

Research Article

A STUDY TO ASSESS THE EFFECTIVENESS OF NURSING INTERVENTION IN PREVENTING THE COMPLICATIONS OF IMMOBILITY AMONG ORTHOPEDIC PATIENTS OF SMVMCH, PUDUCHERRY, IN TERMS OF DEEP VEIN THROMBOSIS, PRESSURE ULCER, IMPROVING THE ROM

¹Dr. Danasu, R., ²Sunandha, T. and ^{3,*}Yamunambigai, M.

¹Principal, Nursing Pondicherry University Srimanalacula Vinayagar Nursing College, India

²Lecturer, Nursing Pondicherry University Srimanalacula Vinayagar Nursing College, India

³II Year M. Sc, Nursing Pondicherry University Srimanalacula Vinayagar Nursing College, India

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ABSTRACT

The present study was conducted among 30 orthopedic patients in SMVMCH, Puducherry. A quantitative approach, clinical trial is used for this study. The study samples were selected by using convenient sampling technique. The data was collected by using checklist. The findings reveals that the among 30 samples moderate 8 (26.7%), severe 22 (73.3%) level of deep vein thrombosis and pressure ulcer 26 (86.7%) of them had mild level pressure ulcer, 4 (13.3%) of them had moderate level of pressure ulcer.

Keywords:

Nursing Intervention Deep Vein thrombosis, Pressure Ulcer
Improving the ROM

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INTRODUCTION

“Use it or lose it-the hazards of bed rest and inactivity” Professionals experience and lay wisdom teach us the benefits of exercise and hazards of illness. Yet the myth persists that “bed rest is good for you” when ill or convalescing. Abundant scientific evidence in the past 50 years has demonstrated the specific damages done to each of the body organs system by inactivity and immobilization. Both inactivity and immobility lead to strikingly similar kinds of determination. Most people take for granted the assumption that rest is beneficial in restoring the health of an ill or injured person. The bed is the control focus of hospitals and the standards unit of size for health care facilities. Hospital procedures and expectations sharply curtail mobility. Even ambulatory patient generally remain under the sheets. If only warmth and modesty.

NEED FOR THE STUDY

Sherin may kurian (2010-2012) was conducted study on to assess the effectiveness of planned teaching programme. Regarding prevention of deep vein thrombosis among orthopedic patients.

**Corresponding author: Yamunambigai, M.,
3II Year M. Sc, Nursing Pondicherry University Srimanalacula Vinayagar Nursing College, India.*

Deep vein thrombosis and pulmonary embolism is prevalent about 2 million causes deep vein thrombosis 6,00,000. New causes of pulmonary embolism occur every year in the USA. In Asia deep vein thrombosis occurred 41% patients. 32-53 patients underwent orthopedic surgery without thrombo prophylaxis had deep vein thrombosis which was proved on venography in a global epidemiology study 52% (36% medical and 62% surgical) 68 to 183 in patient in 358 hospital across 32 countries were found to be a risk for developing venous thromboembolism.

OBJECTIVES

- To assess the health status.
- To evaluate the effectiveness of nursing intervention in preventing the complications of immobility among orthopedic patients.
- To associate the nursing intervention in preventing complications of immobility of among orthopedic patients with their demographic variables.

HYPOTHESIS

- There will be a significant difference in before and after nursing intervention on preventing the complications of immobility among orthopedic patients.

Table 1. Frequency and percentage distribution of selected demographic variables among immobility among orthopedic patients

S.NO	DEMOGRAPHIC VARIABLES	FREQUENCY	PERCENTAGE
1	AGE		
	a)20-30 years	5	16.7
	b)30-40 years	7	23.3
	c)40-50 years	7	23.3
	d)Above 50 years	11	36.6
2	SEX		
	a)Male	28	93.3
	b)Female	2	6.7
3	RELIGION		
	a)Hindu	27	90
	b)Christian	1	3.3
	c)Muslim	2	6.7
	d)Others	0	0
4	EDUCATION		
	a)Schooling	19	63.3
	b)College	4	13.3
	c)Literate	7	23.3
	d)Degree holder	0	0
5	OCCUPATION		
	a)Sedentary worker	4	13.3
	b)Heavy worker	10	23.3
	c)Unemployed	16	53.3
	d)House wife	0	0
6	FAMILY INCOME		
	a)Less than 5000	23	76.7
	b)5000-10000	7	23.3
	c)10000-15000	0	0
	d)Above 15000	0	0
7	MARITAL STATUS		
	a)Married	20	66.7
	b)Unmarried	9	30.0
	c)Separated/ divorced	1	3.3
	d)Widow	0	0
8	DIETARY PATTERN		
	a)Veg	1	3.3
	b)Non -veg	0	0
	c)Both	29	96.7
9	SLEEPING PATTERN		
	a)5 hours	11	36.7
	b)6-8 hours	17	56.7
	c)< 5 hours	1	3.3
	d)>8 hours	1	3.3
10	STATUS OF INJURY		
	a)Mild	0	0
	b)Moderate	6	20.0
	c)Severe	19	63.3
	d)Chronic	5	16.7

Table 2. Frequency and percentage Distribution of the sample according to the pre- test and post-test level of pressure ulcer among immobilized orthopedic patients (N=30)

S.NO	STATUS OF PRESSURE ULCER	PRE TEST		POST TEST	
		n	%	n	%
1	MILD	0	0	26	86.7
2	MODERATE	26	86.7	4	13.3
3	SEVERE	4	13.3	0	0

- There will be an association between effectiveness of nursing intervention with their selected demography variables.

RESEARCH METHODOLOGY

Research Design and Approach

Research approach was selected for the study was quantitative approach and clinical trial was used for conducting this research.

SETTING OF THE STUDY

The study was conducted in, SMVMCH, PUDUCHERRY.

POPULATION

The target population for the study comprises of the all orthopedic patients in SMVMCH.

SAMPLE SIZE

In this present study sample consistent of 30 patients in SMVMCH.

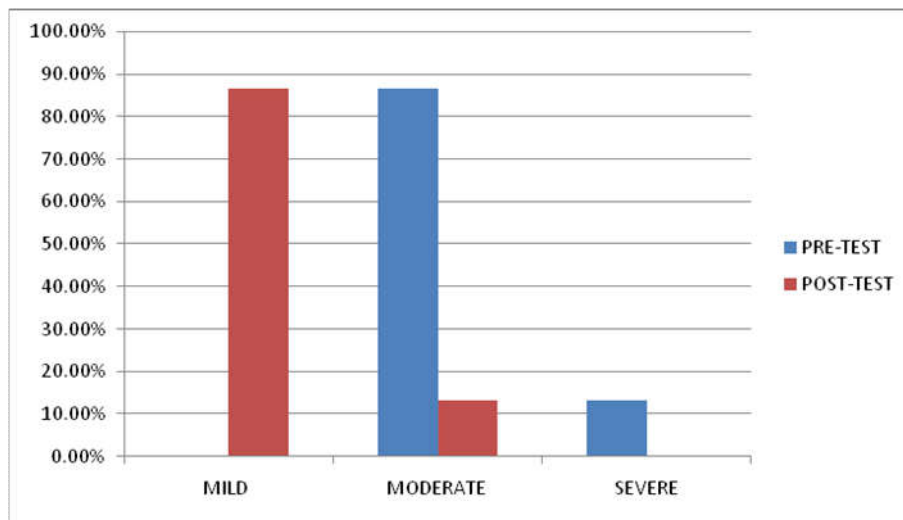
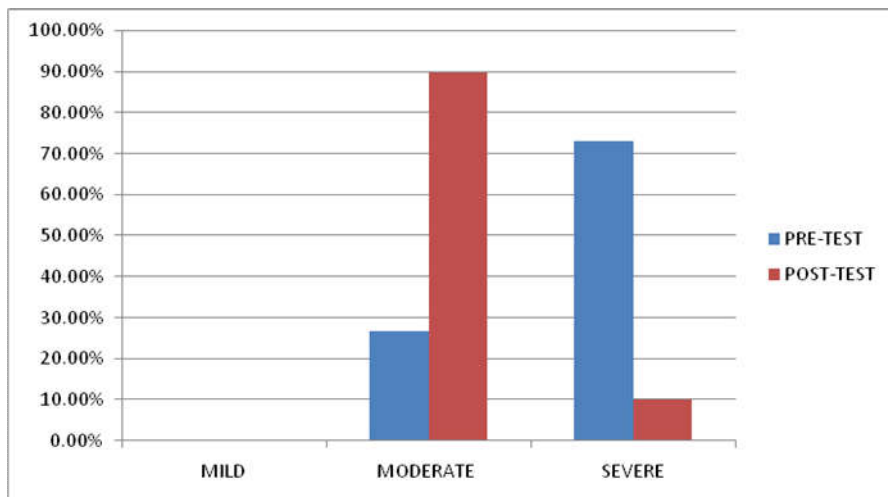


Table 3. Frequency and percentage Distribution of the sample according to the pre-test and post-test level of deep vein thrombosis among immobilized orthopedic patients (N=30)

S.NO	STATUS OF DEEP VEIN THROMBOSIS	PRE TEST		POST TEST	
		n	%	n	%
1	MILD	0	0	0	0
2	MODERATE	8	26.7	27	90
3	SEVERE	22	73.3	3	10



SAMPLING TECHNIQUE

Convenient sampling technique was used to select the sampling for this study.

INCLUSION CRITERIA

- Patients who are immobilized in orthoward.
- Both male and female.

EXCLUSION CRITERIA

- Orthopedic patients who are not in restrains.
- Patients whose mobility is contraindicated during nuring interventions.

DESCRIPTION OF THE TOOL

Section A: selected Demographic variables.

Section B: check list for the assessment for pressure ulcer.

Section C: check list for the assessment of deep vein thrombosis.

RESULTS AND CONCLUSSION

In pre-test the level of pressure ulcer among immobilized orthopedic patients were assess out of 30 samples. Moderate 26(86.7%) and severe 4(13.3%). In post-test level of pressure ulcer among immobilized orthopedic patients were assessed out of 30 samples 26(86.7%) of them had mild level of pressure ulcer, 4(13.3%) of them had moderate level of pressure ulcer. In pre test level of deep vein thrombosis among immobilized orthopedic patients were assessed out of 30 samples moderate 8(26.7%), and 22(73.3%) severe level of deep vein thrombosis. In post test level of deep vein thrombosis among immobilized patients among 30 samples 27(90%) of them had mild level of deep vein thrombosis and 3(10%) of them had moderate level of deep vein thrombosis. We observe that study of the pressure ulcr variables among

orthopedic immobilized patients. In pre-test mild 0 (0%), moderate 26 (86.7%), severe 4(13.3%) and post test mild 26 (86.7%), moderate 4(13.3%), severe 0 (0). We observe that study of the deep vein thrombosis among orthopedic immobilized patient. In pre-test mild 0(0%), moderate 8 (26.7%), severe 22 (73.3%) and post test mild 0(0%), moderate 27 (90.0%), severe 3 (10%).

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