

Nurses Knowledge, Attitudes and Practices Towards Nutritional Management of Renal Failure Clients in Selected Hospitals at Udaipur

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1. Background

Chronic kidney disease is a global public health problem. All health care professionals need to be knowledgeable and competent in nutrition as it applies to health promotion, prevention and treatment of acute and chronic diseases. Nutrition intervention is an important component in optimizing diet among renal failure patients. However, there is limited information on the nutrition knowledge on management of renal failure among nurses.

2. Objective

To assess Nurses knowledge, attitudes and practices towards Nutritional management of renal failure clients.

3. Methods

Cross - sectional study was conducted among 133 healthcare workers in renal units. Nutrition knowledge and practices were assessed using a standardized questionnaire. Knowledge levels were categorised as > 61 % "adequate" 41–60 % "moderate" and 1–40 % "low". Attitudes were measured using a 5 Likert scale. Descriptive statistics were used to summarize data. Chi - square was used to test the relationship between categorical variables. A p - value of < 0.05 was considered statistically significant.

4. Results

The mean nutrition knowledge score among nurses was 9.8 (SD 3.12). There was a significant difference in the nutrition knowledge among carders ($p \leq 0.001$). Likert scale showed that 94 % had positive attitudes on the role of nutrition in preventing and treating diseases. There were significant relationship between age group ($\chi^2 = 16.69$; $p = 0.01$), work experience ($\chi^2 = 18.61$; $p < 0.01$) and nutrition knowledge of participants.

5. Conclusion

Nutrition knowledge among participants was poor; though their attitude was positive they failed to practice due to poor knowledge. Inadequate nutrition training in medical institutes, lack of resources and motivation were identified as factors that influence nutrition management of renal failure in the study area.

6. Recommendations

To start continuous nutrition education programmes for in - service candidates, hiring clinical nutritionists in each hospitals.