

Knowledge regarding diet of patients with kidney transplantation among staff nurses



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ABSTRACT:

Background: Kidney transplantation is the treatment of choice for clients with end stage of kidney disease. Kidney transplantation allows the recipient to enjoy a much less restricted life style. The care for the clients undergoing renal transplantation includes provision of good diet. **Objective:** To assess the level of knowledge regarding diet of patients with kidney transplantation among staff nurses and in Narayana Medical College and Hospital. **Materials and Methods:** Descriptive cross sectional design and convenient sampling technique was followed which included 60 samples. Data was collected using structured questionnaire. Data analysis was done with SPSS. **Results:** Shows that with regard to level of knowledge regarding post-operative care of patients with kidney transplantation among staff nurses 8(13.3%) had inadequate knowledge, 48(80%) had moderately adequate knowledge and 4(6.7%) had adequate knowledge. **Conclusions:** The present study concluded the level of knowledge of staff nurses regarding diet of patients with kidney transplantation is moderately adequate.

INTRODUCTION: Kidney serves the body as a natural filter of the blood and removes waste products of metabolism. The care for the client undergoing renal transplantation is complex and the diet provided to them needs to be carefully planned.

Good nutrition plays a key role in successfully recovering from kidney transplantation. As after any surgery, adequate calories and protein are needed for proper wound healing. The possible side effects of anti - rejection medications can increase nutrient requirement.

Dietary therapy must include special consideration for protein, sugars, salt and potassium. During the first month, following the transplantation, the patient

has to consume enough protein and calories. The foods recommended are animal protein like meats, fish, eggs and dairy products and vegetable protein's like nuts, peanut butter, beans, pear, soya and tofu. Sugars should be avoided because one can get steroid induced diabetes.

Prednisolons may increase sodium and water retention in the blood and increase B.P. So, we have to restrict salt in diet. High sodium foods include commercial soups, processed meat, chips, pickles, etc.,

Few drugs may increase potassium in blood therefore, serum potassium should be monitored and high potassium foods should be avoided like apricots,

bananas, oranges, melons, potatoes, tomatoes, green leafs, chocolate, etc.,

After the transplantation, patients tend to feel good and obviously there are no food restrictions as they do not consult nutritionists. Eventually, they start gaining weight quickly.

Typically, a meal for all should consist of 60 per cent vegetables or salad and 20 per cent each of carbohydrates and proteins. While eating, people should first start with vegetables and salads, then consume proteins and finally carbohydrates. Going heavy on rice is not advisable at all. This should be ideal for all and not just transplant patients.

The nutritionist points out that physical activity is must for all ages. Eating the right type of food in right quantities is very important. Physical activity like walking, running, mall walking, yoga is mandatory for everybody. Eating right portions of food and balancing it with exercise will do the trick for everybody and not just the patients.

OBJECTIVES OF THE STUDY:

- To assess the level of knowledge regarding diet of patients with kidney transplantation among staff nurses.
- To find out the association between the level of knowledge regarding diet of patients with kidney transplantation among staff nurses with their selected socio demographic variables.

MATERIALS AND METHODS: Descriptive cross sectional design is used to assess the level of knowledge regarding diet of patients with kidney transplantation among staff nurses in Narayana Medical College Hospital. Non-probability convenient sampling was used. 60 Staff nurses who were eligible, can understand regional language, who were available during data collection and voluntarily willing to participate in the study, are selected. Those who are sick, who are on leave were excluded. Prior

Permission was obtained from ethical clearance committee. Participants signed an informed consent. Data collection is done with the help of a tool.

DESCRIPTION OF TOOL

PART I: Deals with demographic variables include age, gender, educational qualification, working experience, source of information, attended any CNE programme.

PART II: It deals with structured questionnaire to convey the knowledge regarding diet of patients with kidney transplantation among staff nurses. It consists of 45 multiple choice question. Each question gives success answer as 1 score. If not answering gives 0 score.

Score Interpretation: The score was interpreted as follows:

- Inadequate knowledge : 0-15
- Moderately adequate : 16-30
- Adequate knowledge : 31-45

DATA ANALYSIS: Data was analyzed by using descriptive and inferential statistics. Frequency, percentage, item analysis, mean, standard deviation and chi-square test were done.

RESULTS: The results shows that frequency and percentage distribution such as, with regard to age 52(86.7%) staff nurses are between 21-25 years and 8(13.3%) are 26-30 years, gender 8(13.3%) staff nurses are males and 52(86.7%) staff nurses are females, educational qualification 4(6.7%) studied GNM, 52(86.6%) studied B.Sc (N) and 4(6.7%) studied P.B.B.Sc(N), working experience 24(40%) have <1 year experience, 28(46.7%) have 1-3years experience, and 8(13.3%) had 4 - 6 years experience, source of information 8(13.3%) gained from curriculum, 52(86.7 %) from all the sources and attended CNE 52(86.7%) have attended and 8 (13.3%) did not attend.

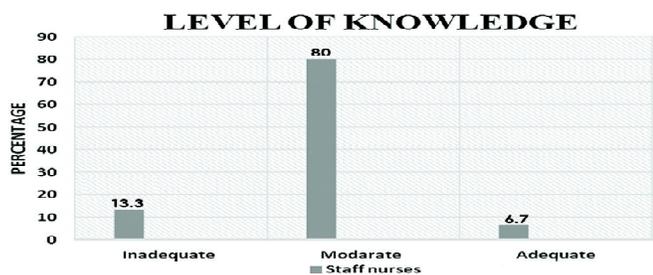


Fig No - 1: Percentage distribution of level of knowledge of staff nurses

Table-1: Mean and standard deviation of knowledge of staff nurses.

Category	Mean	Standard deviation
Staff nurses	28.2	3.97

With regard to staff nurses there was no significant association between age, gender educational qualification, working experience, source of information and attendance to 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 with regard to level of knowledge regarding diet of patients with kidney transplantation among staff nurses, 8(13.3%) had inadequate knowledge, 48(80%) had moderately adequate knowledge and 4(6.7%) had adequate knowledge.

Results showed that with regard to association of level of knowledge regarding diet of patients with kidney transplantation among staff nurses with their selected demographic variables, there is no significant association.

CONCLUSION: In the present study concluded that the staff nurses have moderate level of knowledge regarding diet of patients with kidney transplantation.

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 diet of patients with kidney transplantation.
- 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 diet of patients with kidney transplantation.

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