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### Effect of Nurse Led Intervention in the Home Care of Patients with Spinal Cord Injury by their Caregivers

Indu Punia<sup>1</sup>, Deepika Khakha<sup>\*2</sup>, Manju Singh<sup>2</sup> and Deepak Aggarwal<sup>3</sup>

<sup>1</sup>AIIMS, India

<sup>2</sup>College of Nursing, AIIMS, India

<sup>3</sup>Neurosurgery Department, AIIMS, India

**Aim & Objectives:** To assess the effectiveness of structured educational package on knowledge and practices of caregivers of patients with Spinal Cord Injury(SCI).

**Methodology:** A quasi-experimental study was undertaken on caregivers (n=30) of patients with SCI at JPNATC, AIIMS, New Delhi. In this study, there were two groups i.e., control and experimental. Educational package was delivered in experimental group and no intervention was given in control group. Educational package was delivered by dedicated nurse included face-to-face teaching related to SCI, its complications and the preventive measures, also one-to-one demonstration on tracheostomy care, suction and measures to prevent bedsores was given to the caregivers. Ethical approval was taken from AIIMS ethical committee and informed consent was obtained. Data were analyzed using STATA version16 & SPSS version20.

**Result:** The mean age of patient was 34.6+2.7 years and majority (90%) were males. The major cause of SCI was fall from height. The mean age of caregivers in the experimental and control group was 30.1 + 2.6 and 32.8 + 13 years, respectively. The mean post-test knowledge score (30.7 + 8.6) of experimental was higher than control group (18.4 + 5.3), with p-value<0.001. The mean post-test practice score (54.3 + 9) of experimental group was higher than control group (35.9 + 6.8), with p value<0.001. In the experimental group the difference between the pre-test and post-test sub domains of knowledge and practice scores was highly significant with p-value <0.05.

**Conclusion:** A dedicated SCI nurse administered the educational package to the caregivers who had poor knowledge and practices. This was found to be effective and can prevent many complications, re-hospitalizations and improve the quality of life of patients.

**Keywords:** Spinal cord injury, Knowledge, practices, Caregivers, Complication, Prevention, Educational package.