



A Study to Evaluate the Effectiveness of Planned Nursing Care on Quality of Life Including Spirituality among the Patients with Lower Extremity Fracture, Undergone Orthopedic Surgery in A Selected Hospital At Jaipur

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ABSTRACT

Present study was aimed to assess the effectiveness of planned nursing care on quality of life including spirituality among the patients with lower extremity fracture undergone orthopedic surgery in a selected hospital at Jaipur. The objectives of the study were.

1. To prepare and validate the planned nursing care on quality of life including spirituality among the patients who had undergone orthopedic surgery for lower extremity fracture.
2. To assess and compare the mean pre-test and mean post-test score on quality of life among the patients with lower extremity fracture had undergone orthopedic surgery.
3. To find out association between the mean post-test score in quality of life including spirituality among the patients with lower extremity fracture had undergone orthopedic surgery and their demographic variables (age, education, legs involved in fracture, duration of hospitalization).

Methodology

A pre experimental study was conducted using one group pretest and one group posttest design was adopted. The samples included for the study was 50 patients with lower extremity fracture by adopting non probability convenient sampling technique. The data was collected by using "WHO BRIEF QUESTIONNAIRE" on quality of life. The conceptual framework utilized was Wilson's and Cleary HRQOL model.

Major findings of the studies:

There was a significant association between the post test score and their demographic variables age, education, bones involved in fracture, legs involved in fracture these right or left $\chi^2_{(4)} = 42.009$ at $p < 0.05$ which was more than the table value (9.49). Duration of hospital stay for the patient was 3 days $\chi^2_{(4)} = 13.092$ which was more than the table value (9.49) was found to have association with post test score.

Conclusion

The mean post test scores on quality of life including spirituality among the patients of lower extremity fracture were better than the pre test score, which indicates that the intervention of planned nursing care was effective that promotes inner strength through spirituality will enhance physical and psychological domains of QOL.

KEYWORDS

Effectiveness, planned nursing care on quality of life including spirituality, patients with lower extremity fracture undergone orthopedic surgery.

INTRODUCTION

Orthopedic nursing is a nursing speciality focused on the prevention and treatment of musculo skeletal disorders. Orthopedic issues range from acute problems such as fractures or hospitalization for joint

replacement to chronic systemic disorders such as loss of bone density. Orthopedic nurses have specialized skills such as neurovascular status monitoring, traction, continuous passive motion therapy, casting and care of patients with external fixation.



NEED FOR THE STUDY

The researcher had seen many of the ortho cases coming to the hospital for getting counseling regarding their fracture. In their mind they had some doubts related to the surgery like whether the procedure made was good or not. While assessing their quality of life it was noticed that they did not regain the normal structure and function of the past. The patient complained of nonunion, infection, position changed due to surgery. And this caused for this study of doing nursing care to the patients and of improving the QOL of the patients.

Nurses can promote physical, emotional, spiritual and over-all QOL through assessing the QOL of the lower extremity client and rendering appropriate nursing care in relevant and feasible manner.

OBJECTIVES

1. To assess and compare the quality of life including spirituality among the patients with lower extremity fracture undergone orthopedic patient during the pre test and post test.
2. To find out the association between the quality of life among the patients with lower extremity fracture undergone orthopedic surgery and their selected demographic variables (age, education, legs involved in fracture, and duration of hospitalization)

HYPOTHESIS:-

H1 – The mean post test score on quality of life of orthopedic patient's after intervention will be better than the mean pre test score on quality of life including spirituality among the patients with lower extremity fracture undergone orthopedic surgery..

H2 – There will be a significant association between the mean post test score on quality of life among the patients with lower extremity fracture undergone orthopedic surgery and their demographic variables (age, education, legs involved in fracture and duration of hospitalization)

CONCEPTUAL FRAMEWORK:

In this study the consumption framework based on Wilson's and Cleary HRQOL model is used.

RESEARCH DESIGN:

The research design selected for this study was one group pre test, and post test design. The design adopted can be represented as

- E - Experimental group
- O₁ - Pretest done to assess the quality of life including spirituality among the patients with lower extremity fracture undergone orthopedic surgery.
- X - Planned nursing care for improving the QOL including spirituality among the patients with lower extremity fracture undergone orthopedic surgery.
- O₂ - Post test done to assess the quality of life among the patients with lower



extremity fracture undergone
orthopedic surgery

➤ The analysis of the study shows that
50% of the samples had fracture with
Tibia & Fibula.

MAJOR FINDINGS OF THE STUDY:

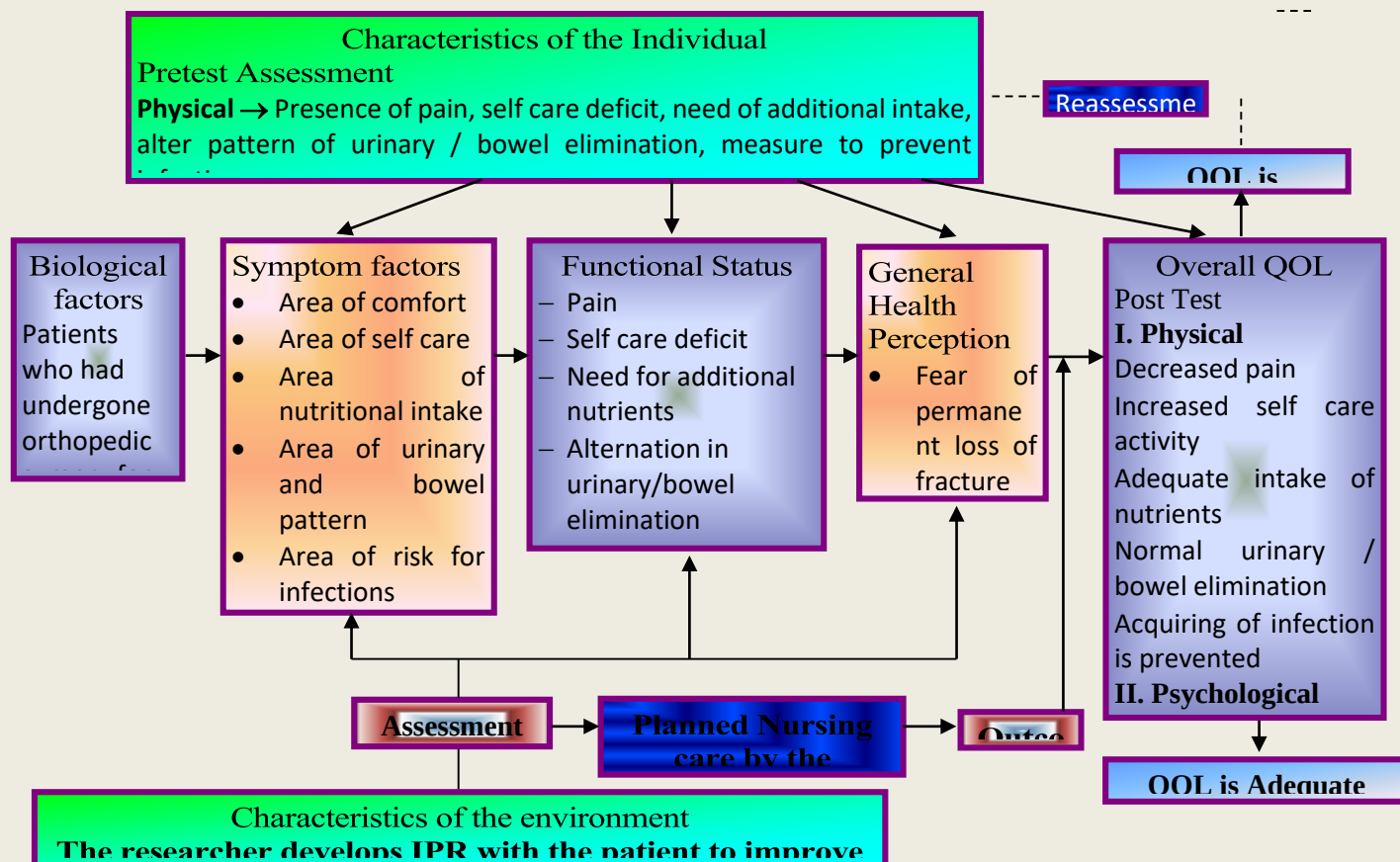


Fig 1 Conceptual framework based on Wilson's and Clearly HRQOL model for the patients with lower extremity fracture undergone orthopedic surgery

	Day 1 Pre test	Intervention Day 1- till Discharge	Day 8 Post test
E =	O ₁	X	O ₂

- The analysis of the study shows that 56% of the samples had 3 days stay in the hospital.
- The analysis of the study shows that 56% of the samples had right leg fracture.
- The mean overall pre test score percentage was 179.18% and this was reduced to 129.82% in post test, with df

= 49, 't' value of 26.103, which is more than the table value at 0.05 level of significance.

- The mean pre test score percentage for physical domain was 90.61% and this was decreased up to 51.04% in post test, with df (49) 't' value of 52.62, which is greater than the table value at 0.05 level of significance.
- The mean pre test score percentage for psychological domain was 72.30% and



this was decreased to 61.80% in post test with df (49) 't' value of 7.62 which is more than the table value at 0.05 level of significance.

- The mean pre test score percentage for spiritual domain was 14.02% this was increased to 16.24% in post test, with df (49) 't' value of 5.80 at 0.05 level of significance.
- There was no significant association between the post test score and age of the samples ($\chi^2 (49) = 0.146$).
- There was no significant association between the post test score and gender of the samples. ($\chi^2 (49) = 0.322$).
- There was a significant association between the post test score and the duration of hospital stay ($\chi^2 (49) = 13.092$).
- The findings revealed that there was a significant increase in spiritual domain among the patient's with surgery for lower extremity fracture.

RECOMMENDATIONS:

1. A similar study can be conducted on larger samples in different settings to validate and generalize the result.
2. A similar study can be conducted within the group by self instruction module after pretest.
3. A similar study can be conducted in lower extremity fracture patient's having fracture in both the legs.

4. A similar study can be conducted in lower extremity fracture and QOL can be assessed by using control group.

LIMITATIONS:

- Generalization was not done.
- The study was limited to 50 samples only.
- The study was limited to the patients of lower extremity fracture.
- The follow up care was not planned after the 8th day.
- The nursing care program has only given care to the inpatients or the patients who discharge before 8th day, the post test was done in their nearby hospital.

CONCLUSION

The post test score reveals that QOL of the patient was improved after exposure to nursing care program. It shows that adequate knowledge and practice improves the QOL of the patient. The findings of the study reveal that the planned nursing care program was effective in improving the QOL of the Lower extremity fracture patient.

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