude, 15% had positive attitude and 1.75% had negative attitude regarding prevention of pressure ulcers.

4. Findings related to association of knowledge scores of study subjects with their selected demographic variables:

Analysis revealed that there was a significant association between the knowledge score of B.Sc. Nursing students on prevention of pressure ulcers and the Type of family of study subjects, which is ruled by chi-square test. There was no significant association between the knowledge scores of study subjects on prevention of pressure ulcers and other selected demographic variables like age, gender and area of residence.



5. Findings related to association of attitude scores of study subjects with their selected demographic variables:

Analysis revealed that there is no significant association between the attitude scores of study subjects with their selected demographic variables like age, gender, area of residence and type of family.

IV. CONCLUSION

Most of the samples 60% were in the age group of 20-22. Most of the participants 61.7% were female nursing students. Findings related to area of residence of the participants' showed that majority of students 73.3% were from rural areas. Samples showed that 86.7% were from nuclear families. Distribution of study subjects according to the level of knowledge revealed that 68.3% of respondents had poor knowledge regarding prevention of pressure ulcers. Analysis also revealed that study subjects who belong to nuclear families had more knowledge as compared to study subjects who were from joint families. The findings of the study revealed that majority of study subjects 83.3% had neutral attitude, 15% had positive attitude and 1.75% had negative attitude regarding prevention of pressure ulcers. Analysis also revealed that there was a significant association between the knowledge score of B.Sc. Nursing students on prevention of pressure ulcers and the Type of family of study subjects, which is ruled by chi-square test.

An education program regarding identification of signs and symptoms of pressure ulcers and its management and prevention especially in critical patients at home or health care facilities could be arranged by health professionals in nursing homes, hospitals, community to educate the nursing officers, nursing students, paramedical staff and students. Health professional's especially nurses must take actions in order to identify the clients with pressure ulcers by proper screening techniques and motivate them to practice therapies, hygienic practices and to follow a proper management to improve functional performance. In-service education can be planned for the nurses to keep them updated with various alternative therapies and pharmacological, non-pharmacological treatments related to pressure ulcer prevention. Pamphlets on pressure ulcers and its prevention in local languages can be distributed so that it can bring about an awareness among general masses and health professionals.

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