



## Knowledge on Enema among Nursing Students



**Prof. A. Viji**  
Dept of OBG  
Narayana College of Nursing,  
Chinthareddypalem,  
Nellore.

**Prof. V. Jayanthi**

Principal  
Sree Narayana Nursing College,  
Stonehousepet, Chinthareddypalem,  
Nellore.

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**Ms. Anitha Anna Joseph**  
B.Sc(N)

**Abstract:** An enema involves inserting a liquid or gas into the rectum, which is the lower part of large intestine. The aim of enema is to empty the bowels and also allows for an examination or administrator of medication. An enema administration is a technique used to stimulate stool evacuation. It is a liquid treatment most commonly used to relieve severe constipation. **Objectives:** To assess the level of knowledge regarding enema and find association between level of knowledge regarding enema among III year B.Sc (N) students with selected demographic variables. **Materials and Methods:** A quantitative research approach and descriptive research design was adopted. 60 participants who fulfill the inclusion criteria were selected by non probability convenient sampling technique. Structured questionnaires were used to collect data. The data was analyzed in terms of objectives of the study using descriptive and inferential statistics. **Results:** Out of 60 students, 3(5%) had A+ grade (91-100%), 8(13%) had A grade (81-90%), 12(20%) had B+ grade (71-80%), 20(33%) had B grade 61-70%, 10(17%) had C grade (51-60%), 7(12%) had got D grade (>50%) knowledge. **Key words:** Enema, Nursing students.

**Introduction:** Healthy bowel movement are those that allows to empty the colon sometimes called intestines often enough that don't feel bloated or in pain, and don't have to strain hard to get the job done. Bowel habits may tend to change with age and circumstances.

An enema involves inserting a liquid or gas into the rectum, which is the lower part of large intestine. The aim of enema is to empty the bowels and also allows for an examination or administrator of medication.

The word enema is derived from a Greek word which means sending clysters is an old fashioned word for enema.

Indications for the use of enema includes evacuate the bowel before surgery, x ray or for bowel eliminations such as an endoscopy and treat severe constipation when less invasive method have failed.

Cleansing enema is contraindicated in patient with fecal stones, rectal obstruction by tumor or rectal prolapse, active coronary heart diseases and in comatose or noncompliant patients.

Usually ingestion of food creates peristaltic waves throughout the intestine that moves feces from the colon into the rectum. If a person ignores this urge it fades away and the feces become dry and hard and defecation become difficult, the colon and rectum become distended and muscle tone is lost



as feces accumulates.

An enema administration is a technique used to stimulate stool evacuation. It is a liquid treatment most commonly used to relieve severe constipation. The process helps push wash out of the rectum when you can't do so on your own. Long term, regular use of enemas can cause electrolyte imbalances; enema can also affect the balance of microbiota in your gut.

The amount of fluid administered and the rectal tube used for infusion for solution will depend on the age and size of the person receiving the enema. Beneficial of enemas is restoring healthy bowel in a regular pattern; ingredients can be added to enema water to increase its effectiveness in some specific manner.

#### **Need for Study:**

Enemas play a vital role, in the treatment of constipation. The purpose of enema is cleansing the bowel prior to almost all the abdominal surgeries.

According to Rome foundation (2017) global study they found that 40% of people worldwide have FGIDs, which affects quality of life and health care use. Although the absolute prevalence of enemas are higher among these people and also the survey which explores also highlights that a quarter of people suffering from constipation do nothing to alleviate their symptoms.

According to WHO (2017) global study per every ten adults in the world, four suffer from functional gastro intestinal disorder of varying severity. This is shown by a study of more than 7300 people in 33 countries.

According to National health service in extremely rare cases the incorrect administration of an enema can cause an embolism or blockage to form pulmonary embolism, which occurs in the lungs can

be fatal. In other rare cases, and incorrectly administered enema can result in perforation of the rectum.

According to latest WHO data published April 2017, the gastric problems death's in India reaches 108 292/1.20% deaths of total death. The age adjusted death rate is 12.37% population ranks in India.

According to National Family Health survey (2019), the latest results of gastric disorder and constipation based on the most recent available in Andhra Pradesh data, shows that there were 1.97 million people lived with gastric disorder and constipation. Over the course of 12 years the chronic constipation was just over 17% of almost one out of every six people under the age of 50 years.

According to National Family Health Care survey in Sri Potti Sriramula Nellore (2019) acute gastric problems was 41000 cases per 100.00 persons. The outpatient incident was 5400 per 100,00 person in a year. Constipation affects as many as 26% of elderly men and 34% of elderly women and it is problems related to diminished perception of quality of life.

**Statement of the Problem:** A study to assess the knowledge on enema among III year B.Sc. (N) students of Narayana college of nursing, Nellore AP.

#### **Objectives:**

- ❖ To assess the level of knowledge regarding enema among III year student nurses.
- ❖ To find out association between level of knowledge regarding enema among III year B.Sc (N) students with selected demographic variables.

#### **Operational Definitions**

**Knowledge:** The knowledge denotes that the skill and practical perception of enema.



**Enema:** Enema is ingestion of liquid into the lower bowel through the rectum the purpose of enema is cleaning or to provide medication or nourishment.

**Student Nursing:** It refers to students who are studying III year B.Sc(N) in Narayana College of Nursing, Nellore, AP.

### **Materials and Methods**

**Assumption:** III Yr B.Sc(N) students will have knowledge on reanema administration.

**Delimitation:** Study is restirtied to III Yr B.Sc (N) students study population is only 60 students.

**Project ou Come:** this study will help to identity the level of knowledge on enema among III Yr B.Sc (N) students.

**Research Approach:** Quantitative research approach

**Research Design:** A descriptive research design.

**Settings of the study:** The study was conducted in Narayana College of Nursing, Nellore, A.P.

**Population:** B.Sc. (N) students

**Target Population:** Target population of the study includes B.Sc.(N) students in Narayana College of Nursing, Nellore.

**Accessible Population:** The accessible population of present study includes III year B.Sc.(N) students who are in Narayana College of Nursing, Nellore.

**Sample:** Sample consists of III year B.Sc.(N) students in Narayana College of Nursing.

**Sample size:** The sample size consist of 60 III year B.Sc.(N) students in Narayana college of Nursing, Nellore.

**Sample Techniques:** Non probability purposive sampling technique was adopted for this study.

### **Criteria for Sample Selection:**

#### **Inclusion Criteria:**

❖ III year B.Sc.(N) students who were present in Narayana College of Nursing, Nellore.

❖ Students who were willing to participate in the study

#### **Exclusion Criteria:**

❖ III year B.Sc.(N) students who were in leave at the time of data collection.

#### **Description of the tool**

**Part - I:** Socio demographic variables of students nurse includes Age, religion, type of family, monthly income, occupation of parents, source of information, whether attend any CNE programme.

**Part - II:** This consist of semi structured questionnaire determine the knowledge on enema.

**Scoring key and interpretation:** The questionnaire consists of 27 questions, each correct answers was awarded by '1' mark and wrong answered by '0' mark based on the score, the knowledge level was assessed.

#### **Interpretation knowledge**

Grade	Percentage (%)
A+	91% - 100% (Excellent)
A	81% - 90% (Very good)
B+	71% - 80% (Good)
B	61% - 70% (Fair)
C	51% - 60% ( Poor)
D	<50% (Very Poor)

**Ethical clearance:** Was obtained from Institutional Ethics Committee of Narayana College of Nursing, Nellore.

**Data collection Procedure:** After obtaining formal permission from Principal, Narayana College of nursing, Nellore.

The data was collected for a period of four weeks. 60 students was selected by non probability convenience sampling techniques. The participants was seated comfortably either in the classroom or auditorium. Nature and purpose of study was explained. Confidentiality of information was assured by taking informed consent from the participants.



Demographic data was collected and semi structured questionnaire was administered to participants and asked to tick the responses, which they feel appropriate. Each participants took 10-15 minutes to collect the data, 5 days in a week, 3 participants in a day and 15 participants in a week the collected data was analyzed with descriptive and inferential statistics.

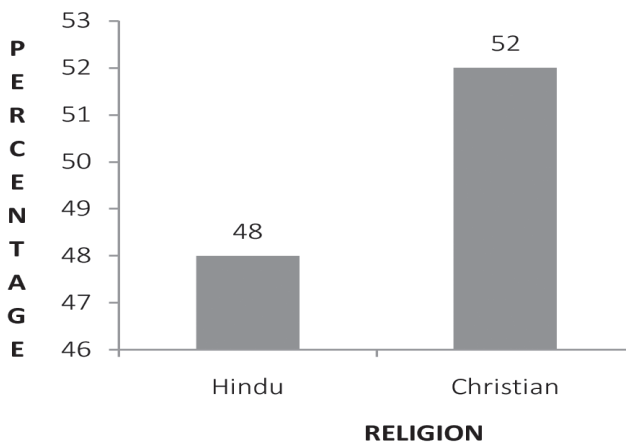
**Plan for data analysis:** The data was analyzed in terms of the study using descriptive and inferential statistics.

**Results and Discussion:**

**Table - 1:** Frequency and Percentage distribution of III year B.Sc. (N) students based on age. (N=60)

Age	Fre (F)	Per (%)
a) 20 - 21 years	56	94
b) 22 - 23 years	4	6
Total	60	100

**Table - 1:** Illustrates that the age of III year B.Sc.(N) students, 56(94%) are between the age group of 20-21 years and 4(6%) are between the age of 22-23 years.

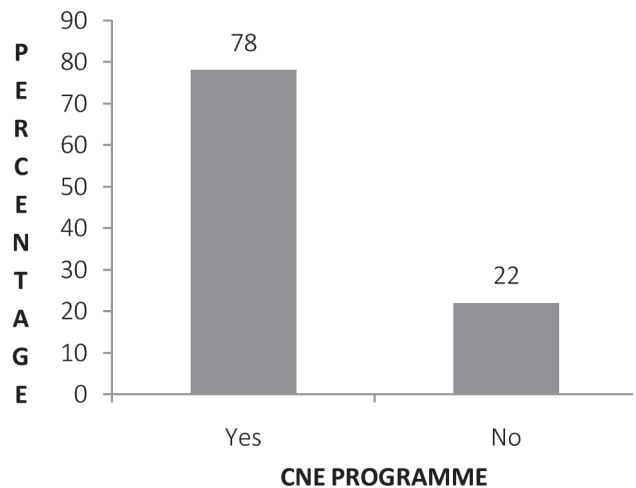


**Fig.No.1:** Percentage distribution of III rd year B.Sc.(N) students based on their religion.

**Table - 2:** Frequency and percentage distribution of III year B.Sc. (N) students based on source of information. (N=60)

Source of information	Fre (F)	Per (%)
a) Mass media	14	24
b) News paper/magazine	13	21
c) Seminar	17	29
d) Health professionals	16	26
Total	60	100

**Table - 2:** Refers to III year B.Sc.(N) students based on source of information 14(24%) getting information from mass media,13(21%) getting information from newspaper or magazine,17(29%) getting information from seminar and 16(26%) getting information from health professionals.



**Fig.No-2:** Percentage distribution of III year B.Sc. (N) students based on CNE programme

**Table - 3:** Frequency and Percentage distribution of level of knowledge on enema among III year B.Sc.(N) students. (N=60)

Category	Fre (F)	Per (%)
A+ (Excellent)	3	5
A (Very good)	8	13
B+ (Good)	12	20
B (Fair)	20	33
C (Poor)	10	17
D (Very poor)	7	12
Total	60	100





**Table - 3** Portrays that level of knowledge on enema among IIIrd year B.Sc.(N) students. Out of 60students, 3(5%) had A+ grade (91-100%), 8(13%) had A grade (81-90%), 12(20%) had B+ grade (71-80%), 20(33%) had B grade 61-70%), 10(17%) had C grade (51-60%, 7(12%) had got D grade (>50%) knowledge.

**Table - 4:** Mean and Standard Deviation of level of knowledge on enema among III rd B.Sc.(N) students (N=60)

Category	Mean	SD
Assess the level of knowledge on enema	17.78	3.66

**Table - 4:** depicts that mean and standard deviation of knowledge on enema among III rd year B.Sc. (N) students mean score was 17.78 and Standard deviation was 3.66.

Association between the level of knowledge on enema among III year B.Sc (N) students were significantly associated with source of information, age and were significantly not associated with religion, type of family, parent occupation, family monthly income, attended any CNE programme.

**Conclusion:** The study findings concluded that 20(33%) nursing students had average knowledge on enema. More opportunities to be given to all Nursing students to gain knowledge, skill and practice on enema by demonstration, clinical practice, attending seminar ,workshop, and conference on enema.

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