



## Original Article Knowledge Regarding Chest Physiotherapy among Staff Nurses in Narayana Medical College Hospital at Nellore



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**Abstract:** Chest physiotherapy is a technique used to mobilize or loose secretions in the lungs and respiratory tract. The goals of chest physiotherapy are to remove bronchial secretions, improve ventilation and increase the efficiency of the respiratory muscles. **Objectives:** **1.** To assess the level of knowledge regarding chest physiotherapy among staff nurses in Narayana medical college hospital at Nellore. **2.** To find out the association between the level of knowledge regarding chest physiotherapy among staff nurses with their selected socio demographic variables. **Materials and methods:** Descriptive research design was used in this research study. 30 staff nurses were selected by using non probability convenience sampling technique in NMCH at Nellore. **Result:** The result revealed that, 6 (20%) had adequate knowledge, 11 (37%) had Moderate Knowledge were as 13 (43%) had in adequate Knowledge. **Key words: Knowledge, Chest Physiotherapy, Staff Nurses.**

**INTRODUCTION:** Chest physiotherapy includes postural drainage, chest percussion and vibration and breathing exercise or breathing retraining. Teaching the patient effective coughing technique is an important part of chest physiotherapy.

Chest percussion is performed in the appropriate postural drainage position with the hands in a cup like position. The hands are cupped and the fingers and thumbs are closed the cupped hand should create an air pocket between the hand. Both hands are cupped. Percussion is accomplished with flexion and extension of the wrists and if they performed correctly a hollow sound should be heard. The air

cushion impact facilitates the movement of the thick mucus. A thin

towel should be placed over the area to be percussed.

Chest physiotherapy was used to patient who were the conditions likes chronic obstructive pulmonary disease, fibrosis, pneumonia, lung abscess, cardiac arrest requiring ventilator care. It improves the breathing pattern and control ventilation and to decrease the work of breath.

**As per the report (2014)** Andhra Pradesh shows 67% of people were with pulmonary disorders like pneumonia, atelectasis mainly in adult group. Incidence rate of treatment in chest physiotherapy



among 50% in this 45% peoples were in showed relief from pulmonary complications.

**Statement of the Problem:** A Study to Assess the Knowledge on Chest Physiotherapy among Staff Nurses in Narayana Medical College Hospital at Nellore.

**OBJEVTIVES**

❖ To assess the knowledge on chest physiotherapy among staff nurses in Narayana medical college and hospital at Nellore.

❖ To find the association between the level of knowledge on chest physiotherapy among staff nurses with their selected socio demographic variables.

**Materials and methods:**

A quantitative research approach and descriptive research design was used to assess the knowledge on chest physiotherapy among staff nurses in Narayana Medical College Hospital at Nellore. The sample included all the staff nurses in Narayana Medical College and Hospital at Nellore. 30 staff nurses were selected by using non probability convenience sampling technique. A structured questionnaires with 25 questions developed to assess the knowledge regarding chest physiotherapy. Each correct answer was given with '1' and wrong answer with '0'. The score interpretation was considered as >75% Adequate knowledge, 55-75% Moderate knowledge and <50% Inadequate knowledge. The reliability of the tool 'r' value was 0.9. Prior formal permission was obtained from the institutional ethical committee, Narayana Medical College Hospital, Nellore. The samples were informed by the investigator about the purpose of the study and the written consent was obtained. The data collection was carried out 2 weeks. Data was collected by using socio demographic variables and a structured questionnaire was used to measure the level of knowledge regarding Chest Physiotherapy. It took 10- 20 minutes to collect

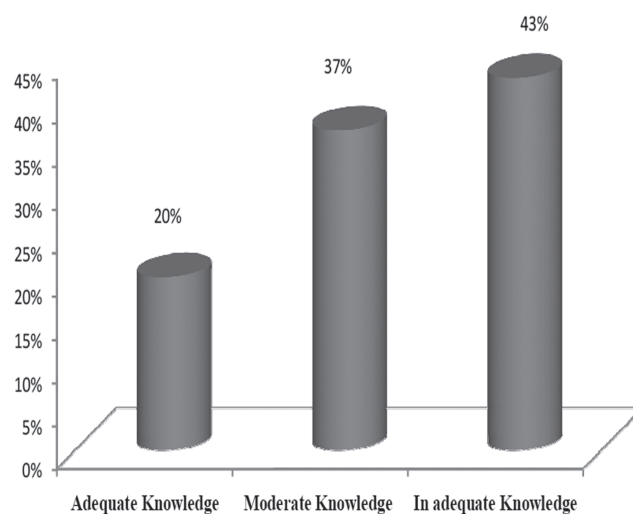
the data from each participant. The data was analyzed and tabulated by using descriptive and inferential statistics based on objectives of the study.

**RESULTS AND CONCLUSION:**

**Table no-1: Frequency and Percentage distribution of level of knowledge regarding Chest Physio therapy among staff nurses (n=30)**

Level of knowledge	Fre (f)	Per (%)
Adequate knowledge	6	20
Moderate knowledge	11	37
In adequate knowledge	13	43
<b>Total</b>	<b>30</b>	<b>100</b>

**Table no-1:** Showed that, with regards to level of knowledge regarding Chest Physiotherapy among staff nurses, 6 (20%) had adequate knowledge, 11 (37%) had Moderate Knowledge and 13 (43%) had In adequate Knowledge.



**Fig No-1: Percentage distribution of level of knowledge regarding Chest Physiotherapy among Staff nurses.**

**Table no-2: Mean and Standard deviation of level of Knowledge regarding Chest Physiotherapy among staff nurses (n=30)**

Criteria	Mean	SD
Level of knowledge	23.8	4.8



**Table No-2:** Shows that, knowledge regarding chest physiotherapy among staff nurses, mean value 23.8 with standard deviation of 4.8.

**CONCLUSION:** The study concluded that majority (43%) of staff nurses had inadequate knowledge on Chest Physiotherapy. Hence the investigator felt to improve the knowledge by providing and evaluating the educational sessions through continuing nursing education programme.

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