

Knowledge on Complications of Immobility among the Immobilized Patients in Selected Wards at Selected Hospital

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Abstract: A study was conducted to assess the knowledge on complications of immobility among the immobilized patients in selected wards at selected hospital. Assessment of level of knowledge on complications of immobility among the immobilized patients was done by providing questionnaire. Results showed that 50% of the participants were having inadequate knowledge whereas 40% of them were having moderately adequate knowledge followed by 10% of them were having adequate knowledge on complications of immobility. None of the demographic variables had significant association with knowledge on complications of immobility among orthopedic patients. It was found that knowledge on complications of immobilization was inadequate.

Keywords: Immobility, orthopedic wards, immobilized patients, complications.

I. Introduction

Immobility is defined as unable to independently move or change positions or movement is restricted for medical reasons. (Potter and Perry, 2008). Prolonged immobility has multiple effects on the major systems of the body and can result in a negative physiologic response in hospitalized patients on bed rest (Pashikanti & Von Ah, 2012). It is generally easier to prevent the complications than to treat or cure them. The orthopedic patients have immobility imposed on them either due to their condition or indirectly due to treatment like cast, tractions, splints, implants and internal fixators (Shehata & Wehwida, 2008). Patients play a vital role in preventing the complications of immobilization. If the patients are knowledgeable about the potential changes of immobility and diligent in implementing preventive interventions, they will avoid lots of discomfort for them (Kurian, 2005).

Statement of the problem

A study to assess the knowledge on complications of immobility among the immobilized patients in selected wards at selected Hospital.

Objectives

- To assess the knowledge on complications of immobilization among the orthopedic patients
- To associate the knowledge on complications of immobilization among orthopedic patients with selected demographic variables.

II. Methodology

The quantitative research approach and descriptive research design were used for this study. The present study was conducted among 30 immobilized orthopedic patients at selected multi-specialty hospital with 600 beds where major Medical and Surgical Orthopedic clients are admitted for treatment. The hospital is well established with laboratory, pharmacy, physiotherapy general medicine and it is also a teaching institute for medical and paramedical courses. The study was conducted in orthopedic wards. The instruments used in this study were demographic variable proforma and questionnaire. The population in this study comprised of all the immobilized clients who were admitted in selected Hospital. Samples of 30 immobilized patients were selected for this study. The convenience sampling technique was used to select the immobilized patients for this study. Patients who are not willing to participate in this study were excluded.

Description of tool: The instruments used in this study were demographic variable proforma, Questionnaire on assessing the knowledge on complications of immobilization among the immobilized patients. Section-A - consisted of demographic variables which were collected through interview among the immobilized patients. Section B - contained questionnaire on assessing knowledge on complications of immobilization among the immobilized patients. It consisted of twenty five questions. The score of one was given for correct response

and zero was given for incorrect response. The total score was 25. Grading for knowledge score >80% -highly adequate, 65% - 79%-adequate, 50% - 64%-moderately adequate, below 50%-inadequate.

Data collection procedure: After getting the permission for conducting the study was obtained from the administrative heads investigator conducted the study by selecting 30 samples that fulfilled the inclusion criteria using non probability convenience sampling technique. Data collection was done for one week. The knowledge was assessed by providing questionnaire after getting oral consent from the patients. The verbal consent was obtained for assessing the knowledge from the participants. Confidentiality of the responses were assured.

III. Results and discussion

Distribution of sample according to demographic characteristics.

Results show that most of the participants were males (73.3%) earning Rs.5000-10000 and 50% of them were not having previous source of information on complications of immobility.

Table 1: Mean knowledge score on complications of immobility among orthopedic patients (n=30).

Knowledge Aspects	Max	Range	Mean	Mean %	S.D
Definition	1	0-1	0.43	43%	0.5
Bedsore	6	1-6	3.93	65.50%	1.31
Constipation	4	1-4	2.33	58.25%	0.8
Pulmonary infection	3	0-3	1.5	50%	1.04
Deep vein thrombosis	4	0-4	1.1	27.50%	0.92
Muscle atrophy	4	0-4	1.9	47.50%	0.99
Contracture	3	0-3	1.47	49%	1.14

Table 1 shows that immobilized orthopedic patients were having high mean knowledge score (3.93) in bedsore with standard deviation of 1.31 and low mean score of 0.43 with standard deviation of 0.50 in definition.

Table 2: Mean overall knowledge score on complications of immobility among orthopedic patients (n=30).

Variable	Max Score	Range	Mean	Mean %	S.D
Knowledge	20	6-20	12.67	63.35%	4.04

Table 2 shows that the mean knowledge score on complications of immobility among orthopedic patients was 12.67 with standard deviation of 4.04.

Fig 1: Percentage distribution of knowledge score on complications of immobility among orthopedic patients (n=30).

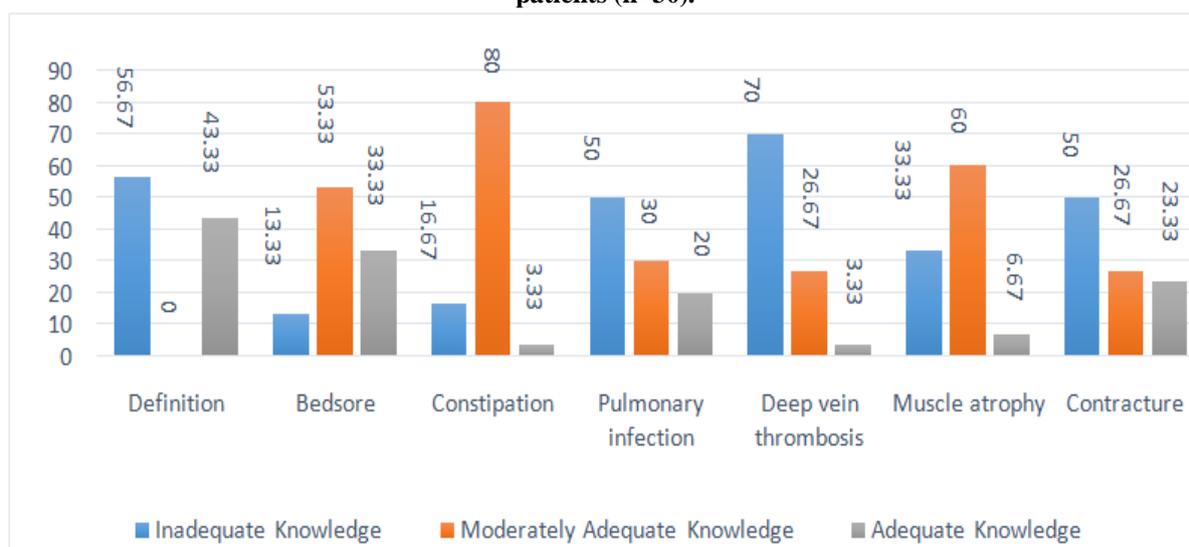


Fig 1 shows that 43.3% of the patients were having adequate knowledge in definition and very less number of the patients (3.33%) were having adequate knowledge in constipation, deep vein thrombosis. patients was 12.67 with standard deviation of 4.0

Fig 2: Percentage distribution of overall knowledge score on complications of immobility among orthopedic patients (n=30).

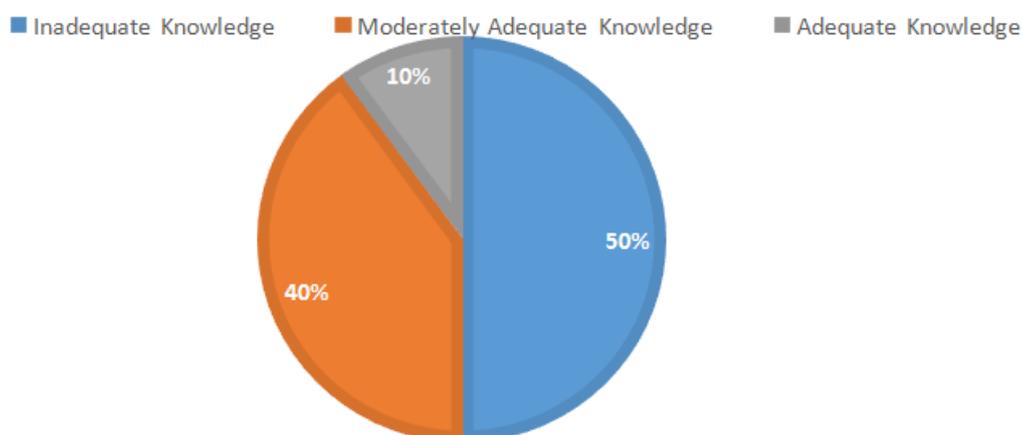


Fig 2 shows that 50% of the participants were having inadequate knowledge whereas 40% of them were having moderately adequate knowledge followed by 10% of them were having adequate knowledge on complications.

Association between knowledge scores and demographic variables among orthopedic patients

Results revealed that none of the other demographic variables had significant association with knowledge on complications of immobility among orthopedic patients at the level of $p < 0.05$

IV. Conclusion

Through the present study found that the knowledge on complications of immobility among orthopedic patients were poor in all the study setting. The patient can be educated and continuous feedback monitoring, supervision of practice should be needed on prevention of complications.

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