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## **A study to assess the knowledge and practice regarding pressure ulcer among students of BSc nursing 3<sup>rd</sup> year in Sree Balaji College of nursing, Chennai**

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### **Abstract**

A pressure ulcer is a localized injury to the skin or underlying tissues, usually over a bony prominence, as a result of pressure in combination with shear or friction occluding blood flow to that area. Pressure ulcers are used as an indicator of quality for long-term care facilities, and progression of pressure ulcers in hospitalized patients is often considered an avoidable complication representing failure of inpatient management. A descriptive study, therefore, was undertaken to assess the knowledge and practice of pressure ulcer among BSc nursing 3<sup>rd</sup> year students in Sree Balaji College of Nursing, Chennai.

The sample consist of 60 students of BSc nursing 3<sup>rd</sup> year were selected using purposive sampling technique. In order to assess their knowledge a self-structured questionnaire was developed. Self-made scoring system was used to categorize the participants as whether they have adequate knowledge, moderately adequate knowledge or inadequate knowledge on pressure ulcer. Results revealed that 6(10%) of BSc nursing 3<sup>rd</sup> year students had adequate knowledge, 44(73.3%) of BSc nursing 3<sup>rd</sup> year students had moderate adequate knowledge and 10(16.7%) had inadequate knowledge about pressure ulcer. Based on the results majority of the student nurses had moderately adequate knowledge, it is therefore recommended that the students nurses needs to upgrade their knowledge regarding pressure ulcer as they play a vital role in educating the public about pressure ulcer and caring for a pressure ulcer client. Student nurses should therefore be encouraged to update their knowledge through referring more books and through internet.

**Keywords:** Knowledge, practice, pressure ulcer, student nurses.

### **1. Introduction**

A pressure ulcer is a localized injury to the skin or underlying tissues, usually over a bony prominence, as a result of pressure in combination with shear or friction occluding blood flow to that area. Uninterrupted pressure exerted on the skin, soft tissue, muscle and bone can lead to development of localized ischemia, tissue inflammation, shearing anoxia and necrosis. Pressure ulcers are used as an indicator of quality for long-term care facilities, and progression of pressure ulcers in hospitalized patients is often considered an avoidable complication representing failure of inpatient management.

Prevention remains the best treatment for pressure sores. The primary nursing responsibility in preventing pressure sores is by implementing pressure sore preventing strategies for those identified as being at risk. Devices such as alternating pressure mattresses, foam mattresses with adequate stiffness and thickness, wheel chair cushions, padded commode seats, foam boots and lift sheets are useful in reducing pressure and shearing force.

### **2. Material and Method**

A descriptive study has been employed in this study to assess the knowledge and practice of pressure ulcer among students of BSc nursing 3<sup>rd</sup> year in selected nursing college, Chennai. The study was conducted in Sree Balaji College of Nursing, Chennai. A total number of 60 nursing 3<sup>rd</sup> year students participated in the study. A self-designed self-structured questionnaire was developed to assess their knowledge and practice. There were 30 multiple choice questions on definition, classification, causes, pathophysiology, sites, biofilm, prevention, treatment, dressing, complications on pressure ulcer.

The data was collected by delivering the question sample to the participants and then collected after 1 hour. Each correct answer was given a score of “one” and wrong answer was given a score of “zero”. Self-made scoring system was used to categorize the participants as whether they have adequate knowledge, moderately adequate knowledge or inadequate knowledge on pressure ulcer.

**2.1 The score was interpreted as follows**

SL.NO	Level Of Knowledge	Percentage
1.	Adequate	>75%
2.	Moderately adequate	51-75%
3.	Inadequate	<50%

**3. Results**

The findings of the study are discussed in terms of objective and hypothesis of the study.

**3.1 Sample characteristics**

- Most of the subjects (47%) were in the age group of 19-21years and minimum number of subjects (17%) were found in the age group of 21-23 years.
- Most of the subjects were female 90% and male 10%.
- Most of the subjects are unmarried 80% and married 20%
- With regard to education of the parents, formal education is found to be 60% and 40% had informal education.
- Most of the subjects belongs to nuclear family 77% and joint family 23%.
- With regards to the living area, most of the subjects were from rural areas 66.6%, sub urban 16.7% and urban area were 16.7%
- Most of the subjects 33.3% got information from the teachers, 26.6% got information from their colleagues which may be due to comfort approach, books 16.7%, internet 13.4% which may be due to easy accessibility, 10% got information from the books.

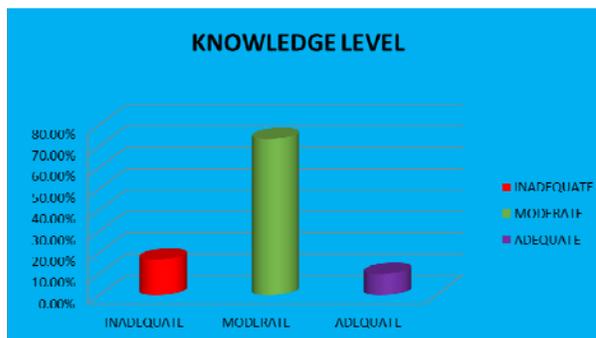
**3.2 The objective was to assess the level knowledge and practice on pressure ulcer among student nurses:**

The frequency and percentage distribution of level of knowledge and practice on pressure ulcer among student nurses of BSc nursing 3<sup>rd</sup> year reveal that 6(10%) had adequate knowledge, 44(73.3%) of BSc nursing 3<sup>rd</sup> year students had moderate adequate knowledge and 10(16.7%) had inadequate knowledge about pressure ulcer.

**Table 1:** Level of knowledge and practice among student nurses of BSc NURSING 3<sup>RD</sup> year.

Knowledge level%	No (n=60)	Percentage %
Inadequate (< 50%)	10	16.7
Moderate Adequate (51-75%)	44	73.3
Adequate (75-100%)	6	10

Table 1, shows that 6(10%) had adequate knowledge, 44(73.3%) of BSc nursing 3<sup>rd</sup> year students had moderate adequate knowledge and 10(16.7%) had inadequate knowledge about pressure ulcer.



**Fig 1:** Percentage distribution on level of knowledge and practice among BSc Nursing 3<sup>rd</sup> year students on pressure ulcer.

**4. Discussion and Conclusion**

The participants involved in this study were assessed for the knowledge on pressure ulcer. The frequency and percentage distribution of level of knowledge and practice on pressure ulcer among student nurses of BSc nursing 3<sup>rd</sup> year reveal that 6(10%) had adequate knowledge, 44(73.3%) of BSc nursing 3<sup>rd</sup> year students had moderate adequate knowledge and 10(16.7%) had inadequate knowledge about pressure ulcer. Sample characteristics of the study reveals that only 6(10%) had adequate knowledge on pressure ulcer which throws light on the need for referring more books. Student nurses needs to upgrade their knowledge regarding pressure ulcer as they play a vital role in educating the public about pressure ulcer and caring for a pressure ulcer client. Also from the findings, it reveals that 10(16.7%) had inadequate knowledge, student nurses should therefore be encouraged to update their knowledge through referring more books as student nurses also plays an important role in imparting knowledge and creating awareness about pressure ulcer to their patients and the public and to prevent from pressure ulcer.

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