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## Effectiveness of evening partial bath on sleep among hospitalized orthopedic patient

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### Abstract

**Background:** Partial bed bath that consists of bathing only body parts that would cause discomfort if left unbathed such as the hands, face, axillaries and perineal area. Partial bath may also include washing back and providing back rub. Provide a partial bath to dependent patients in need of partial bath to dependent patients in need of partial hygiene or self sufficient bed ridden patients who are unable to reach all body parts.

**Aim:** To assess the effectiveness of evening partial bath on sleep among hospitalized orthopedic patient.

**Material and method:** Study conducted by using the quasi experimental design, using Convenience sampling technique method.

**Statistical Analysis Used:** The collected data was organized, tabulated, analyzed and interpreted by using descriptive and inferential statistics based on the objectives of the study.

**Results and Conclusion:** the study results reveals that with regard to effectiveness evening partial bath on sleep, 3(10%) of orthopedic patients are good sleep, 3(10%) are disturbed sleep and 24 (80%) are insomnia.

**Keywords:** partial bath, sleep, orthopedic patients

### 1. Introduction

There Partial bed bath that consists of bathing only body parts that would cause discomfort if left unbathed such as the hands, face, axillaries and perineal area. Partial bath may also include washing back and providing back rub. Provide a partial bath to dependent patients in need of partial bath to dependent patients in need of partial hygiene or self-sufficient bed ridden patients who are unable to reach all body parts. The nurse provides this care dependent client and assists self-sufficient clients for confined to bed by washing their backs. Some ambulatory client to take partial bath at the sink. The nurse can assist them by washing their backs.

Provide a partial bed bath to patients who are aging, dependent in need of only partial hygiene or bed ridden and unable to reach all body parts. Wear gloves when there is a risk of contacting body fluids. Control environmental factors that alter this integrity including moisture, heat and entered sources of pressure such as wrinkled bed liner and improperly placed drainage tubing [1].

When administering partial bed bath assess the condition of the skin to determine soap is necessary on 16 the patient requires daily bathing patient requires daily bathing. Patients with excessively dry skin are predisposed to skin impairment use soaps that contain emollients to hydrate dry skin. Avoid overly hot water because it can dry the skin by removing natural oils. Lubricate the skin with emollient lotions to reduce dryness.

In world, the population census and survey report (1995), conducted a cross sectional descriptive study on assess the knowledge regarding evening partial bath on hospitalized patient. Questionnaire methods were established randomly among patient. The study included with 50 patients. The majority was aged between 25- 45 years. Most of the participants was received partial bath in evening time for 20 minute. The results of the study are 82%. Patient have improved sleep pattern after the evening partial bath and 18% were not interested to bath in evening [2].

International Journals of Nursing Technologies and Classification conducted a descriptive study on sleep among orthopedic patient. The sample size is 100 and structured questionnaire method was used.

After the patient bath the results of the study consists of 76% of the participants were received partial bath on sleep in evening 15 minute. They have improved the sleeping pattern and 24% of them not practiced evening partial bath [3].

**Objectives of the study**

- To assess the effectiveness of evening partial bath on sleep among hospitalized orthopedic patient
- To evaluate the effectiveness of evening partial bath on sleep among hospitalized orthopedic patient

**3. Detailed Research Plan [4]**

**Research Approach:** Quantitative Approach.

**Research Design:** Quasi experimental research design.

**Research Setting:** The study was conducted in orthopedic ward at Narayana Medical College.

**Sampling Technique:** Convenience sampling technique was used to select the subjects by means of observation method.

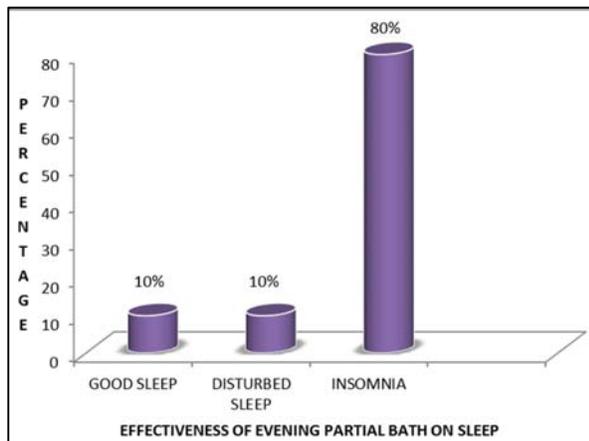
**Sample Size:** The sampling size was 30.

**4. Results and discussion**

**Table 1:** Effectiveness of evening partial bath on sleep among orthopedic patients. (n=30)

Effectiveness evening partial bath on sleep	Frequency (f)	Percentage (%)
Good sleep	3	10
Disturbed sleep	3	10
Insomnia	24	80
Total	30	100

Table No 1: shows that with regard to effectiveness evening partial bath on sleep, 3(10%) of orthopedic patients are good sleep, 3(10%) are disturbed sleep and 24 (80%) are insomnia.



**Fig 1:** Percentage distribution on effectiveness of evening partial bath on sleep among orthopedic patients.

**4.1 Association between demographic variables and effectiveness of evening partial bath on sleep regarding observational check list among orthopedic patients and the socio demographic variables.**

There is significant association with effectiveness of evening partial bath on sleep regarding observational checklist among orthopedic patients with socio demographic variables like age, sex, marital status, education, occupation,

dietary pattern, usually hours of sleep, income and bed time during night.

**5. Conclusion**

The study concluded that effectiveness of evening partial bath on sleep among hospitalized orthopedic patients. There is significant association between the effectiveness with socio demographic variables of orthopedic patients such as education, income and bed time during night.

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