

“A study to assess the effectiveness of the structured teaching program on prevention of pressure ulcer by using Braden scale among staff nurses working in selected hospital of Bhopal”

Pakhide V

Mrs Vandana Pakhide, Tutor, Bhopal School of Nursing, BMHRC, Bhopal, India

Address for correspondence: Mrs Vandana Pakhide, Email: vinodpakhide@yahoo.in

Abstract

Introduction: Pressure ulcers are common in a variety of patient setting and are associated with adverse health outcomes and high treatment costs. The Braden scale is a widely used pressure risk assessment tool with highly satisfactory reliability 0.99 when used by registered nurses. Present study focused on assessment of the knowledge level of staff nurses on prevention of pressure ulcer by using Braden scale. **Methods:** The sample for the present study comprised of 30 staff nurses who met the inclusive criteria. Assessed pre-test knowledge level with structured questionnaire, all the respondents had poor practice of pressure ulcer risk assessment and its prevention. Administered structured teaching program and post assessment was done. **Results:** The obtained ‘t’ value is 22.06** showing the effectiveness of structured teaching program at 0.05 level and 0.01 levels of significance. **Conclusion:** There was significant relation found between structured teaching programs and knowledge level on prevention of pressure ulcer by using Braden scale. This type of studies can help staff nurses to update their knowledge and skills. Ultimately, it will improve the quality of services provided in the hospital.

Key words: Braden scale, Pressure ulcer, planned teaching

Introduction

A wound is the break in the continuity of the skin or mucous membrane. Wound is a simple when only skin is involved and it is complex when underlying tissue that is muscle, nerves and blood vessel are also involved.

The Braden Scale for predicting pressure ulcer risk is a tool that was developed in 1987 by Barbara Braden and Nancy Bergstrom. The purpose of the scale is to help health professionals, especially nurses, assess a patient's risk of developing a pressure ulcer. Many studies have shown positive correlation on identification and management of pressure ulcers by trained nursing staff^{1, 2, 3, 4, 5, 6}.

Nurses are the primary concerns in wound care. Patient should be assessed for pressure ulcer risk initially on admission and at periodic intervals based on the patient's condition and care setting.

According to **Bergstrom N., Braden B. J., & Holman V**⁷, the Braden Scale for predicting pressure ulcer risk was developed to foster early identification of patients at risk for forming pressure ulcers. The scale is composed of six subscales that reflect sensory perception, skin moisture, activity, mobility, friction and shear, and nutritional status. Reliability ranged from $r = 0.83$ to $r = 0.94$ for nurses' aides and licensed practical nurses; when used by registered nurses, the reliability increased to $r = 0.99$. This instrument has highly satisfactory reliability when used by registered

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nurses, and greater sensitivity and specificity than instruments previously reported.

Problem Statement

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Objectives

The objectives of the study are the following:

1. Assess the pre-test knowledge level on prevention of pressure ulcer by using Braden scale among staff nurses.
2. Provide structured teaching program on prevention of pressure ulcer using Braden scale among staff nurses.
3. Assess the effectiveness of structured teaching program among staff nurses.
4. Associate pre-test knowledge level with selected demographic variables among staff nurses.

Research Hypothesis

H₁- There will be significant difference in the pre-test and post-test knowledge level on prevention of pressure ulcer by using Braden scale among staff nurses at 0.05 levels of significance.

H₂- There will be significant association between the pre-test knowledge level and selected demographic variables at 0.05 levels of significance.

Research Brief

Research Methodology

In this study, the evaluative research approach was used. The research design selected for the present study was one group pre-test and post-test design.

Research design can be represented as:

Pre-test	Intervention	Post-test
O1	X	O2

Major findings of the study and discussion

1. Findings related to pre-test knowledge level

Most of the samples 83% were categorized in poor category, 17% samples were in average category and no one in good category.

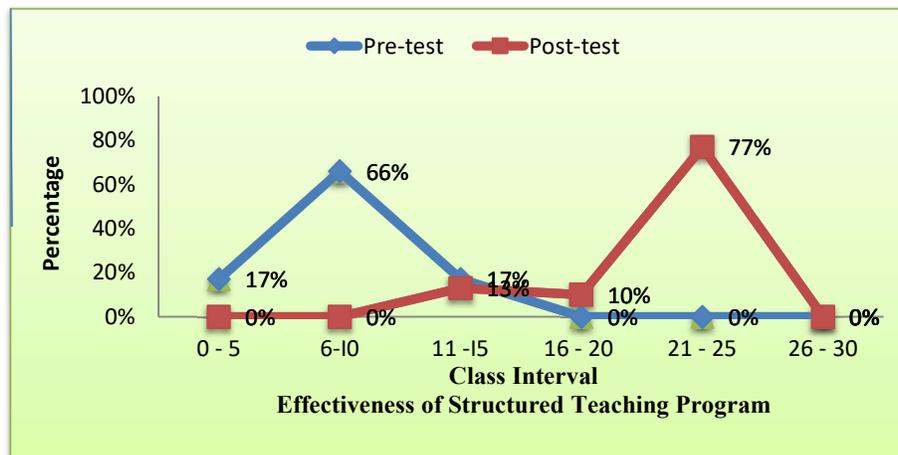
2. Findings related to post-test knowledge level

Most of the samples 77% were categorized in good category, 23% samples were in average category and no one in poor category.

3. Findings related to effectiveness of structured teaching program on prevention of pressure ulcer

The obtained 't' value is 22.06** is higher than the table value even at 0.01 level of significance. Thus, it may be said that the difference obtained in the pre-test and post-test score was a true difference.

Hence, the research hypothesis H₂ was accepted because this indicates structured teaching program is effective to enhance the knowledge level on prevention of pressure ulcer by using Braden scale among staff nurses.



Findings related to association of pre-test knowledge level with selected demographic variables among staff nurses

The data obtained reveals that about gender there was significant association found at 0.05 level of significance, about professional experience, there was significant association found at 0.05 levels, regarding age, education and present working area no association were found.

Conclusion

Pressure ulcers are one of the most common problem for patients who are admitted for a long time. The main aim of the study is to evaluate the effectiveness of structured teaching program on prevention of pressure ulcer by using Braden scale among staff nurses working in selected hospital of Bhopal.

There was significant relation found between structured teaching programs and knowledge level on prevention of pressure ulcer by using Braden scale ^{1, 2, 3, 4, 5, 6, 8)}. This type of studies can help staff nurses to update their knowledge and skills. Ultimately, it will improve the quality of services provided in the hospital.

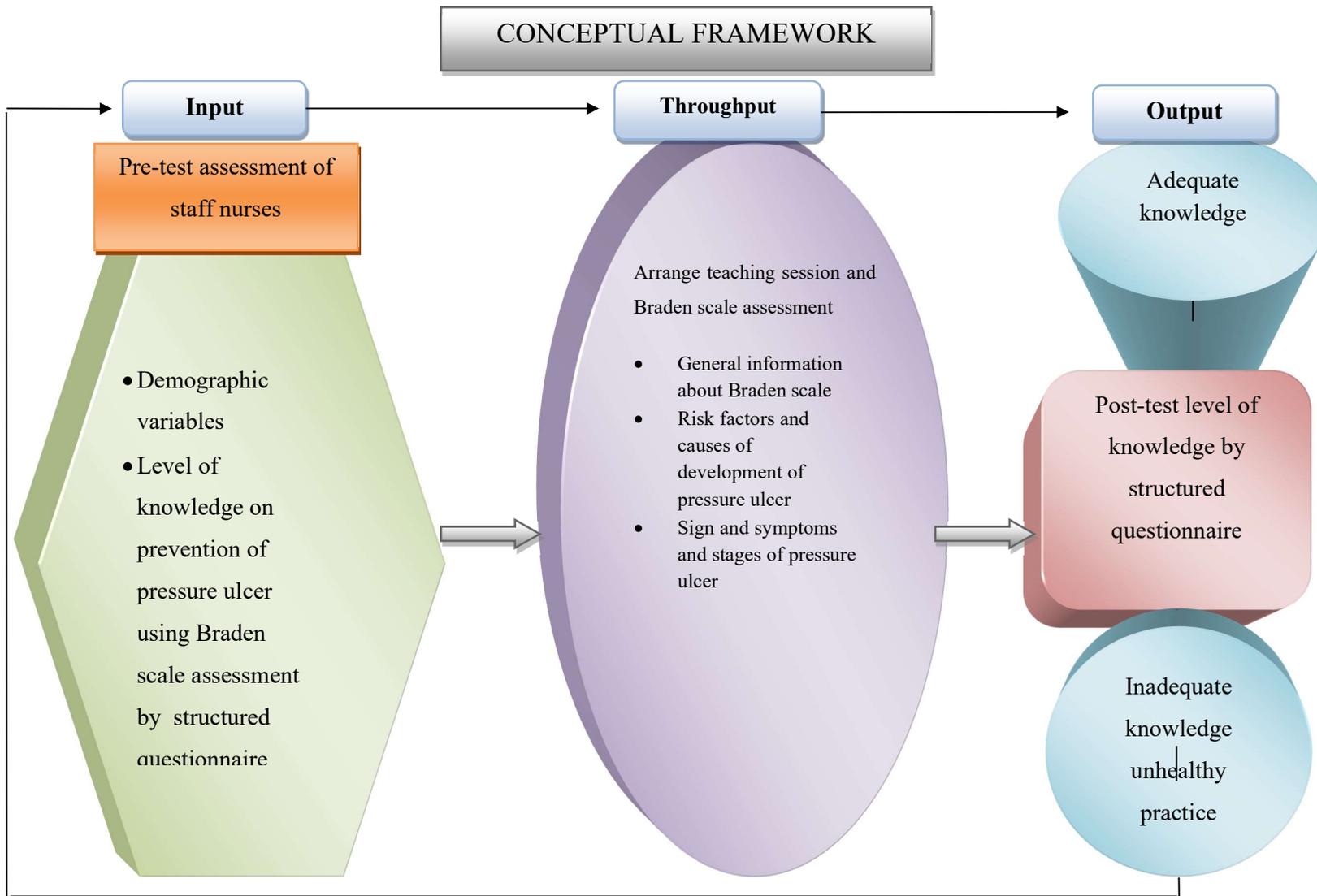


Figure: 1 J. W. Kenny's General System Model (1936): showing the effect of structured teaching program on prevention of pressure ulcer using Braden scale among staff nurses.

Recommendations

On the basis of the findings of the study, it is recommended that the following study can be undertaken to strengthen quality of nursing care;

- Similar study can be replicated on a large sample.
- A comparative study can be conducted among the staff of different wards with same setting.
- A similar study can be replicated on a sample with different demographic characteristics.

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