

Assess the Level of Knowledge on Prevention of Pressure Ulcer among Primary Care Giver Attending Chronically Bed Ridden Patient

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Abstract: Background: Health promotion and prevention enables individuals, families and communities to develop their full health potential. Maintaining skin integrity is important. A few client populations are thought to be at greater risk of developing pressure sores because of bed ridden, immobility like orthopedics clients with fractures, the elderly with femoral fractures and client in nursing settings and home settings. Studies have shown that the incidence of pressure sore increases with length of stay. Methodology: A quantitative research approach was used with, one group pre-test and post-test design. The study was conducted at Sri Manakulavinayagar medical college and hospital, Madagadipet. The selection of setting was done on the basis of feasibility of conducting the study. The target population for the study comprises of 20 primary care givers of bedridden patients. Purposive sampling technique was used for sample selection. Demographic data consists of age, sex, education status, occupation, marital status, family income, religion, type of family, source of information and area of residence. Assessment of knowledge and practice consists of 30 objective types of multiple choice questions. Results: The investigator assessed the knowledge of primary care givers regarding prevention of pressure ulcer by using checklist and questionnaire and the intervenes training programme by posters after a gap of seven days depending on the convenience of the sample. The data analysis showed that level of knowledge post-test score was 14 (70%) of samples had adequate knowledge, 6 (30%) of samples had moderate level of knowledge. Results revealed that there was an adequate knowledge among primary care giver attending chronically bed ridden patient in post-test.

Keywords: Pressure ulcer & Primary care giver

1. Introduction

Pressure ulcer is an area of skin that breaks down when the position for too long without shifting the weight. This often happens if he uses, a wheel chairs or he is bed ridden, even for a short period of time. The constant pressure against the skin reduces blood supply to that area and affected tissue dies most common places for pressure ulcer are over bony prominence like the elbows, heels, hips, ankles, shoulder, back and occiput of the head.

Need for the study

Pressure sores are common conditions among patients hospitalized in acute and chronic care facilities. Prevention of pressure ulcer is always better than treating the complication associated with it, with higher expenses. Pressure ulcer occurs almost exclusively in people with limited mobility. So it is a challenge to prevent the occurrence of pressure.

Statement of the problem

A study to assess the effectiveness of training programme on prevention of bed sore for primary care giver attending chronically bed ridden patient at Sri ManakulaVinayagar Medical Collage and Hospital, Madagadipet, Puducherry.

Data collection procedure

After obtaining the prior permission and consent from the significant authorities and the subjects, the investigator assessed the knowledge and practice of primary care givers regarding prevention of pressure ulcer by using checklist and questionnaire and the intervenes training programme by posters after a gap of 7 days depending on the convenience of the sample.

Phase-I	The assessment of level of knowledge among primary care givers attending chronically bed ridden patient about prevention of pressure ulcer by conducting pre-test.
Phase-II	Training programme was administered for selected samples.
Phase-III	After 7 days of interval, the level of knowledge score was analysed by comparing the post-test score with pre-test score.
Phase-IV	The investigator evaluated the primary care giver knowledge.

2. Results and Discussion

Table 1: Frequency and percentage distribution of pre-test score on level of knowledge (N=20)

S.N	Level of Knowledge	Pre-Test	
		No. of Sample	Percentage
1	Adequate	2	10
2	Moderately adequate	8	40
3	Inadequate	10	50

Table 1 shows that 2 (10%) of people had adequate level of knowledge in pre-test, 8 (40%) of people had moderately adequate knowledge and 10(50%) of people had inadequate knowledge in pre-test score.

Table 2: Frequency and percentage distribution of post-test score on level of knowledge (N=20)

S.No	Level of Knowledge	Pre-Test	
		No. of Sample	Percentage
1	Adequate	14	70
2	Moderately adequate	6	30
3	Inadequate	0	0

Table 2 shows that 14 (70%) of people had adequate knowledge and 6(30%) had moderately adequate knowledge in post-test score.

Table 3: Mean and standard deviation of the level of knowledge (N=20)

	Mean (X)	Standard Deviation(s)	Paired'' t '' Test (t)
Pre-Test	9.4	3.6	T[19]=5.279
Post-Test	15.5	2.5	

Note; S=Significant, NS=Non significant at the level of P [0.05]

Table 3 shows that in pre-test, the mean value was 9.4 with the standard deviation of 3.6 in the level of knowledge. In post-test the mean value was 15.5 with the standard deviation of 2.5 in the level of knowledge. It was significant at the level of $P < 0.05$.

3. Conclusion

The data analysis showed that the level of knowledge on primary care giver attending chronically bed ridden patient, post test score was increased after intervenes training programme.

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