



NURSES KNOWLEDGE AND PRACTICE REGARDING PREVENTION AND CARE OF BEDSORE OF HOSPITALIZED PATIENTS AT (NITOR), DHAKA

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ABSTRACT

Bedsore have been labeled as one of the most expensive and physically debilitating complications in the 20th century. After cancer and heart diseases bedsore/Pressure ulcers are the third most expensive disorder. The aim of the study was to assess the level of nurses' knowledge and practice regarding bedsore prevention and care for hospitalized patients at National Institute of Traumatology and Orthopedics Rehabilitation (NITOR) Hospital at Dhaka, Bangladesh. The cross-sectional study was purposively selected 18 senior staff nurses involved in caring of hospitalized patients from May, 2018 to June 2019. Data were collected face to face by using structured questionnaire and an observational checklist was also used to observe actual practice level. Collected data were analyzed by using descriptive statistics. The mean age of the respondents was 41 years. According to the study findings, nurses overall knowledge regarding bedsore was very good 66.6% and 33.4% was good. On the other hand nurses overall practice score was good was 72.2% but not very good. This is caused by insufficient training on prevention and care of paralysis patients, shortage of manpower and even nurses are involved with non-nursing practice. Bedside practice (nursing) should increase among nurses to prevent bedsore.

KEYWORD: Bedsore, Pressure ulcer, Paralysis, Knowledge, Practice.

INTRODUCTION

Bedsore/pressure ulcer referred to when localized tissue get deprived of circulation due to soft tissue compressed between external surfaces and bony prominence for prolong time.^[1] Bedsore and Pressure ulcers is same thing and it is painful burden for patients/clients of all ages, which causes complications as comfort, pain, quality of life, costs and a long stay in hospitals. They might result in a life-threatening situation. The issue of pressure ulcer incidence is very complex. It includes regulations and auditing, implementation of adequate preventive and treatment procedures, resources, evidence-based practice, educated staff and active involvement of professionals.

Bedsore have been labeled as one of the most expensive and physically debilitating complications in the 20th century. After cancer and heart diseases bedsore/Pressure ulcers are the third most expensive disorder.^[2] When a patient suffer with pain and discomfort because of pressure ulcer and also cause prolong illness, delay rehabilitation, increase patient's hospital stay, and may lead to disability and even death.^[3] World stop pressure ulcer day showed that nearly 700,000 patients were affected by pressure ulcers

each year. Around 186,617 patients develop a new pressure ulcer in acute care settings each year. This has shown that in the year January 2012 to December 2013 between 4 and 6% of patients in acute care settings and more than 5–10% of patients in acute care had no pressure ulcers. Pressure ulcers are accountable for 2% of preventable deaths.^[4]

Therefore it is important for all nurses to be aware of standards guidelines to prevent any complication associated with pressure ulcers to promote patient safety and better outcomes. Nurse's practices toward pressure ulcer prevention were not reliable because nurses prioritized it very low level that is because of their inadequate knowledge about the serious consequence of pressure ulcer complications. They had no access and up to date knowledge of evidence base practices.^[5] Now days if a patient developed a pressure ulcer during his hospitalization it will indicate the poor quality of nursing care. Although to prevent a patient from a pressure ulcers are the responsibility of all health care professional but primarily are the responsibility of those who are involved in direct patient care and nurses are forefronts for providing pressure ulcer prevention care.^[6]

Currently, there is no evidence on Bangladeshi nurses' knowledge and practice regarding bed sore prevention and care. Therefore, it was important to assess the level of nurses' knowledge and practice regarding bed sore prevention and care for hospitalized patients at National Institute of Traumatology and Orthopedics Rehabilitation (NITOR) Hospital at Dhaka, Bangladesh.

MATERIALS AND METHODS

This study was a cross sectional study at National Institute of Traumatology and Orthopedics Rehabilitation (NITOR) Hospital in Bangladesh from May 2018 to June 2019. Total 18 nurses had sample working in the para ward for providing care of bed sore patients. Purposive type of non-probability sampling technique was followed. Data were collected by face to face interview using structured questionnaire and an observational

checklist also used to evaluate the practice. The knowledge based questionnaire contains 20 items with 20 marks and the practice based observational checklist contains total 20 items that are also with 20 marks and it was considered as 100%. On the basis of knowledge and practice marks, the following scoring system was followed for both knowledge and practice.

Very good – 75% -100%

Good – 50% - 75%

Average – 25% – 50% and

Below average – 0% – 25%

Following approval was given by the Ethical and Research Committee of National Institute of Traumatology and Orthopedics Rehabilitation (NITOR) Hospital.

RESULT

Table 1: Socio-demographic characteristics of the respondents (n=18)

Age(in complete years)	Percentage
31 – 35	33.3%
36 – 40	27.7%
41 - 45	11.3%
46 – 50	20.2%
51 - 55	5.5%
Sex	
Female	88.2%
Male	11.8%
Educational qualification	
Diploma in Orthopedics Nursing	5%
Diploma in Nursing & Midwifery	78%
B.Sc in Nursing	17%
Special Training	
Infection Control	27.3%
Orthopedics Nursing	22.7%
No extra training	50%
Length of service	
1 – 5 years	11.2%
6 – 10 years	16.8%
11 – 15 years	27.5%
16 – 20 years	5.5%
21 – 25 years	11.9%
26 – 30 years	27.1%
Total	100.0%

Table 1 showed the socio-demographic characteristics of the respondents. Here, majority i.e. 33.3% respondents in the age group 31-35 years, 27.7% were age group of 36 – 40 years, 11.3% were age group 41-45, 20.2% were age group of 46-50 years and only 5.5% respondents in the age group of 51-55 years. From the total respondents,

88.2% were female and rest of them 11.8% was male. Their educational qualification was 78% Diploma in Nursing & Midwifery and 22.7% respondents had special training on orthopedics nursing. From the total respondents maximum 27.5% respondents length of service were 11-15 years.

Table 2: Distribution of the respondents according to knowledge regarding bed sore (n=18)

Attributes	Frequency (f)	Percentages (%)
Bedsore is an ulcer which develops in the areas due to constant pressure	17	94.4%
Streptococci are the most responsible for bed sore	14	77.5%
Responsible factors for developing bed sore is prolonged immobility	12	66.7%
Vulnerable patients to develop bed sores are bedridden patient	10	55.3%

Common site to develop bedsores are bony prominent area	17	94.4%
More prone age group to develop bedsores are elderly people	17	94.4%
Early sign of bed sore are redness with swelling in the bony prominent area	17	94.4%

Table 2 showed the respondents knowledge regarding bed sore. Out of total respondents, 94.4% given opinion that bed sore is an ulcer which develops in the areas due to constant pressure, 77.5% mentioned, Streptococci are the most responsible for bed sore, 66.7% think prolonged

immobility is responsible factors for developing bed sore, 55.3% said vulnerable patients to develop bedsores are bedridden patient and 94.4% respondents said early sign of bed sore are redness with swelling in the bony prominent area.

Table 3: Distribution of the respondents according to knowledge score on the area of concept, management and prevention regarding bed sore (n=18)

Level of scoring	Knowledge on concept of bed sore	Knowledge on management of bed sore	Knowledge on prevention of bed sore
Very good – 75% -100%	61.3%	55.2%	55.4%
Good – 50% - 75%	33.2%	39.7%	44.6%
Average – 25% – 50%	5.5%	5.1%	00%
Below average – 0% –25%	00%	00%	00%
Total	100%	100%	100%

Among the total respondents, 61.3% had very good knowledge on concept of bed sore, 55.2% had very good

knowledge on management of bed sore and 55.4 had very good on prevention of bed sore.

Table 4: Nurses overall knowledge score regarding bed sore (n=18)

Level of scoring	Frequency (f)	Percentages
Very good – 75% -100%	12	66.6%
Good – 50% - 75%	6	33.4%
Average – 25% – 50%	00	00%
Below average – 0% –25%	00	00%
Total	18	100%

Table 4 showed that, 66.6% respondents had very good knowledge, 33.4% had good knowledge regarding bed sore.

Table 5: Nurses overall Practice score regarding bed sore (n=18)

Level of scoring	Frequency (f)	Percentages
Very good – 75% -100%	00	00%
Good – 50% - 75%	13	72.2%
Average – 25% – 50%	4	22.3%
Below average – 0% –25%	1	5.5%
Total	18	100%

Table 5 showed that, 72.2% respondents had good practice, 22.3% respondents had average practice and 5.5% respondents had below average practice regarding bed sore.

DISCUSSION

There was 18 senior staff nurses purposively selected as a sample who was involved in caring bedsores patients. In this study, an attempt to assess the nurses' knowledge and practice on bed sore of hospitalized patients. The mean age of the respondents had 41 years, 88.2% were female and 78% respondent's qualifications were diploma in nursing and midwifery.

Among the total respondents, 61.3% had very good knowledge on concept of bed sore, 55.2% had very good knowledge on management of bed sore and 55.4 had very

good on prevention of bed sore. *The similar study conducted at Lahore* that was revealed, the mean knowledge score of the nurses calculated to be 9.57 +_3.27 and the mean practice score was 5.29+_ 5.38. And the level of knowledge was good in 8.3% and fair in 11.1%, poor in 80.6% participants.

This study revealed that, 66.6% respondents had very good knowledge, 33.4% had good knowledge regarding bed sore and 72.2% respondents had good practice, 22.3% respondents had average practice and 5.5% respondents had below average practice regarding bed sore. **Hasan Mahfuz Reza., et al (2020)** found, 2.1% of nurses scored very low, 4.4% nurses scored low level of practice. 66.3% nurses scored moderate level of practice. 27.2% nurses scored high level and none had

very high (0.0%) level of practice regarding pressure ulcer prevention and management.

The aim should focus on areas of incidence of bedsore, the use of preventive guidelines and their relevance, the knowledge and attitudes of health care professionals related to bedsore.

CONCLUSIONS

According to the study findings, nurses overall knowledge regarding bedsore was very good 66.6% and 33.4% was good. On the other hand nurses overall practice score was good was 72.2% but not very good. This is caused by insufficient training on prevention and care of paralysis patients, shortage of manpower and even nurses are involved with non-nursing practice. Bedside practice (nursing) should increase among nurses to prevent bedsore.

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