

**EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON KNOWLEDGE REGARDING  
PREVENTION AND MANAGEMENT OF PRESSURE ULCERS AMONG STAFF NURSES  
WORKING IN SELECTED HOSPITALS AT TIRUNELVELI DISTRICT**

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**ABSTRACT**

*Most people will naturally shift their position after a while when they are in a sitting position or lying down. When asleep, for example, people will normally shift their position up to 20 times during the night. However, some people are too ill or weak to be able to do this on their own, and if the body stays in the same position for a period of time, the skin can become damaged and result into pressure ulcers. The present study was conducted to evaluate the effectiveness of planned teaching programme on knowledge regarding prevention and management of pressure ulcers among staff nurses. In order to achieve the objectives of the study, a pre-experimental one group pre-test, post test design was adopted convenient sampling technique was used to select the sample. The data was collected from 60 respondents before and after providing power point presentation by structured questionnaire schedule. The study revealed that the overall mean post-test knowledge score 23.03 with standard deviation of 2.86 regarding prevention and management of pressure ulcers among staff nurses is higher than the overall mean pre-test score 11.18 with standard deviation of 2.04 and the statistical paired – t test value is  $t = 41.12$  and found to be significant ( $P < 0.05$ ). Hence,  $H_1$  is accepted. It indicates the effectiveness of planned teaching programme. Therefore, it shows that planned teaching programme is effective in increasing the knowledge on prevention and management of pressure ulcers among staff nurses. The overall pre-test mean percentage is 37.26 % and post-test mean percentage is 76.76% and the enhancement in the knowledge by 39.5 %. This indicates that the planned teaching programme is effective in increasing the knowledge regarding prevention and management. The mean post-test knowledge score of staff nurses (23.03) was higher than the mean pre-test knowledge score (11.18). It shows the effectiveness of planned teaching programme in increasing the knowledge on prevention and management of pressure ulcers among staff nurses.*

**Keywords:** *Planned teaching programme, pressure ulcers, selected hospitals.*

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**INTRODUCTION**

Pressure ulcers also known as bed sores and decubitus ulcers are injuries to skin and underlying 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

Pressure sores can occur in people of any age who are confined to bed, chair bound, or unable to reposition themselves. They tend to occur over or between bony areas where pressure on skin can be concentrated, such as over the hip bones, tailbone, heels, ankles, and elbows, but they can occur anywhere. People who have nerve damage or paralysis have a higher risk of developing pressure sores

The care management of the pressure ulcers has been carried out by the assessment of risk of developing pressure ulcers and draw up a repositioning timetable. This state's show often patient need to move, or be moved if patient unable to do so their self. For some people, this may be as often as once every 15 minutes.

The prevention and treatment of pressure ulcers is a challenge in the care of patients with compromised mobility. Prediction through accurate assessment and prevention of pressure ulcers using appropriate measures are of primary importance. However, for patients who have already developed pressure ulcers, timely intervention can reduce morbidity and mortality rates

**NEED FOR THE STUDY**

Excellent skin care is an attribute of quality care. Prevalence of skin breakdown and pressure injuries has become a standard by which hospitals are evaluated and assessed with pressure injuries recognised as an international patient safety problem. Most pressure injuries are preventable if appropriate measures are implemented. Prevention involves ongoing risk assessment of all patients, implementation of prevention strategies including skin inspection and repositioning patients at regular intervals, analysis of the causal factors in the event of pressure injury development and the selection of appropriate pressure relieving devices. The nurses play a vital role in healing of pressure ulcers by periodic cleaning and dressing of the injured area and shifting the position of the bed-ridden patients so that a particular area is not subject to friction for long.

Lack of knowledge and familiarity with the etiology of the PU formation, significantly at the community level, results in the wound appearance. The primary team and the non-professional caregivers have an important role in the prevention. The GP and nurse are the first to visit the immobile patient at home and to recognize the initial signs of pressure of the skin and plan the interventions for prevention. Periodic training and ongoing continuity of education are fundamental for the primary team, caregiver and the family. Family and private caregivers are typically under-educated in recognizing and addressing the first skin sign of pressure ulcer. The role of the primary physician in determining the method of feeding for patients afflicted by various degree of dysphagia is particularly challenging in the pressure ulcer prevention

**STATEMENT OF THE PROBLEM**

*"A pre experimental study to assess the effectiveness of planned teaching programme on knowledge regarding prevention and management of pressure ulcers among staff nurses working in selected hospitals at Tirunelveli district".*

**OBJECTIVES**

1. To assess the pre-test level of knowledge regarding prevention and management of pressure ulcers among staff nurses.
2. To administer planned teaching programme on knowledge regarding prevention and management of pressure ulcers.
3. To assess the post-test level of knowledge regarding prevention and management of pressure ulcers.
4. To compare the pre –test level of knowledge with post – test level of knowledge among staff nurses.
5. To evaluate the effectiveness of planned teaching programme on knowledge regarding prevention and management of pressure ulcers among staff nurses.
6. To determine association between the pre-test knowledge score with selected demographic variables among staff nurses.

**HYPOTHESES**

**H<sub>1</sub>:** The mean post-test level of knowledge score on prevention and management of pressure ulcers will be significantly higher than the mean pre-test knowledge score among staff nurses.

**H<sub>2</sub>:** There will a significant association between the pre-test level of knowledge on prevention and management of pressure ulcers among staff nurses with their selected demographic variables.

**RESEARCH METHODOLOGY**

**Research approach:** Quantitative approach.

**Research design:** Pre-experimental, one group pre-test post-test design

**Setting of the study:** Conducted in selected hospitals at Tirunelveli district.

**Sample and sample size:** 60 staff nurses, consisting of both male and female staff nurses in selected hospitals at Tirunelveli.

**Sample Technique:** Non-probability convenient sampling

#### DEVELOPMENT OF THE TOOL

##### Part-A

It includes information about age, gender, types of family, monthly income, religion, marital status, area of working, professional qualification, work experience in clinical field, current area of working, attended any program related to pressure ulcers, previous experience with any pressure ulcer patient's.

##### Part-B

It consists of structured questionnaire containing 30 multiple choice questions on prevention and management of pressure ulcers among staff nurses.

##### Score interpretation:

A total of 30 questions are in knowledge questionnaire. Each correct answer is assigned a score of 'one' and wrong answer a score of 'zero'. The total score of section is 30.

##### Knowledge Score

- Inadequate 1- 10 marks
- Moderate 11- 20 marks
- Adequate 21- 30 marks

##### FINDINGS:

The study revealed that the overall mean post-test knowledge score 23.03 with standard deviation of 2.86 regarding prevention and management of pressure ulcers among staff nurses is higher than the overall mean pre-test score 11.18 with standard deviation of 2.04 and the statistical paired – t test value is  $t= 41.12$  and found to be significant ( $P<0.05$ ). Hence,  $H_1$  is accepted. It indicates the effectiveness of planned teaching programme. Therefore, it shows that planned teaching programme is effective in increasing the knowledge on prevention and management of pressure ulcers among staff nurses.

The overall pre-test mean percentage is 37.26 % and post-test mean percentage is 76.76% and the enhancement in the knowledge by 39.5 %. This indicates that the planned teaching programme is effective in increasing the knowledge regarding prevention and management.

The mean post-test knowledge score of staff nurses (23.03) was higher than the mean pre-test knowledge score (11.18). It shows the effectiveness of planned teaching programme in increasing the knowledge on prevention and management of pressure ulcers among staff nurses

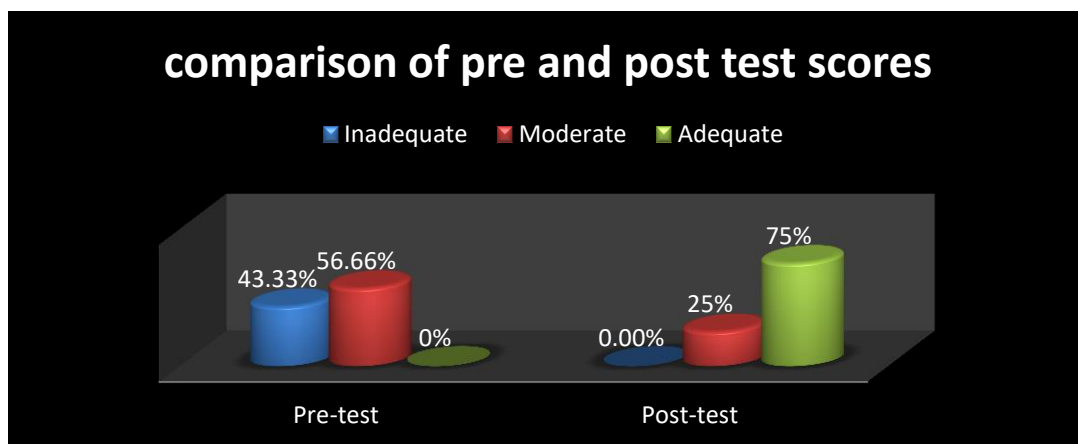


Figure: 1 Column diagram showing comparison of pre and post test scores

#### CONCLUSION

The present study assessed the effectiveness of planned teaching programme on the knowledge of staff nurses regarding prevention and management of pressure ulcers. The study was conducted in three hospitals which were Sihag Hospital, Dr. Deepak Choudhary Hospital and Lalgaria Hospital. The data was collected from 60 staff nurses by structured questionnaire, before and after planned teaching programme. Non-probability convenient sampling technique was used to select the samples. Most of the staff nurses had inadequate knowledge regarding prevention and management of pressure and some staff has knowledge about the prevention and management of pressure ulcers because of some previous experience with pressure ulcer patients. There was a significance difference between knowledge of nurses on prevention and management of

pressure ulcers in pre and post programme implantation. Thus, the planned teaching programme was effective in improving the knowledge.

**RECOMMENDATIONS**

1. The study can be replicated on a larger sample with some more socio demographic variables, there by findings can be generalized for a larger population
2. A study can be conducted to assess the factors towards the improper treatment of pressure ulcers patient.
3. A similar study may be conducted using self instructional module on knowledge regarding prevention and management of pressure ulcers.
4. A comparative study may be conducted to evaluate the effectiveness of video assisted teaching versus self instructional module on similar problem.

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