



SELF CARE NEEDS OF PATIENTS WITH COPD ATTENDING PULMONARY OPD

Naval Kishor Pundeer^{1*}, Rashika Badoni², Naina Mahar³, Kritika Sain⁴

¹Department of Medical Surgical Nursing, Faculty of Nursing, Dev Bhoomi Uttarakhand University

²Department of Medical Surgical Nursing, Faculty of Nursing, Graphic Era Deemed to be University

³Department of Mental Health Nursing, Faculty of Nursing, Devbhoomi Uttarakhand University)

⁴Department of Mental Health Nursing, Faculty of Nursing, Shri Guru Ram Rai University

***Corresponding Author:** Naval Kishor Pundeer

^{*}Department of Medical Surgical Nursing, Faculty of Nursing, Dev Bhoomi Uttarakhand University
Email: 7010navalpundeer@gmail.com

ABSTRACT

Aim - To assess the self-care needs of patients with COPD

Methodology

A quantitative research approach with descriptive research design was used for the study. Total 100 participants were selected by purposive sampling technique. In the pulmonary OPD of Himalayan Hospital Jolly grant, Dehradun, Uttarakhand. Data was collected by using self-structured questionnaire.

Result

64% of the subjects had duration of illness was less than 5 years, majority of the subjects had not any other associated illness.

Conclusion

The study was concluded that 100% of patients maintain oral hygiene such as brushing teeth's gargle, 100% of patients take adequate nutrition. Most of the subject's 73 %were having cough, 66% had mucus sputum, 56 % had chest congestion, and 63 % subjects had Symptoms of fatigue.

Keywords- Self-care needs, COPD, hygiene, Chest Physiotherapy

INTRODUCTION

The WHO Global Action Plan for the Prevention and Control of Non communicable Diseases (NCDs) and the 2030 Agenda for Sustainable Development both mention COPD. In a number of methods, WHO is acting to increase COPD diagnosis and treatment. The WHO Package of Essential Non communicable Disease Interventions (PEN) was created to aid in enhancing the management of NCDs in primary healthcare in low-resource settings. PEN comprises guidelines for the evaluation, diagnosis, and therapy of chronic respiratory disorders (asthma and chronic obstructive lung disease), as well as modules on healthy lifestyle counselling, including cigarette cessation and self-care. In India today, COPD is the second greatest cause of death, with three out of the top five main causes of death being non-communicable diseases as of 2016. The prevalence for men ranged from 2 to 22 percent and for women from 1.2 to 19 percent.¹

In Uttarakhand, Chronic respiratory disease accounted 7% mortality and 3% disabilities. Estimation of incidence ranged 2 to 22% in men and 1.2 to 19% in women. A burden of COPD has risen to 6.8% in 2016.

SUBJECTS AND METHODS

METHODOLOGY

A quantitative research approach with descriptive research design was used for the study. Total 100 participants were selected by purposive sampling technique. In the pulmonary OPD of Himalayan Hospital Jollygrant, Dehradun, Uttarakhand. Data was collected by using self-structured questionnaire.

POPULATION

The Population of the study was the patients diagnosed with COPD visiting the Pulmonary OPD of Himalayan Hospital Jollygrant, Dehradun.

SAMPLE

Sample includes the COPD patients of Age more than 35 year visiting Pulmonary OPD of Himalayan Hospital Jolly grant Dehradun.

DATA COLLECTION PROCESS

After getting Ethical and Administrative permission the data collection was started from the COPD patients visiting Pulmonary OPD. The sample was selected on the basis of inclusion criteria. Informed written consent was obtained from study participants after assurance regarding the confidentiality was maintained. Data was collected by conducting structured interview method.

RESULTS

Table 1: - Frequency and percentage distribution of Socio-Demographic Data. (N=100)

Variable	Category	Frequency (f)	Percentage (%)
1. Age	40-60 year	84	84.0%
	60-80 Year	16	16.0%
2. Marital status	Married	100	100.0%
3. Residence area	Urban	35	35.0%
	Semi-urban	26	26.0%
	Rural	39	39.0%
4. Occupation	Private Job	36	36.0%
	Government Job	20	20.0%
	Farmer	36	36.0%
	Homemaker	8	8.0%
5. Family type	Nuclear family	14	14.0%
	Joint family	65	65.0%
	Extended family	21	21.0%
6. Income	15000-25000	28	28.0%
	26000-40000	42	42.0%
	41000-60000	19	19.0%
	>60000	11	11.0%
7. Diet	Vegetarian	8	8.0%
	Non- Vegetarian	86	86.0%
	Eggetarian	6	6.0%
8. Religion	Hindu	81	81.0%
	Muslim	12	12.0%
	Sikh	7	7.0%
9. Ventilation	Door to door ventilation	32	32.0%
	Door to Window Ventilation	68	68.0%
10. Kitchen area	Separate kitchen	88	88.0%
	Within living room	12	12.0%
11. Fuel	Wood	39	39.0%
	Gas	61	61.0%

Table 1: show that the majority 84(84%) of participants were in 40-60 year of age, 16(16%) were in 60-80 year of age. The 39(39%) were from rural areas, 35(35%) were urban and 26(26%) were from semi-urban residence. The 36(36%) had private jobs as well as farmers also and 20(20%) Government

jobs and 8(8%) were home makers. The 65(65%) joint family and 21(21%) had extended family and 14(14%) had a nuclear family. The income of 42 (42%) were in between 26000-40000rs, 28(28%) were income in between 15000-25000rs, 19(19%) were in between 41000-60000rs and 11(11%) were income above 60000rs. 86(86%) were non-Vegetarian, 8(8%) were vegetarian and 6(6%) were eggetarian. The 81(81%) were Hindu, 12(12%) were Muslim and 7(7%) were Sikh. 68(68%) had door to window ventilation, 32(32%) had door to door ventilation. 88(88%) had separate kitchen and 12(%) kitchens were in living room. 61(61%) use gas and 39(39%) use wood as fuel This bar graph 1 shows that self care needs of patient which include unable to bath regurly79%, unable to perform light exercise and rest 71%, unable perform diaphragmatic breathing 55%, unable to perform chest physiotherapy for expulsion of sputum 75%.

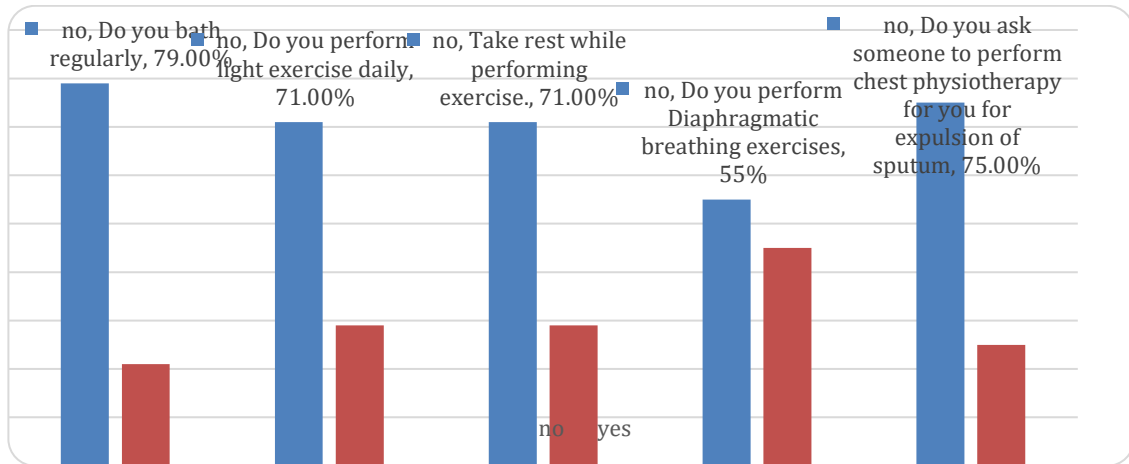
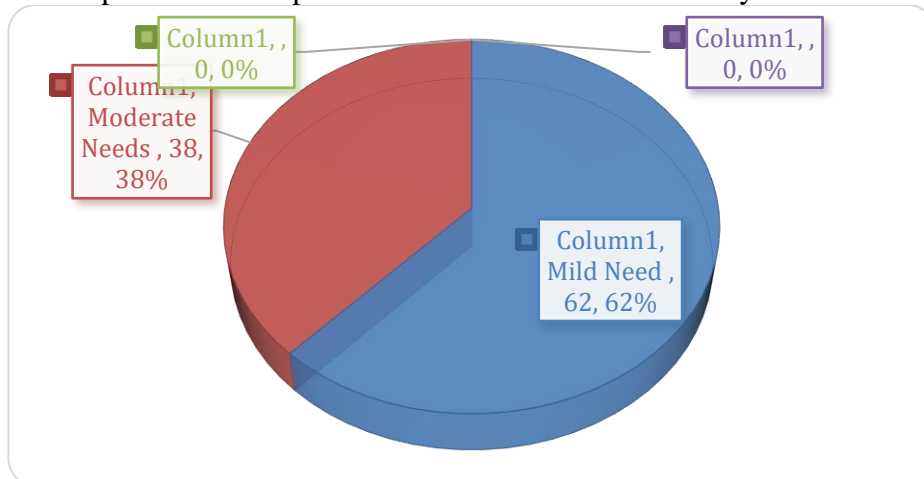


Table No. 2. Types of needs of COPD patients

S. No.	Category	Frequency	Percentage
1	Mild Needs	62	62
2	Moderate Needs	38	38
	Total	100	100

Table.No.2 Depicts that 62% patients had mild needs followed by moderate needs 38%.



Bar Diagram 2 shows that 62% patients had mild needs followed by moderate needs 38%.

DISCUSSION

- Overall, the study explored that 100% of patients maintain oral hygiene such as brushing teeth’s gargle, 100% of patient takes adequate nutrition.

- The research study supported by Riley M et al. (2021) All patients maintaining their oral health as satisfactory and no oral health complain.
- The research study supported by Nguyen H et. al. (2020) result shows that 74.4% were diagnosed as malnourished and 81.5% reported unintentional weight loss due to COPD

IMPLICATION

Nurses can assist the clients in maintaining optimal health by educating about oral hygiene, nutrition, exercise etc. Nurses can provide care to COPD patients on the basis of their identified issues both independently and collaboratively as a part of team. This study could be source of literature for others conducting the research related to self-care needs of patients with COPD.

RECOMMENDATION

- The recommendations are following:
- Experimental design including the control group and experiment group can be used in future studies.
- Similar study can be done to assess the physiological, psychological function and quality of life.
- Exploratory study can be done to find the factors affecting life style of patients with COPD .

CONCLUSION

The study was concluded that 100% of patients maintain oral hygiene such as brushing teeth's gargle, 100% of patients take adequate nutrition. Most of the subject's 73 %were having cough, 66%had mucus sputum,56 % had chest congestion ,63 %subjects had Symptoms of fatigue.

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Conflicts of interest - There are no conflicts of interest.

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