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RESEARCH ARTICLE

EVALUATE THE EFFECTIVENESS OF SELF INSTRUCTIONAL MODULE ON SELECTED ASPECTS OF UNIVERSAL PRECAUTION AMONG REGISTERED NURSES IN SELECTED HOSPITAL, TRICHY

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ABSTRACT

Aim: To evaluate the effectiveness of Self instructional Module on selected aspects of Universal precautions among registered nurses in selected hospital, Trichy.

Methods and Materials: A preexperimental with one group pretest post test design was used for this study. The study was conducted in Dr. G.Viswanathan hospital, Trichy. Samples of 60 registered nurses were selected on the basis of inclusion criteria by using convenience sampling technique. Selected registered nurses knowledge level was assessed by structured questionnaire and practice was assessed by observational check list. After the pretest, Self Instructional Module regarding selected aspects of Universal Precautions was given to the selected samples. Post test was done after 7 days. Data was analyzed by using descriptive and inferential statistics.

Results: The study result reveals that Self Instructional Module had significant effectiveness (at $P < 0.05$) on improving the nurse's knowledge and practice regarding selected aspects of Universal Precautions. This result also shows that there was no significant association between the post test knowledge and practice with selected demographic variables.

Conclusion: The result from this study concluded that Self Instructional Module was effective on improving knowledge and practice regarding selected aspects of Universal Precautions among registered nurses. So Universal Precaution can be practiced in hospitals, to help Health workers and Para medical workers to cope with the strange environment and to promote healthy life.

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INTRODUCTION

"As water reflects a face, knowledge reflects practice"

Modern health care has been acclaimed for accomplishment in preserving life and sustaining dysfunctional organ systems. Regardless of the health care settings, there is always a risk of transmission of microorganisms or disease to clients or health care workers. When a client has a known infection, nurses follow specific infection control practices. The majority of microorganisms that cause infections or diseases are found in body substances of clients irrespective of proved investigation and confirmed diagnosis. The nurses' effort to minimize the onset and spread of infection are based on the principles of Universal Precautions. Pearson (2008) states that the term "Universal Precautions" originated from the Centre of Disease Control (CDC) in Atlanta. Nurses are at the risk of acquiring infections in the work place (Hersay, 2008; Williams, 2008). Blood borne infections may be transmitted occupationally

through parenteral exposure to non-infected skin. Until December 2007, health care workers in India reported 57 occupational HIV infections. Universal Precautions were developed to minimize the risk of exposure of health care workers to patient's blood and body fluids. They emphasize the need for health workers to treat blood and other body fluids from patients who are potentially infective and to take precautions (Cird, 2007).

MATERIALS AND METHODS

- **Research approach :** Evaluative research approach
- **Research design:** Pre experimental One group pre test, post test only design
- **Setting :** The study was conducted in Dr. G.Viswanathan Hospital at Trichy
- **Population:** Population of the study was all the registered B.Sc (N) and G.N.M staff nurses who were working in the wards of Dr. G.Viswanathan Hospital, Trichy.
- **Sample:** Staff nurses who fulfill the inclusive criteria
- **Sample size :** 60

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- **Sampling technique:** Nonprobability Convenience sampling technique

Inclusion Criteria

- Staff Nurses who have completed B.Sc. (N) or 3 years of Diploma in Nursing and Midwifery, and Post basic graduate nursing.
- Staff nurses of both sexes.
- Staff nurses who know to read and write English.
- Staff nurses who are working under Morning and Evening shift duties.

Exclusion criteria

- Staff Nurses who are engaged in administrative work like ward sister and unit manager.
- Staff nurses who are doing Night shift duties.
- Staff nurses who are working in operation theatre.

Data collection instruments

- Demographic Data
- Knowledge questionnaire
- An observational checklist

Description of tool

Part- I: This part consisted of demographic data of staff nurses which includes Age, Gender, marital status, educational qualification, designation, years of experience, areas worked and exposure to Continuing Nurse Education Programme on infection control.

Part-II: This part consisted of 20 multiple choice questions related to selected aspects on Universal Precautions. Each had three options, out of which one was the correct answer and other two were distracters. The right answer was given a score of one, and a score of zero were allotted for a wrong answer. Based on the percentage of the score obtained the subjects were arbitrarily grouped into three groups as given below

Score key:

Level of knowledge percentage
 Adequate knowledge 68-100%
 Moderate knowledge 34 – 67%
 Inadequate knowledge 1 –33%

TOOL: III

It consisted of an observational checklist regarding selected aspects of Universal Precautions. The entire procedure is broken down into 38 steps. Each action or step had three options correctly done, partially done, and not done.

Data Collection Procedure

The main study was conducted after obtaining permission from Dr.G.Viswanathan hospital, Trichy and nurses who met the inclusive criteria were selected as samples by using

convenience sampling technique. The data collection was done between 8.00 AM to 4.00 P.M; and the duration of interview was about 20-30 minutes. The investigator first introduced her to the samples and developed good rapport with them. The investigator explained the purpose of the study, gained confidence and then introduced the instruments to the subjects. Data were collected regarding the knowledge, and practice with the help of demographic profile, structured knowledge questionnaire, and observational check list. Non participant concealment was used for collecting the data for practice.

Subjects were observed whenever they got chance to handle the body secretions of patient during their practice. The observation was made and documented against the observational check list within 10 minutes. The duration given for answering the questionnaire was 30 minutes. Pre test data collection was done, after pre test investigator has given Self Instructional Module to nurses. After 15 days Post test was conducted with the same questionnaire for the same group. The respondents were co-operative and the researcher expressed thanks to the subjects for their co-operation and participation in the study. Finally researcher thanked the administrator and nursing superintendent for the co-operation and for the permission granted to conduct the study without any disturbance.

RESULTS

The study result shows that among the 60 subject's, (86.7%) 52 subject's, had moderate knowledge and (13.3%) 8 subject's had Inadequate knowledge regarding selected aspects of Universal Precautions and none of them had Adequate knowledge regarding selected aspects of Universal Precautions before the Self Instructional Module. (76.7%) 46 subjects' had adequate knowledge, (23.3%) 14 subjects' had moderate knowledge, and none of them had inadequate knowledge regarding selected aspects of Universal Precautions after the Self Instructional Module. The study result also reveals that among 60subjects, (80%) 48 subjects had moderate performance and (20%) 12 subjects had poor performance regarding selected aspects of Universal Precautions, none of them had good performance regarding selected aspects of Universal Precautions, before the Self Instructional Module. (88.3%) 53 subjects had good performance, (11.7%) 7subjects had moderate performance and none of them had poor performance regarding selected aspects of Universal Precautions.

The mean score of pre test and post test of the subject's knowledge regarding selected aspects of Universal Precautions were 8.7 and 14.58, respectively from the mean score, it clear that the subjects had more knowledge after Self Instructional Module. The standard deviation score of pre test and post test of the subject's knowledge regarding selected aspects of Universal Precaution were 2.62 and 2.02. The mean score of pre test and post test of the subjects practice regarding selected aspects of Universal Precautions were 54.7, 80.2. Respectively from the mean score, it clear that the subjects had more practice after Self Instructional Module. The standard deviation score of pre test and post test of the subject's practice regarding selected aspects of Universal Precaution were 10.55 &9.18.

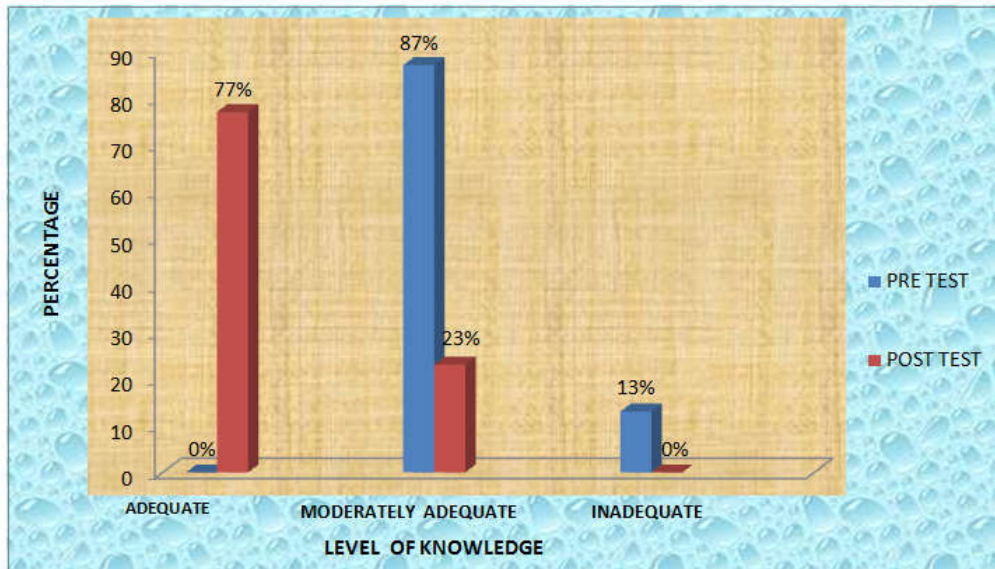


Fig. 1. Percentage distribution of sample according to their pre and post tet level of knowledge with self instructional module on selected aspects of universal precaution

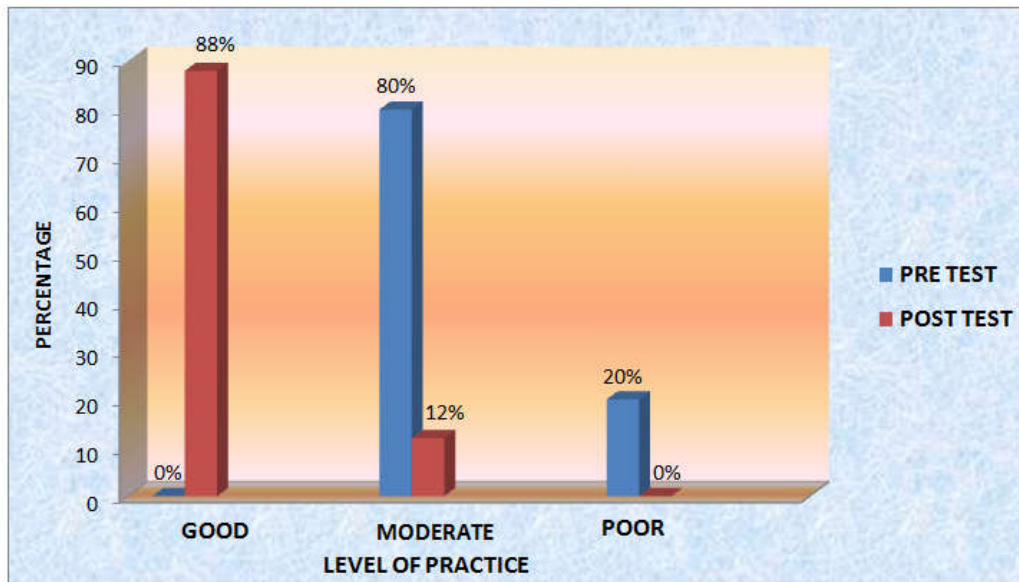


Fig. 2. Percentage distribution of sample according to their pre and post tet level of practice score with self instructional module on selected aspects of universal precaution

The 't' value was 7.745 for knowledge, 16.05 for practice of subjects regarding selected aspects of Universal Precautions, these values are significant at 0.05 level. Hence the findings support the H1, H2 research hypothesis.

Conclusion

Based on the findings of the study following conclusions were drawn. The existing knowledge and practice regarding selected aspects of Universal Precautions among registered nurses was moderately adequate and unfavorable. The Self Instructional Module significantly increases the knowledge, and practice regarding selected aspects of universal precautions among registered nurses. The study also reveals that there was no significant association between knowledge practice regarding

selected aspects of Universal Precautions among registered nurses and selected demographic variables.

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