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Original Article

STUDY TO DETERMINE THE KNOWLEDGE REGARDING EARLY AMBULATION OF POST OPERATIVE PATIENTS AMONG STAFF NURSES WORKING IN SURGERY RELATED WARDS OF SELECTED HOSPITALS AT JAIPUR

Jitendra Kumar Jain[1], Dr. Rahul Tiwari[2]

Ph.D. Scholar, M.V.G.U. Jaipur (Rajasthan), India & Asso. Professor,
Aayushman Institute of Medical Science & College of Nursing , Jaipur
Guide , Maharaj Vinayak Global University, Jaipur (Rajasthan), India

Corresponding E-mail : jainj72@gmail.com, jitendrajain66@yahoo.com

ABSTRACT

Introduction : The present study aims at determining the knowledge regarding early ambulation of post operative patients among staff nurses working in surgery related wards of selected hospital at Jaipur. The framework, of the present study is based on Kurt Lewin's Theory of Change (1951) The conceptual framework is consisting of three steps: unfreezing, changing and refreezing.

Material & Methods : The Research design used was two-group post test quasi- Experimental design; Convenient Sampling technique was used. The Sample was selected from the selected pre-operative,intra-operative,post-operative, ICU of hospitals. The samples consisted of 150 in control and 150 in experimental group that was selected as per criteria. A structured knowledge questionnaires regarding early ambulation of post operative patients was prepared to assess the knowledge of staff nurses working in surgery related wards.

Results : In the pre-test, knowledge among staff nurses depicts that, majority of respondents (77.33%) had excellent knowledge scores,(22.67%) had good knowledge scores,(00.00%) had poor and average knowledge scores. At another, the pre-test knowledge among staff nurses depicts that, majority of respondents (70.67%) had poor knowledge scores,(29.33%) had average knowledge scores and none of the sample had not good and excellent knowledge score.

Keywords : Early Ambulation, Post operative patients.

INTRODUCTION -

"Early ambulation is the most significant general nursing measure to prevent postoperative complications". The commonly accepted postoperative benefits include a decrease in venous stasis, stimulation of circulation, prevention of deep venous thrombosis/pulmonary embolism, increases in muscle tone, coordination and independence, and improved gastrointestinal, genitourinary and pulmonary functions.

(Lewis, Heitkemper, & Dirksen, 2004)(15)

Early ambulation post abdominal surgery is a widely practiced and much supported part of postoperative care following abdominal surgery. Benefits include prevention of post operative pulmonary complications have been sustained in research literature however little exists relating early mobilisation to length of stay post op. This study aims to assess the effect of early mobilisation using a clinical indicator on the effect on length of stay

Early ambulation is a logical step in the progress of surgery and offers an excellent perspective. There are definite anatomic, physiologic, psycho logic and economic advantages to the practice of early ambulation. Review of 6,130 cases indicates that respiratory and circulatory complications have been reduced by early ambulation and voluntary and involuntary coughing.

The present shortage of hospital beds, the increasing economic dislocation (negative factors), improved quality and rate of healing, the absence of post-operative complications and elimination of hospital costs (positive factors), have favored the development of early ambulation.

NEED OF STUDY

Early ambulation is a logical step in the progress of surgery and offers an excellent perspective. There are definite anatomic, physiologic, psycho logic and economic advantages to the practice of early ambulation. Review of 6,130 cases indicates that respiratory and circulatory complications have been reduced by early ambulation and voluntary and involuntary coughing. (Ernest T. Trice M.D ,1949)

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The present shortage of hospital beds, the increasing economic dislocation (negative factors), improved quality and rate of healing, the absence of post-operative complications and elimination of hospital costs (positive factors), have favored the development of early ambulation as well as it can be done by improving the knowledge of staff nurses regarding early ambulation who are working over this area,

STATEMENT OF THE PROBLEM

"Study to determine the knowledge regarding early ambulation of post operative patients among staff nurses working in surgery related wards of selected hospitals at Jaipur"

RESEARCH METHODOLOGY

Research Method - Descriptive evaluative approach as the study aimed at describe the effectiveness of scheduled protocol on knowledge regarding early ambulation of post operative patients among staff nurses working in surgery related wards.

Research Design - Quasi-experimental approach, two group post-test design, keeping in the view the objectives of the study. The investigator observed the experimental and control groups after intervention (Post test).

Hypothesis

H_0: There will be no significant difference in the level of knowledge among the staff nurses working in surgery related wards of selected hospitals of Jaipur by scheduled protocol related early ambulation of post operative patients.

Setting of The Study

The study was conducted in selected hospitals of Jaipur.

Population

The population of the present study comprises selected staff nurses working in surgery related wards of selected hospitals of Jaipur.

Sample Size And Sampling Technique

The sample selected for the present study comprised of 300 staff nurses working in surgery related wards of selected hospitals of Jaipur. Non-probability convenient sampling approach uses participants who are convenient to the researcher and who meet the criteria of the study.

In the present study, staff nurses working in surgery related wards i.e pre operative, intra operative, post operative and ICU of selected hospitals of Jaipur are selected by convenient sampling technique by the investigator. It is suitable keeping in view the time provided for data collection and the study.

INCLUSION CRITERIA

- Staff nurses working in surgery related wards including ICU staff nurse.
- Nurses who are willing to participate in study.

EXCLUSION CRITERIA

- Staff nurse age >60 Yrs

DATA COLLECTION TECHNIQUE AND TOOL

A semi structured questionnaire was developed for demographic variables and knowledge questionnaire as pre and post test were developed for assessing the knowledge regarding early ambulation among the staff nurses working in surgery related wards of selected hospitals at Jaipur.

DESCRIPTION OF THE TOOL

The tool is consisting of 3 sections:

Section A: This section is the first section seeking information on demographics data of client i.e. gender of sample, age, educational qualification, marital status, nursing working experience, department, participation in any special training programme regarding early ambulation protocol and language of communication with patient.

Section B: This section knowledge based questionnaires , is the second part of tool, which consist of 18 knowledge based questionnaires for assessing the effect of scheduled protocol regarding early ambulation and will conducted as pre as well as post test.

Section C: Scheduled protocol regarding early ambulation

SCORING

There were two options given for each observation. The scoring for normal measures is '1' and '0' for the deviation in normal measure. The scores range from a minimum of 0 to a maximum score of 18. The effectiveness of scheduled protocol on knowledge regarding early ambulation of post operative patients has been classified as:

Poor	(0-6)
Average	(7-10)
Good	(11-14)
Excellent	(15-18)

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RESULT

Table 1: Frequency and percentage distribution of demographic variables of staff nurses.

N=300 (Control Group- 150; Experimental Group- 150)

Table of Demographic Data regarding early ambulation of post-operative patients among staff nurses							
S.No	Demographic Variables	Frequency	Percentage	Control Group		Experimental Group	
				Frequency	Percentage	Frequency	Percentage
1	Gender						
	Male	140	46.67	54	36.00	86	57.33
	Female	160	53.33	96	64.00	64	42.67
2	Age						
	20-30 Year	80	26.67	38	25.33	42	28.00
	31-40 Year	80	26.67	40	26.67	40	26.67
	41-50 Year	124	41.33	60	40.00	64	42.67
	51-60 Year	16	05.33	12	08.00	4	02.67
3	Educational Qualification						
	GNM	52	17.33	29	19.33	23	15.33
	P.B.B.Sc. Nursiing	100	33.33	45	30.00	55	36.67
	B.Sc. Nursin g	120	40.00	60	40.00	60	40.00
	M.Sc. Nursing	28	09.33	16	10.67	12	08.00
4	Marrital Status						
	Married	204	68.00	100	66.67	104	69.33
	Unmarried	96	32.00	50	33.33	46	30.67
5	Experience in Year						
	1-2 Year	80	26.67	38	25.33	42	28.00
	2-3 Year	80	26.67	40	26.67	40	26.67
	4-5 Year	108	36.00	56	37.33	52	34.67
	> 5 Year	32	10.67	16	10.67	16	10.67
6	Deparment						
	Pre- Operative Wad	80	26.67	38	25.33	42	28.00
	Intra- Operative Ward	72	24.00	32	21.33	40	26.67
	Post- Operative Wad	124	41.33	60	40.00	64	42.67
	ICU	24	08.00	20	13.33	04	02.67

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Table 2: Assessment of Pre-test knowledge of control group staff Nurses regarding early ambulation of post-operative patients in surgery related wards.

N=150

Knowledge Level	Pre-Test	
	Frequency	Percentage
Poor	00	00.00 %
Average	00	00.00 %
Good	34	22.67 %
Excellent	116	77.33 %

Maximum score = 18

Table 3: Assessment of Pre-test knowledge of experimental group staff nurses regarding early ambulation of post-operative patients in surgery related wards.

N=150

Knowledge Level	Pre-Test	
	Frequency	Percentage
Poor	106	70.67 %
Average	44	29.33 %
Good	00	00.00 %
Excellent	00	00.00 %

Maximum score = 18

Table 4: Association level of pre-test knowledge regarding early ambulation post-operative patients among staff nurses working in surgery related wards with their demographic variables.

(N =300)

S. No.	Demographic Variables	Chi-Square Value	Degree of Freedom	Tabulated Value	Level of Significance
1	Gender	20.66	3	7.82	Significant
2	Age	24.34	9	16.91	Significant
3	Educational Qualification	40.32	9	16.91	Significant
4	Marital Status	1.48	3	7.82	Not Significant
5	Nursing Experience	11.32	9	16.91	Not Significant
6.	Departments	24.79	9	16.91	Significant
7.	Special Training Programme	7.73	3	7.82	Not Significant
8.	Language of Communication	53.42	9	16.91	Significant

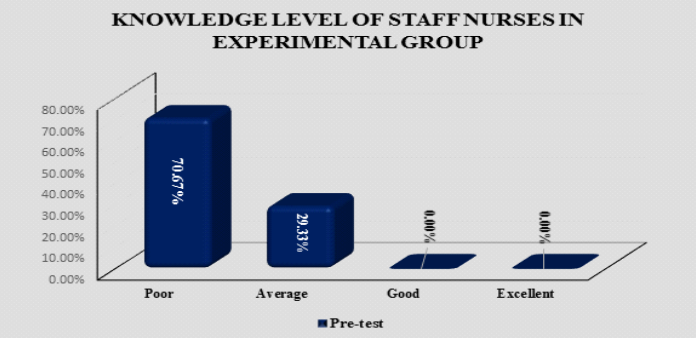

Figure 3-D Column diagram showing the knowledge level of staff nurses in experimental group.

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