

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 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:** The result 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, staff nurse, nursing students