

Evaluate and Compare the Effectiveness of Back Care with Traditional Method versus Cavilon Spray in Term of Prevention of Decubitus Ulcer in Bedridden Patients

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ABSTRACT

A pressure ulcers is a localized area of tissue necrosis that tends to develop when soft tissue is compressed (for a prolonged period of time) between a bony prominence and an external surface. The frequency of pressure ulcers ranges from 3% -14% globally. The incidence of pressure ulcer in hospital has been reported to be 23% to 27.5 % Prevention of pressure ulcers is a significant nursing concern. Nurses' ability to identify the patient at risk for the formation of the pressure ulcer would help to reduce the costs of treatment. Pressure ulcers not only cause suffering to the patients but also increases the economical burden.

KEYWORDS: Traditional back care, Cavilon spray back care, Bedridden patients, Decubitus ulcer

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BACKGROUND OF THE STUDY:

Decubitus ulcer: A decubitus ulcer is localized injury to the skin or underlying tissue usually over a bony prominence, as a result of pressure or pressure in combination with shear. It can be avoidable and unavoidable decubitus ulcer. Research article by **Christian N Kirman, MD, Jun 11, 2018**, for prevention of decubitus ulcers we can use the SSKIN Bundle. It means Skin: assessment of the patient's skin Surface: Provision of effective pressure redistributing surface (timely) Keep Moving: appropriate repositioning Incontinence: Managing moisture Nutrition: Adequate nutrition & hydration.

OBJECTIVES:

1. To assess and evaluate the effectiveness of backcare with traditional method and cavilon spray on bedridden patients.

2. To compare the effectiveness of backcare with traditional method and cavilon spray on bedridden patients.

METHODOLOGY:

Research approach: Experimental

Research Design: Quasi experimental

Setting: Safdarjang Hospital, Newdelhi

Population: Bed ridden patients

Sample: Bed ridden patients admitted in Spinal Injury Ward, orthopaedic ward and Neuro Icu

Sampling technique: Purposive sampling technique

Sample size: 10 in each group [Total 20]

Independent Variable: Cavilon spray and traditional method of back care

Dependent Variable: Prevention of decubitus ulcer

decubitus ulcer scores to assess the grade of decubitus ulcer.

DESCRIPTION OF TOOLS

Tool I, Part 1 structured interview performa to describe the sample characteristics and Part 2 structured interview performa to determine clinical variables involved. Tool II, observation scale were used to calculate the pre and post intervention

ETHICAL CONSIDERATIONS:

1. Obtained administrative approval from the ethical committee, Safdarjang hospital, New Delhi.
2. Informed consent was explained and confidentiality was assured to all patients under study.

TABLE – 1 Mean, mean difference and standard deviation of difference [SDD], standard error of mean difference [SEMD] and computing ‘t’ value of pre intervention and post intervention decubitus ulcer scores of traditional back care experimental group 1.

n=10

GROUP	DECUBITUS ULCER SCORE	MEAN	MEAN DIFFERENCE	SD _D	SE _{MD}	COMPUTED ‘t’ VALUE
Traditional back care experimental group 1.	Pre Intervention	0.2	0.1	0.3	0.09	1.1 ^{NS}
	Post Intervention	0.1				

‘t’ value at df 9 is 2.26

NS – Not significant at 0.05 level

TABLE – 2 Mean, mean difference and standard deviation of difference [SDD], standard error of mean difference [SEMD] and computing ‘t’ value of pre intervention and post intervention decubitus ulcer scores of cavilon back care experimental group 2.

n-10

GROUP	DECUBITUS ULCER SCORE	MEAN	MEAN DIFFERENCE	SDD	SEMD	COMPUTED ‘t’ VALUE
Cavilon spray back care experimental group 2.	Pre Intervention	0.1	0	0	0	0 ^{NS}
	Post Intervention	0.1				

‘t’ value at df 9 is 2.26

NS – Not significant at 0.05 level

TABLE – 3 Comparison of Post intervention decubitus ulcer scores of traditional back care experimental group 1 and cavilon spray back care experimental group 2.

n=20

GROUP	DECUBITUS ULCER SCORES			
	MEAN	SD	MEAN DIFFERENCE	COMPUTED “t” VALUE
Traditional Back Care [Experimental Group 1]	0.1	.405	0	0.16 ^{NS}
Cavilon Back Spray [Experimental Group 2]	0.1	.316		

‘t’ value at df [18] – 2.09

NS – Non Significant at 0.05 level

RESULTS:

- Majority of samples were male, i.e., 80%
- 50% were in age group of 18-29 years
- Majority of patients changing position 4hrly that is 60%
- Most of the samples studied 10+2
- Least of the samples were previously hospitalized.
- 20% were suffered with bowel bladder incontinence

- Least of the samples were experienced past history of decubitus ulcer 0%
- Most of the samples were getting backcare once in a day that is 100%
- Least of the patients were affected with other diseases that is 20%
- The computed ‘t’ value [1.1] is less than table ‘t’ value[2.26]. So the obtained mean difference [0.1] was found statistically insignificant as evident from ‘t’ value 2.26 at df 9 at 0.05 level. This indicated that the effectiveness of traditional

back care on bedridden patients in preventing decubitus ulcer.

- The computed 't' value [0] is less than table 't' value [2.26]. So the obtained mean difference [0] was found statistically insignificant as evident from 't' value 2.26 at df 9 at 0.05 level. This indicated that the effectiveness of cavilon back spray on bedridden patients in preventing decubitus ulcer.
- The mean post intervention score of traditional back care [0.1] is remaining superior to the mean post intervention score of cavilon back spray [0.1]. The obtained mean difference [0] was found statistically insignificant as evident from 't' value 0.16 which is less than table 't' value 2.09 at df 88 at 0.05 level. This indicates that there is no difference in effectiveness of traditional back care method and cavilon back spray on bed ridden patients in prevention of decubitus ulcer.

CONCLUSION:

Traditional back care and Cavilon back spray were effective in preventing decubitus ulcer on bedridden patients. Comparison of traditional back care and cavilon back spray reveals that both therapy are equally effective in preventing decubitus ulcer on bedridden patients.

DISCUSSIONS ON THE FINDINGS

The present study was aimed to compare the effectiveness of traditional back care and cavilon back care on bedridden patients in Safdarjang hospital. In this section, the major findings of the study are being discussed with reference to the results obtained by other investigators in the same aspect.

The findings of the present study shows that there is a significant effectiveness of cavilon back care on bedridden patients. This finding is consistent with the findings of the research studies conducted by **Donna Z. Bliss, PhD, RN, FAAN University of Minnesota School of Nursing, Minneapolis**. They found that the cavilon application is effective in prevention of bedsores. So it can be used in clinical setting for prevention of bedsores.

The finding of present study shows that there is a significant effectiveness of traditional back care on bedridden patients. This finding is consistent with the findings of the research studies published in **Article in Advances in Skin & Wound Care 15(1):24-9 January 2002**. They reported that traditional method of skin care is effective in prevention of bedsores.

IMPLICATIONS OF THE STUDY:

➤ NURSING PRACTICE

Providing traditional back care are very simple, easy and low cost measures which can be integrated as a routine procedure by nursing professional in respected unit.

➤ NURSING EDUCATION

Periodical sessions should be carried out to sensitize the nurses regarding prevention of bedsores in all the units. An interdisciplinary and collaborative approach is required, and healthcare providers should develop an understanding that prevention of bed sore is a team goal that requires a team effort.

➤ NURSING ADMINISTRATION AND MANAGEMENT

Nursing administrator utilize and rely upon evidence based practices, as the present study reveals that administration of traditional back care on bedridden patients is effective in prevention of decubitus ulcer, enhancing comfort and satisfaction of patients. So, the nurse administrator should communicate this knowledge to their clinical staff and ensure that such modified practices which are evidence based, are incorporated in the clinical setting.

➤ NURSING RESEARCH

The findings of the present study serve as the basis for the professionals and the students to conduct further studies in order to make the practice of traditional back care on bedridden patients.

RECOMMENDATIONS

1. A similar study can be replicated on larger sample group, and there by the findings can be generalized.
2. A similar study can be replicated in community set up to see the effectiveness of intervention in long term bedridden patients.
3. A descriptive study can be conducted to see the occurrence of decubitus ulcer in elderly population.
4. A comparative study can be conducted to compare the risk of decubitus ulcer between surgical and non surgical patients by risk assessment scale such as Braden scale.
5. A cross sectional study can be conducted to determine the prevalence rate and the potential risk factors of decubitus ulcer among patients in the intensive care units of the different hospitals.
6. A longitudinal study can be conducted to see the effectiveness of position changing in long term bedridden patients in term of prevention of decubitus ulcer.

7. A longitudinal study can be conducted to see the effectiveness of comfort devices used in long term bedridden patients in term of prevention of decubitus ulcer

KEY WORDS:

Experimental group 1 - Those who are receiving traditional back care

Experimental group 2 - Those who are receiving Cavilon back spray

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