

KNOWLEDGE REGARDING SITZ BATH AMONG STAFF NURSES AND NURSING STUDENTS

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ABSTRACT:

Background: Sitz bath name comes from the German verb “Sitzen meaning to sit”. It is safe method of treatment for a rectal and gynecological conditions. Sitz bath is a type of bath in their procedure only the hips and buttocks are soaked in water or saline solution.

Objective: To assess the level of knowledge on sitz bath among staff nurses and student nurses in Narayana medical college and hospital.

Materials and Methods: Descriptive cross sectional design and convenient sampling technique was followed which included 30 samples were used. Data was collected using structured questionnaire. Data analysis was done with SPSS.

Results: Shows that with regard to level of knowledge regarding Sitz bath among staff nurses 10(66.7%) have Moderate knowledge, 5(33.3%) have adequate knowledge among nursing students, 11(73.3%) have adequate knowledge and 4(26.7%) have Moderately adequate knowledge regarding Sitz bath.

Conclusions: In the present study concluded that comparing the level of knowledge between staff nurses and nursing students, Nursing students having adequate level of knowledge than staff nurses regarding sitz bath.

Key words: sitz bath, Perineum, rectum

INTRODUCTION

Sitz bath is a type of bath in their procedure only the hips and buttocks are soaked in water or saline solution. Sitz bath name comes from the German verb “Sitzen meaning to sit”.

A sitz bath is a warm, shallow bath cleanses the perineum (The space between the rectum and the vulval scrotum). Sitz bath is used to relieve discomfort or pain, swelling, Irritation, relaxation, induces healing process in the lower part of the body. Sitz bath procedure is used for few conditions such as hemorrhoids, fissures, rectal diseases, episiotomy, uterine cramps, inflammatory bowel diseases and infecting of the bladder, painful ovaries and testicles,

piles, vaginal infections.

Sitz bath procedure is keeping the affected area clean and increasing blood flow. The warm sitz bath is safe for reducing morbidity. It is safe method of treatment for a rectal and gynecological conditions. Most physicians including colon and rectal surgeons recommended warm sitz bath reduce the pain in the perineal region and to promote wound healing. A sitz bath or hip bath is a bath in which person sits in warm water temperature (35°C) or 11°F to 115°F for 15-20 minutes. Alternatively a large basin can be used.

The solutions are used for sitz bath are potassium permanganate, solution 1:5000, Boric acid 1 dram to 1 pint. Ensol solution, Dettol solution 1:40. The

procedure for sitz bath are wash hands, arrange all the articles, wash hands, wear clean gloves. Explain the procedure to the patient. Screen the patient. Fill the tub with warm water temperature should be checked 115°F. The solution are used for sitz bath dettol 1:40. Place the sitz bath on top of in toilet seat.

Sit comfortably in the solution up to 15-20 minutes. After that get up slowly from sitz bath tub. Carefully dry the area. Repeat the sitz bath once/twice a day. Discard the water. Replace the articles. Hand washing, recording and reporting.

The contra-Indications of sitz bath are pregnancy, menstruation, renal inflammation, increase Irritability of the genital organs.

The healing procedure for sitz bath is the most popular hemorrhoids relief. These treatment can give fast relief to hemorrhoids pain. More than 8 to 12 weeks may need prescription medication like 1% of hydrocortisone or may include nitroglycerin, cream, botulinum toxin etc. This study is done by a researcher as she felt that nurses need to have good knowledge regarding sitz bath.

OBJECTIVES

- ❖ To assess the level of knowledge regarding sitz bath among staff nurses.
- ❖ To assess the level of knowledge regarding sitz bath among student nurses.
- ❖ To compare the level of knowledge regarding sitz bath among staff nurses and nursing students.
- ❖ To find out the association between the level of knowledge regarding sitz bath among staff nurses with their selected socio demographic variables.
- ❖ To find out the association between the level of knowledge regarding sitz bath among nursing students with their selected socio demographic variables.

MATERIALS AND METHODS: Descriptive cross sectional design, used to assess the level of knowledge regarding sitz bath among staff nurses and student nurses in Narayana Medical College Hospital. Nonprobability convenient sampling was used. Staff nurses and student nurses who were eligible, who were available during data collection and voluntarily willing to participate in the study. Who are sick, who are on leave were excluded. Prior Permission was obtained from ethical clearance committee Participants signed an informed consent and were told they could withdraw from the study at any time for any reason.

DESCRIPTION OF TOOL

PART I: Deals with demographic variables for staff nurses age, gender, educational qualification, Work experience, Area of working, source of information, attended any CNE programme. For nursing students which includes the age, educational status, source of information and CNE programme attended.

PART II: It deals with structured questionnaire to convey the knowledge regarding sitz bath among staff nurses and student nurses. It consists of 30 multiple choice questions. Each question gives correct answer as 1 score. Nurses answering gives 0 score.

Score Interpretation: The score was interpreted as follows:

- Inadequate knowledge : 0-10
- Moderately adequate : 11-20
- Adequate knowledge : 21-30

Data analysis: Data was analysed by using descriptive and inferential statistics.

Frequency, percentage, Item analysis, mean, standard deviation and chi-square test were done.

Results: Shows that frequency and percentage distribution with regard to age, of staff nurses 14(93.3) are between 21-25 years and 1(6.7) are between 26-30 years of age, Gender of 14(93.3%) are females and 1(6.7%) are males, educational qualification, 3(20%) studied GNM, and 12(80%) studied B.Sc(N), working experience, 2(13.3) have <1 year, 12(80%) have 1-6 years, 1(6.7%) have 4-6 years, area of working, 6(40%) are working in ICU, 9(60%) are working in General Ward, source of information 3(20%) gained from journals, 4(26.6%) gained from practical experiance, 1(6.7) gained from curriculum, and 1(6.7%) gained from internet, 6(40%) gained from All the above, CNE programme, 2(13.3) have attended, and 13(86.7%) have Not attended.

Results Shows that frequency and percentage distribution with regard to age 13(86.7%) nursing students are between, 18-19 years, 2(13.3%) are between 20-21 years, Educational qualification, all the 15(100%) are studying B.Sc.(N), source of information, 5(33.3%) gained from curriculum, 6(40%) gained from Internet, 3(20%) gained from Practice Experience and 1(6.7%) gained from all of the above, year of course, 2(13.3) are studying 1st year B.Sc(N), 11(73.4%) are studying 3rd year

B.Sc(N) and 3(13.3) are studying 4th year B.Sc(N), CNE programme attended, 6(40%) have attended and 9(60%) have Not attended any CNE.

Percentage distribution of level of knowledge between staff nurses and nursing students

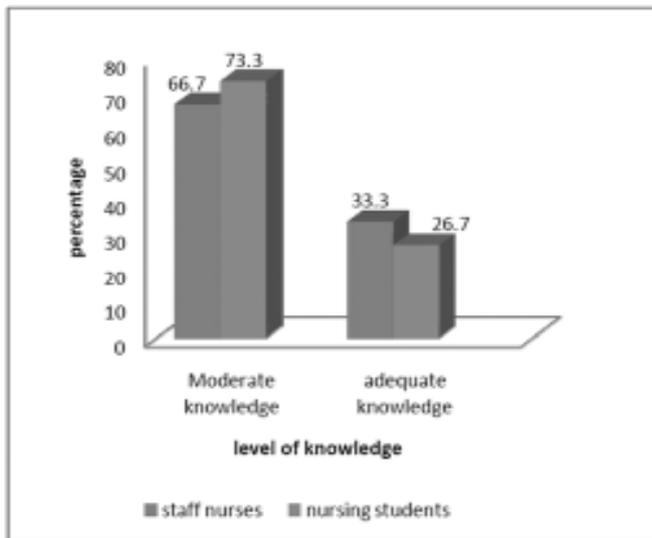


Table-1: Comparison of mean and standard deviation of level of knowledge regarding sitz bath between staff nurses and nursing students.

Category	Mean	Standard Deviation
Staff nurses	21.13	2.25
Nursing students	20.86	2.13

For staff nurses there was no significant association between age, educational qualification and attending CNE programme, gender, working experience and source of information and for nursing students there was no significant association between age, educational qualification year of course, source of information and attending CNE programme.

DISCUSSION: The discussion of the present study was based on the findings obtained from the descriptive and inferential statistical analysis of collected data. It is presented in the view of the objectives of the study. The study related to level of knowledge regarding Sitz bath among staff nurses 10(66.7%) have Moderate knowledge, 5(33.3%) have adequate knowledge among nursing students, 11(73.3%) have adequate knowledge and 4(26.7%) have Moderately adequate knowledge regarding sitz bath.

For staff nurses result shows that with regard to association of level of knowledge regarding Sitz bath

among staff nurses and selected demographic variables. The calculated value is less than the table value at P=0.05. so statically there is no significant association between level of knowledge among staff nurses and selected demographic variables. And for student nurses association of level of knowledge regarding Sitz bath among nursing students with their selected socio demographic variables. The calculated value is less than the table value. so statistically there is no significant association between the level of knowledge among nursing students with their selected socio demographic variables.

CONCLUSION: In the present study concluded that comparing the level of knowledge between staff nurses and nursing students, Nursing students having adequate level of knowledge than staff nurses regarding sitz bath.

RECOMMENDATIONS:

- A similar study can be replicated on a large sample to generalize the findings.
- An experimental study can be conducted to assess the effectiveness of teaching programme on sitz bath.
- Similar study can be done on different hospital settings.
- A comparative study can be undertaken to compare the knowledge of staff nurses and nursing students about sitz bath.

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