Orignal Article

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Video Assisted Learning Package Regarding Sensory Deprivation on Knowledge, Attitude and Practice of Staff Nurses in ICU

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Abstract

Background of the Problem: The literature reported that patients are exposed to and react to stimuli that are unique to Intensive Care Unit settings. Egerton and Kay, 1964; Hale, Koss, Keistan, Camp Barash, 1977; Kornfeld, 1971 reviewed that 25–40% of ICU patients experience identifiable psychological upsets in response to stimuli from the critical acre environment.

Methods: A pre- experimental approach with one group, pre-test – intervention – post-test design was used in this study. The study was conducted in four major hospitals in Thrissur District, namely Westfort Hospital, Mother Hospital, Aswini Hospital and Daya Hospital. The investigator collected data regarding level of sensory deprivation from 20 patients selected using simple random technique (Group I), admitted in ICU, using check list prepared by the investigator. The investigator selected 50 samples fulfilling the inclusion criteria and exclusion criteria, by using simple random technique. The intervention was in the form of VALP (Video Assisted Learning Package).

The tools used were: Structured questionnaire to assess demographic variables. Check list to assess the level of sensory deprivation. Structured questionnaire to assess the level of knowledge of staff nurses regarding sensory deprivation in patients admitted in ICUs. Scale to assess the attitude of staff nurses regarding sensory deprivation in patients admitted in ICUs. Observation check list to assess nurse's practice focusing sensory deprivation in caring patients admitted in ICUs. Video Assisted Learning Package was administered to study subjects starting from the second day of the pre–test administration. After 7 days of intervention, post–test was administered. Two days after completing post–test, the investigator went to study settings and level of sensory deprivation of 20 patients admitted in ICUs (Group II), selected by simple random sampling technique were observed using the check list.

Results: The findings ofthe study revealed that the knowledge, attitude and practice of staff nurses working in ICUs had improved significantly by VALP at 0.001 level of significance. Sensory status of the patients admitted in ICUs has significantly improved after the intervention given to the staff nurses. There was significant association of the Number of years of experience in ICUwith the attitude level of the staff nurses and the previous exposure to Continuing Nursing Education on sensory deprivationwith the practice level of the staff nurses working in intensive care units.

Conclusion: The study concluded that interventions like Video Assisted Learning Package regarding sensory deprivation helps to improve knowledge, attitude and practice of the staff nurses. This significantly contributed to improvement in sensory status of the patients, especially those who were admitted into intensive care units.

Keywords: Sensory deprivation; Video assisted learning package; ICU staff nurses.

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Introduction

"Our very hold on reality is basically depend on us, receiving a continual and uninterrupted flow of sensory stimulation from our environment."

A person's senses are vital to survival, growth and development and the experience of bodily pleasure. When social input is lacking, whether from mobility restrictions, communication

problems or confinement from hospitalization–sensory deprivation occurs.

Many of the patients in intensive care units experiences impaired sensory functioning which places them at high risk for injury (both physical and psychological), altered growth and development and decreases their wellbeing.

ICU is a potentially hostile environment to the vulnerable critically ill patients in which the patient experiences psychological and psychosocial stressors in addition to the physical stress.

Sensory stimulation like physical touch, view to nature, adequate ventilation, aesthetic appearance of the ICU, clock and calendar, proper orientation to the patients, music therapy and effective communication by the nurses helps to promote better awakening in critically ill patients and facilitate rehabilitation potential and process. The health care providers especially the nurses have significant role in this scenario.[1–5]

The Statement of the Problem

Effect of Video Assisted Learning Package Regarding Sensory Deprivation on Knowledge, Attitude And Practice of Staff Nurses Working In Intensive Care Units of Selected Hospitals, Thrissur.

Objectives

- Assess the level of sensory deprivation among patients (Group I) in intensive care unit.
- Assess the level of knowledge, attitude and practice of staff nurses working in intensive care unit regarding sensory deprivation.
- Assess the post intervention level of knowledge, attitude and practice of staff nurses working in intensive care unit regarding sensory deprivation.
- Compare the pre intervention level of knowledge, attitude and practice with post intervention level of knowledge, attitude and practice of staff nurses working in intensive care unit regarding sensory deprivation.
- Associate the pre intervention level of knowledge, attitude and practice of staff nurses working in intensive care units regarding sensory deprivation with their selected demographic variables.
- Assess the level of sensory deprivation among patients (Group II) admitted in intensive care units after the interventions to the staff nurses.

Assumptions

- Patients admitted in ICUs may develop sensory deprivation due to lack of sensory stimuli in the environment.
- Video assisted learning package may influence the knowledge, attitude and practice of the staff nurses working in intensive care units and enable them to render a quality nursing care in order to prevent sensory deprivation.

Materials and Methods

Descriptive Statistic

- Frequency and percentage distribution to describe the demographic variables and the level of sensory deprivation in patients admitted in ICUs
- Mean and standard deviation to assess the pre-test and post-test level of knowledge, attitude and practice.

Inferential Statistics

- Paired *t*-test to compare the pre-test and post-test level of knowledge, attitude and practice of staff nurses working in ICUs.
- Chi–square to find out the association with the demographic variables.

Results and Discussion

I. *Comparison of pre intervention level of knowledge, Attitude and practice with post intervention level of knowledge, Attitude and practice of staff nurses working in intensive care units regarding sensory deprivation.*

Table 1 reveals, higher mean score after intervention indicate that there was significant improvement in knowledge after intervention. Result shows that calculated value of *t* (10.111) was

Table 1: Comparison of Knowledge before and after intervention

Attribute	Mean	Std. deviation	t-value	Table value
Pre-test	23.60	8.45	10.111	2.58
Post-test	36.60	5.84		

greater than table value (2.58) and the difference was highly significant at 0.001 level.

Table 2 reveals, higher mean score after intervention indicate that there was significant improvement in attitude after intervention. Result

Table 2: Comparison of attitude before and after intervention

Attribute	Mean	Std. Deviation	*t*-value	Table value
Pre-test	58.66	7.77	11.585	2.58
Post-test	71.98	6.63		

shows that calculated value of *t* (11.585) was greater than table value (2.58) and the difference was highly significant at 0.001 level.

Table 3 reveals, higher mean score after intervention indicate that there was significant improvement in practice after intervention. Result

Table 3: Comparison of practice before and after intervention

Attribute	Mean	Std. Deviation	*t*-value	Table value
Pre-test	15.76	3.30	17.757	2.58
Post-test	23.40	1.58		

shows that calculated value of *t* (17.757) was greater than table value (2.58) and the difference was highly significant at 0.001 level.

II *Assessment of level of sensory deprivation among patients (Group I) admitted in ICU and assessment of level of sensory deprivation among patients (Group II) admitted in intensive care units after the intervention to staff nurses*

Before the intervention to staff nurses; 3 patients (15%) have no sensory deprivation, 8 patients (40%) have mild sensory deprivation and 8 patients (40%) were having moderate level of sensory deprivation and 1 patient (5%) was having severe sensory deprivation.

After the intervention to the staff nurses majority (80%) of the patients admitted in intensive care units had only mild sensory deprivation and 15% of patients had no sensory deprivation and 5% of the patients had moderate sensory deprivation.

It states that Video Assisted Learning Package had enabled the staff nurses to improve their knowledge, attitude and practice in caring patients admitted in intensive care units.

Recommendations

- The study recommends the formulation of Nursing Audit to identify the prevalence of sensory deprivation (alterations) among ICU patients.
- The study recommends equipping intensive care units with all the amenities required, according to international standards.
- A similar study can be replicated in larger scale, including more hospitals and samples, so that generalisations could be done more effectively.

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