Knowledge, Attitude And Practices On Prevention Of Pressure Ulcers On Bedridden Patients Among Nurses In Medical-Surgical Wards At Thika Level V Hospital, Kiambu County, Kenya

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Pressure ulcers (PU) are the most frequently encountered type of injuries acquired during hospitalization mostly due to immobilization. PU is a burden to the health care workers, patients, and family members. Pressure Area care and maintenance of skin integrity is usually basically a Nursing role. A high level of knowledge, positive attitude, and various Prevention practices of the nurses have a positive impact on decreasing the incidence of pressure ulcers. Objective: To determine the Knowledge, Attitude, and Practices on the prevention of pressure ulcers on bedridden patients among nurses in the medical-surgical wards in Thika Level V Hospital.

A cross-sectional descriptive study was carried out in Thika Level V Hospital among nurses in the medical and surgical wards. The study population was 39 nurses; census method was used. Data was collected using self-administered questionnaires and an observation checklist that gathered data. Data obtained was then entered into excel, coded analyzed using Statistical Package for Social Sciences Version 27 (SPSS). The relationship between the variables was tested using the Pearson Chi-square test. Tables and percentages were used to present the data.

Most of the respondents fell within the age group 31-40, with at least 67% having a Diploma level of education and 55% of them were from the medical ward. The mean knowledge was 63.9%. Most of the nurses (67%) mentioned incontinence, sensory deficit, immobility, and prolonged pressure on tissues as risk factors for developing pressure ulcers. Nurses in the surgical ward were more likely to have high knowledge compared to those in medical wards (p=0.025). The mean attitude was 85.4%; 87% of the nurses strongly agreed that pressure ulcers can be prevented, 79% strongly felt that pressure Ulcer prevention is cheaper than its management. Age was statistically significant with Attitude (p= 0.038). The mean practice was 51.23%. 87% of the respondents sometimes massaged the pressure areas, 74% sometimes performed a regular risk assessment for patients at risk. Conclusion: Nurses in this study had a low knowledge, positive attitude, and very low practice level. Training on pressure ulcer prevention would therefore be very vital to increase the knowledge and practice level.