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A study to assess the knowledge regarding renal rehabilitation among staff nurses in NMCH, Nellore

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Abstract
The Study aims to assess the knowledge regarding regarding renal rehabilitation among staff nurses and to identify the relationship between the knowledge level and socio demographic variables of staff nurses. The quantitative research approach and descriptive research design was adopted for the study. The study was conducted in Narayana medical college hospital.100 staff nurses were selected by using Non Probability Convenience Sampling Technique. Semi structured Questionnaire method was used for collecting the information from samples. Data analysis done by using descriptive and inferential statistics. The results revealed that among 100 staff nurses 29(29%) had inadequate knowledge 58(58%) staff nurses had moderately adequate knowledge and 13(13%) staff nurses had adequate knowledge regarding renal rehabilitation. The study concluded that staff nurses have moderately adequate knowledge regarding renal rehabilitation. Staff nurses socio demographic variables have shown non-significant association with the level of knowledge and their age, gender, area of work, and exposure to CNE program and significant association with the level of knowledge and with their educational qualification and years of experience regarding renal rehabilitation among staff nurses.

Keywords: Knowledge, renal rehabilitation, dialysis, end stage renal disease, staff nurses

Introduction
Rehabilitation plays an important role in the treatment of any type. Team of rehabilitation helps patients to manage every day activities and work Renal rehabilitation includes 5 major components:" such as exercise training, diet and fluid management, medication and medical surveillance, education, psychological and vocational counseling". Worldwide the number of patients enrolled in the ESRD Medicare funded program has increased from approximately 10,000 beneficiaries in 1973 to 86,354 in 1983 and to 615,899 as of December 2013. The resulting global average prevalence values for treated ESRD, dialysis and transplant. patients were 280,215 and 65 respectively, of the 1371000 dialysis patients worldwide at the end of 2011, 89%(ie 1222000) were treated by hemodialysis and 11% (ie 149000) were undergoing PD treatment. In India a population based study calculated the ESRD incidence at 152 per million population, the crude and age adjusted ESRD incidence rate was 151 and 232 per million population. In Andhra Pradesh, the prevalence of ESRD patients was 13.9 per 1000 population. It has been recently estimated to be the age adjusted incidence rate of ESRD to be 229 per million patients and >100,000 new patients enter renal rehabilitation therapy. 50% of kidney disease patients are below 40 years of age incidence rate of end stage renal disease is 2.72%, among these 20% people were undergoing dialysis. There are lots of patients waiting for admission and approximately 30-40 dialysis occurs daily in NMCH, Nellore.

Statement of problem
A Study to Assess the Knowledge Regarding Renal Rehabilitation among Staff Nurses in NMCH, Nellore

Objectives
- To assess the knowledge regarding renal rehabilitation among staff nurses at NMCH, Nellore.
- To find out the association between the knowledge and socio-demographic variables regarding renal rehabilitation among staff nurses.

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Methodology

Research Approach: Quantitative Research Approach

Research Design: Descriptive Research Design

Setting: Dialysis unit in Narayana medical college hospital, Nellore.

Population: All Staff Nurses.

Sample: Staff Nurses Available In NMCH at Nellore

Sample Size: 100 Staff Nurses

Sampling Technique: Non Probability Convenience Sampling Technique.

Criteria for Sample Selection
Inclusion Criteria
- Staff nurses
- Who are posted in dialysis unit at Narayana Medical College Hospital, Nellore.
- Willing to participate in the study

Exclusion Criteria
Staff nurses
- Who are not available during the data collection.
- Who are not willing to participate in the study.

Method of Data Collection
For the study, semi structured questionnaire was used.
The tool consists of two parts.
Part – I: Deals with socio demographic data.
Part – II: Deals with semi structured questionnaire.

Data Collection Procedure
After obtaining formal permission from the concerned authority from Narayana Medical College Hospital. The purpose of the study was explained to staff nurses. The subjects were selected by using non- probability convenience sampling technique. Data was collected by using semi structured questionnaire. The data collection procedure was carried out in Narayana Medical College Hospital, Nellore for a period of 2 weeks.

Plan for Data Analysis
The data was analyzed in terms of objectives of the study by using descriptive and inferential statistics.

Frequency and Percentage distribution of socio demographic variables.
Mean and Standard Deviation
Chi-Square was done to find the association between the level of knowledge and with their selected socio demographic variables.
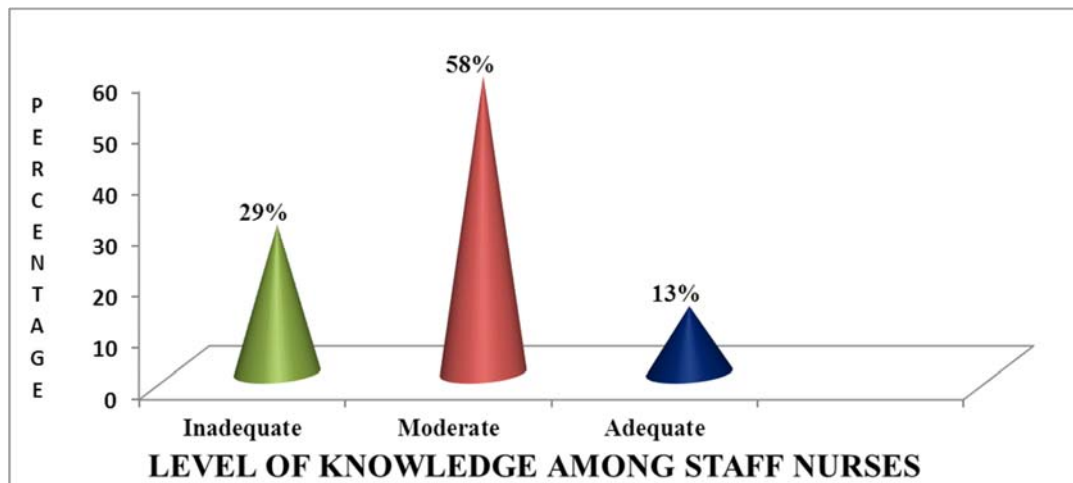
Results
Description of socio demographic variables among staff nurses
The demographic variables data explain that out of 15 staff nurses on the basis of age of staff nurses 8 (53.3%) are between the 22-24 years, 6(40%) are between 25-27 years and 1 (6.7%) are between 28-30 years. on the basis of duration of experience, 8(53.3%) have <1 year 4(26.7%) staff have 1-3 years 1(6.7%) staff have 4- 5 years and 2(13.3%) staff have >5 years experience. on the basis of source of knowledge, 4 (26.6%) received through Text book, 9 (60%) got through Clinical experience and 2 (13.3%) got knowledge from all the above mentioned sources

The demographic variables data explain that out of 100 staff nurses on the basis of staff nurses age 55(55%) were between the age group of 20 – 25 yrs., 37(37%) were between 26-30 yrs. of age, 7(7%) were between 31-35 yrs. of age and 2(2%) of the samples were above 35 yrs. of the samples gender 20(20%) were males and 80(80%) were females. on the basis of educational qualification 14(14%) of the samples pursued GNM course, 73(73%) Of the samples pursued BSC(N) Course, 11(11%) of the samples pursued PB BSC (N) course, and 2(2%) of the samples pursued MSC (N) course. on the basis of years of experience, 36(36%) staff nurses had experience below 1 year, 57(57%) %) staff nurses had 1-3 years of experience, and 7(7%) %) staff nurses had experience of 5 years and above. on the basis of area of work 17(17%) were working in dialysis ward, 10(10%) were working in nephrology ward, 10(10%) were working in urology ward and 62(62%) were working in general wards. on the basis of exposure to CNE program on renal rehabilitation 34(34%) attended CNE program and 66(66%) had no exposure to CNE program

The level of knowledge regarding renal rehabilitation among staff nurses at NMCH, Nellore.

Mean Knowledge Score and Standard Deviation of Level of Knowledge of Staff Nurses
The findings Revealed that staff nurses mean knowledge score is19.27 and standard deviation is 11.49

The Association between knowledge of staff nurses regarding renal rehabilitation among staff nurses and with their selected socio demographic variables.
The study findings revealed that there was no significant association between the level of knowledge and with their socio demographic variables like age, gender, area of work, and exposure to CNE program and significant association between the level of knowledge and with their socio demographic variables like educational qualification and years of experience regarding renal rehabilitation among staff nurses.

Conclusion
The study findings concluded that majority of the staff nurses have moderately adequate knowledge regarding renal rehabilitation. There was significant association between the level of knowledge and with their socio demographic variables like educational qualification and years of experience among staff nurses.

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