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Physiological needs of immobilized patients as perceived by family members

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Physiological needs of immobilized patients as perceived by family members

Cover Page Footnote

My sincere thanks to all the study participants who show great enthusiasm in completing this research study

Physiological needs of immobilized patients as perceived by family members

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Abstract

Introduction: The term family caregiver which is associated with informal caregiver refers to an unpaid dear, friend or neighbour, who provides care to a person having an associated acute or chronic condition and desires to manage a variety of tasks, from simple ones such as bathing, dressing, and taking medications to nasogastric tube feeding and ventilator care. **Objective:** The objectives were to assess the perception of family members regarding psychological needs of immobilized patients. **Methods and material:** A descriptive survey was undertaken to assess the perception of family members regarding physiological needs of immobilized patients admitted to a selected hospital of Dehradun. A total 147 study participants were selected by purposive sampling technique and data were collected by using a structured questionnaire. **Results:** Result showed that majority (70.74%) of the participants were between 18–37 year, almost three fourth (71.40%) of the participants were male, most (50.34%) of the participants had higher secondary education, almost two-third (60.54%) of participants belonged to nuclear family, less than half (44.22%) participants were having children relationship with their patient, more than half (53.06%) participants were working in a service sector, more than half (56.47%) participants were having monthly income more than 10,000 rupees and approximate one third (39.46%) participants were having previous experience of hospitalization. Through structured questionnaire it was found that majority (73.2%) of family members preferred bland diet for their patient, most (81.2%) family members preferred boiled water for their patient, more than half (53.7%) of the family members perceived that six hours of sleep is sufficient for their patient, approximately three fourth (70.5%) family members perceived that massage is the only non-pharmacological intervention they would like to use to manage their patient's pain, less than half (40.9%) of the family members perceived that frequent back care will prevent their patient from developing bedsores and every alternate (49.7%) family member thought that hand hygiene is the effective way to prevent infection from patient. **Conclusion:** The study concluded that if health care professionals collaborate and identify the physiological needs, which are perceived by family members who are taking care of the patient in hospital, they can improve the quality of care which a patient needs to recover fast.

Key words: Family members, immobilized patient, perception, physiological needs, descriptive survey

Introduction

Versatile experience and lay information teach the advantage of exercise and the hazards of idleness. But the parable persists that “bed rest is good for you” once unwell or convalescing. A plentiful of scientific proof in the past fifty years has demonstrated the precise damage done to each of the body's organ systems by inactivity and immobilization. The term family caregiver

is the informal caregiver which refers to parents, son/ daughter, friend or neighbour who provides complete care to a person suffering from severe disease's condition and desires to manage the various types of tasks, from simple one such as eating, bathing, dressing and taking medications to Ryles tube and ventilator care. Recent surveys estimated that there are forty-four million caregivers over the age of eighteen years (approximately one in every five adults).

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Needs of the immobilized patients admitted in critical care unit are desires that if not met, become a demand and that may be a potential source of generating stress and anxiety in family members. In evolving countries, these needs are addressed in several studies and have raised a growing awareness to health care professionals that meeting the requirements of these caregivers will be a responsibility that no health care members can ignore. Caregivers serve as a bridge between unconscious patients and medical professionals.

A study was conducted in Hong Kong with 52 caregivers to identify the foremost needs of caregivers of critically sick neurosurgical patients and explored the link between needs and unmet needs as recognized by caregivers using the Chinese version of the 45-item Critical Care Family Needs Inventory. Findings showed that the foremost needs according to caregivers were the needs related to proximity and assurance.

Objectives

To assess the perception of family members regarding the psychological needs of immobilized patients admitted in a Tertiary Care Hospital of Dehradun, Uttarakhand.

Material and methods

A descriptive survey was conducted to assess the perception of family members regarding the psychological needs of immobilized patients admitted in a Tertiary Care Hospital of Dehradun, Uttarakhand. Study participants of 147 family members of immobilized patients were selected by using purposive sampling technique. The study participants were selected from Orthopedics, Neurological and Immediate medical care wards.

A semi-structured interview schedule was used to obtain information regarding socio-demographic data. A structured questionnaire was used to assess the perception of family members regarding psychological needs of immobilized patients. Internal consistency of the tool was checked by calculating reliability estimate from split-half method ($r=0.99$).

Ethical clearance was obtained from the Institutional Research Committee. Clearance was obtained from Research Committee and Himalayan College of Nursing, SRHU, Dehradun. The data collection period

was from 1st to 23rd December 2017. The investigator obtained permission for the conduct of the study from the Medical Superintendent of Himalayan Hospital, Dehradun.

Inclusion criteria included family members of patients who could read and write Hindi and English, both male and female aged 18 and above, exclusion criteria included family members of patients who were not present at the time of data collection, and aged below 18 years.

To ensure the content, the validity of the tool was submitted to ten fields of experts along with the objectives of the study and criteria of the evaluation to seek their opinions and suggestions regarding the items in the tool. There was nearly 100% agreement of the items in the questionnaire. However, there were few suggestions to modify some of the questions and they were incorporated in the final draft. After explaining the research study, informed consent was taken from study participants and data was collected by using structured questionnaires related to physiological needs of immobilized patients. In order to get free and true response, the selected study subjects were explained about the aim and usefulness of the study and assurance regarding the confidentiality of their responses was also provided. Before data collection, written consent was obtained from the study subjects. A purposive sampling technique was used to select study subjects from IMC, orthopedics and neurological ward. There were total 147 samples in the study. Semi-structured interview method was used to elicit the information about psychological needs of the immobilized patients from the family members.

Results

Table 1:

Socio-demographic characteristics of family members

N=147		
Variables	Frequency	Percentage
Age in years		
18-37 years	104	70.74
38-57 years	39	26.53
58-77years	4	2.73
Gender		
Female	42	28.60
Male	105	71.40

Variables	Frequency	Percentage
Age in years		
Educational status		
Secondary	19	12.93
Higher secondary	74	50.34
Graduation and above	54	36.73
Type of family		
Joint	58	39.46
Nuclear	89	60.54
Relation with patient		
Parents	16	10.88
Siblings	47	31.97
Children	65	44.22
Spouse	19	12.93
Occupation		
Housewife	28	19.05
Service sector	78	53.06
Laborer	15	10.20
Self-employee	26	17.69
Monthly income		
Less than 10000	64	43.53
More than 10000	83	56.47
Family members previous experience in hospitalization as a caretaker		
Yes	58	39.46
No	89	60.54

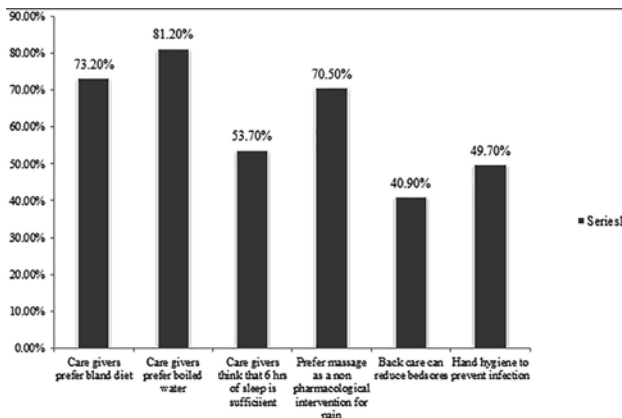


Figure 1: Analysis of the physiological needs of the immobilized patient as perceived by family members

The data showed in Figure 1 depicts that approximately three fourth (73.2%) of family members preferred bland diet for their patient, most (81.2%) of the family members preferred boiled water for their patient for the promotion of their better health, more than half (53.7%) of the family members perceived that six hours of sleep/rest is sufficient for their patient,

approximately three fourth of the (70.5%) family members perceived that massage is the only non-pharmacological intervention they would like to use to manage their patient’s pain, that less than half (40.9%) family members perceived that frequent back care is the way which they will use to prevent their patient from developing bedsores and furthermore it was observed that every alternate (49.7%) family member perceived that hand hygiene is the effective way to prevent infection from patient.

Discussion

Physiological needs of immobilized patients perceived by family members

Results showed that approximately three fourth (73.2%) of the family members preferred bland diet for their patients. There is no significant study related to the effectiveness of bland diet. A doctor recommends bland diet to a patient suffering from gastrointestinal problems (like infection, diverticulitis and Crohn’s disease, etc.) because bland diet includes foods that have soft consistency, is low in fiber and is delicate on the digestive system.

Results showed that most (81.2%) family members preferred boiled water for their patients for the promotion of their health. These study findings were correlated to the study done by Dhruvo Jyoti Sen (2015) that regularly drinking warm water in early mornings will shield our bodies and also helps in reducing metabolic waste from the body.

Results showed that more than half (53.7%) of family members perceived that six hours of sleep/rest was sufficient for their patients. These study findings were correlated to the study done by Max Hirshkowitz, Kaitlyn Whiton, Kaitlyn Whiton et al. (2015), which reported that 6 to 7 hours of sleep is sufficient for the adult.

Results showed that approximately three fourth (70.5%) family members perceived that massage was the only non-pharmacological intervention they would like to use to manage their patient’s pain. These study findings were supported by the study done by Tracy et al., (2005) who found that massage and music therapy was the most effective non-pharmacological intervention for pain management among patients.

Results showed that less than (40.9%) family members perceived that frequent back care was the way they used to prevent their patient from developing bedsores and furthermore it was observed that every alternate (49.7%) family member thought that hand hygiene was the effective way to prevent infection from the patient. Study findings conjointly supported by Klevens RM, Edwards JR, Richards CL Jr, Horan TC, Gaynes RP, Pollock DA, et al. (2002) found that hand hygiene is the most effective measure of preventing the spread of infection among patients.

Conclusion

The study concluded that if health care professionals collaborate and identify the physiological needs which are perceived by family members who are taking care of the patient in hospital, they can improve the quality of care which a patient needs to recover quickly.

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