



A Study to Assess the Effectiveness of Structured Teaching Programme on Knowledge and Practice Regarding use of Braden Scale on Pressure Sore among Staff Nurses in Selected Hospital at Jaipur

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ABSTRACT

Present study was aimed to assess the effectiveness of Structured Teaching Programme on knowledge and practice of Staff Nurses regarding use of Braden Scale on Pressure sore. The objectives of study were :

1. To assess the level of knowledge regarding use of Braden scale on Pressure sore among Staff Nurses before and after administration of Structured Teaching Programme
2. To assess the practice regarding use of Braden scale on Pressure sore among Staff Nurses before and after administration of Structured Teaching Programme
3. To assess the effectiveness of Structured Teaching Programme regarding use of Braden scale on Pressure sore among Staff Nurses
4. To find out the correlation between the knowledge score and practice score
5. To find out the association between pre test knowledge with selected demographic variables
6. To find out the association between the pre test practice score with selected demographic variables

The method adopted for the present study was evaluative approach. In this study samples were drawn by using non probability method. Data was collected by using structured knowledge questionnaire and an observational checklist..

KEYWORDS

Assess, Effectiveness, Structured Teaching Programme, Staff Nurses, Braden Scale, Pressure sore

INTRODUCTION

Background of the Study

Pressure ulcers are a common, expensive and painful health-care problem, with prevalence rates ranging from 3% to 66% in health-care organisations. The estimated annual treatment costs are 21.07 billion in the UK, 22.4 billion in the USA and 20.6 million in Netherland and estimated 1.7 million in India.¹ The word —Pressure means stress or strain. It is the force exerted by one object upon another. In the Pressure areas of the body where the tissues may be compressed between the bed and the underlying bone, especially the sacrum, greater trochanters, and heels, the tissues become ischemic.¹

NEED FOR STUDY

The Investigator observed during his experience at various hospitals in neurological, neurosurgical wards and ICU have most of the patients admitted with Brain injury and sensory motor deficiencies. They are at risk of developing Pressure sores due to the length of stay and improper nursing care.

Nursing research has remained in the fore front in building the knowledge base related to Pressure ulcer prevention. The first step in Pressure ulcer prevention is identifying those patients at risk for Pressure ulcer development. The development of Pressure ulcer prediction tools have made a significant difference in identifying those



vulnerable adults at risk for Pressure ulcer development.¹⁶

Since Pressure ulcer is a common problem, the investigator felt that it is one of the need to study the knowledge of the nurse because he/she is playing a major role in preventing Pressure ulcer among immobilized individuals.

So the present study is an attempt to use the concept of preventive care, by giving Structured Teaching Programme on use of Braden scale for predicting Pressure sore among Staff Nurses.

OBJECTIVES OF THE STUDY

1. To assess the level of knowledge regarding use of Braden scale on Pressure sore among Staff Nurses before and after administration of Structured Teaching Programme
2. To assess the practice regarding use of Braden scale on Pressure sore among Staff Nurses before and after administration of Structured Teaching Programme
3. To assess the effectiveness of Structured Teaching Programme regarding use of Braden scale on Pressure sore among Staff Nurses
4. To find out the correlation between the knowledge score and practice score
5. To find out the association between pre test knowledge with selected demographic variables

6. To find out the association between the pre test practice score with selected demographic variables

HYPOTHESIS:

- **H₁:** There will be significant difference between pre test and post test knowledge score regarding use of Braden scale on Pressure sore
- **H₂:** There will be significant difference between pre test and post test practice score regarding use of Braden scale on Pressure sore
- **H₃:** There will be significant association between pre test knowledge score with selected demographic variables
- **H₄:** There will be significant association between pre test practice score with selected demographic variable

ASSUMPTIONS:

- Patients are prone to develop Pressure sore within the hospital, if Staff Nurses does not identified earlier.
- Structured Teaching Programme may enhance the knowledge and practices of Staff Nurses regarding Braden scale.
- Better knowledge may help the Staff Nurses to identify the patient at risk for ulcer using Braden scale.

VARIABLES OF THE STUDY:

i. Dependent variable:

Dependent variables are the response, behaviour or outcome that is predicted on research. Changes in the dependent variable



are presumed to be influenced by the independent variable. In this study the dependent variable are knowledge and practice regarding use of Braden scale on Pressure sore among Staff Nurses.

ii. Independent variable :

Independent variables are the cause or influence the dependent variable which is manipulated. In this study independent variable is Structured Teaching Programme regarding use of Braden scale on Pressure sore among Staff Nurses.

iii. Demographic variable:

The demographic variable confound the relationship between the independent and dependent variable and that need to be controlled either through building in research design or through statistical procedure. In this study the selected demographic variables are age, gender, professional qualification, experience, area of work experience etc.

CONCEPTUAL FRAMEWORK OF THE STUDY:

The conceptual framework selected for the study was based on Karl Ludwig Von Bertalanaffy's General System Model.

THE METHODS AND TOOLS USED IN COLLECTION OF DATA WERE :

Data was collected by administering structured knowledge questionnaire. Structured knowledge questionnaire was developed consisting two parts that is:

PART I: It consists of 6 items on demographic variables.

PART II: It consists of 34 items regarding use of Braden Scale on Pressure sore. The selected aspects are:

- Knowledge regarding Pressure Sore (6)
- Knowledge regarding Braden Scale (5)
- Knowledge regarding subscales of Braden Scales (23)

MAJOR FINDINGS OF THE STUDY:

The demographic characteristics of the samples revealed that:

Age in years: The majority of the respondents 84 percent belongs to the age group of 20-25 years.

Gender : The majority of the respondents 67 percent were males and 33 percent belongs to females

Professional Qualification: The majority of the respondents 78 percent were GNM.

Experience: The majority of the respondents 84 percent belongs to > 5 years.

Area of work experience: The majority of the respondents 40 percent belongs to Medicine ward.

Attended any in service education: all respondents 100 percent have not attended any in service education.

Pre test knowledge scores of Staff Nurses on use of Braden Scale on Pressure sore: The overall mean percentage of pre test knowledge score is 16.03 (47.14 percent) with standard deviation of 2.81 which



shows that the respondents have inadequate knowledge about use of Braden Scale on Pressure sore.

Post test knowledge scores of Staff Nurses on use of Braden Scale on Pressure sore:

The overall mean percentage of knowledge score is 24.5 (72.05 percent) with standard deviation of 1.95 which shows gain in knowledge level of the respondents.

Comparison between pre test and post test knowledge scores of Staff Nurses on use of Braden Scale on Pressure sore:

The enhancement in the knowledge of the respondents is 8.47 with the „t“ value of 19.69.

Pre test practice scores of Staff Nurses on use of Braden Scale on Pressure sore:

The overall mean percentage of pre test knowledge score is 6.08 (50.66 percent) with standard deviation of 1.49 which shows that the respondents have inadequate knowledge about use of Braden Scale on Pressure sore.

Post test practice scores of Staff Nurses on use of Braden Scale on Pressure sore:

The overall mean percentage of knowledge score is 8.75 (72.91 percent) with standard deviation of 1.36 which shows gain in knowledge level of the respondents.

Comparison between pre test and post test practice scores of Staff Nurses on use of Braden Scale on Pressure sore:

The enhancement in the knowledge of the respondents is 2.67 with the „t“ value of 11.12.

Correlation between knowledge and practice scores

The knowledge and practice regarding use of Braden Scale on Pressure sore were analysed through karl pearson“s correlation coefficient. The correlation of the Staff Nurses knowledge and practice with regard to prevention of Pressure sore was

$r = 2.4$ and “t” for correlation was 4.99 ($p < 0.05$). Hence there was positive correlation between knowledge and practice and it was found to be statistically significant at 0.05% level.

Association between pre test knowledge scores with selected demographic variables

There is no significant association between knowledge of Staff Nurses and demographic variables such as Age in years ($\chi^2 = 3.19$), Gender ($\chi^2 = 2.17$), Professional qualification ($\chi^2 = 0.87$), Experience ($\chi^2 = 3.19$), Area of work experience ($\chi^2 = 2.65$) and Attended any in service education ($\chi^2 = 0$) were not significant at 0.05 level. Hence the research hypothesis is rejected and null hypothesis is accepted at 0.05 level of significance.

Association between pre test practice scores with selected demographic variables



There is no significant association between practice of Staff Nurses and demographic variables such as Age in years ($\chi^2= 3.19$), Gender ($\chi^2= 2.17$) Professional qualification ($\chi^2= 0.87$), Experience ($\chi^2= 3.19$), Area of work experience ($\chi^2= 2.65$) and Attended any in service education ($\chi^2= 0$) were not significant at 0.05 level. Hence the research hypothesis is rejected and null hypothesis is accepted at 0.05 level of significance.

LIMITATIONS OF THE STUDY:

The study was limited to the assessment of knowledge of the Staff Nurses regarding use of Braden Scale on Pressure sore.

The study was limited to nurses whose educational qualification was General Nursing and Midwifery, P.B.Bsc. Nursing and B.Sc(N).

The sample was limited to 60 only.

The data were collected by using non probability method.

RECOMMENDATIONS:

- A similar study can be undertaken with a large sample to generalize the result.
- A comparative study on knowledge and practice of Staff Nurses on use of Braden Scale on Pressure sore in the Government Hospital and private
- Hospital may be taken up.

- A SIM (Self Instruction Module) can be developed based on the knowledge and practice learning needs of the Staff Nurses.
- Specific protocol should be developed for Staff Nurses on the prevention of Complications of Pressure sore.



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