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ATTITUDE OF STAFF NURSES TOWARDS THE USE OF COMPLEMENTARY THERAPIES IN MANAGING PSYCHOLOGICAL PROBLEMS – A DESCRIPTIVE SURVEY

Jaishri*

M.Sc, Psychiatric Nursing Faculty, All India Institution of Medical Sciences, Jodhpur, India.

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ABSTRACT

Complementary therapies (CTs) are nonconventional supportive therapies, which are used by the patients with psychological problems. Nurses play an important role in supporting patients with psychological problems who often seek information regarding CTs. Within their scope of practice, it is expected that nurses have sufficient knowledge about the safety and effective use of CTs, and positive attitudes toward supporting patients who wish to use CTs. The majority of studies investigating nurses' knowledge and attitudes toward the use of CTs for psychological problems were conducted in developed countries. Overall, it was identified that nurses need to improve their knowledge and skills about CTs so that they were more confident to assist patients in integrating conventional treatment and CTs for psychological problems management. A descriptive study was conducted in Bangalore, South India, among staff nurses, total sample size was 50 (n=50). Non-probability Convenient sampling technique was used to select all staff nurses working in selected hospital, Bangalore, Karnataka. Attitude towards complementary therapy scale was constructed by the investigators and was validated by the experts. It reveals that majority of the subjects i.e. 96% have positive attitude, only 4% have neutral attitude where as none of them have negative attitude towards complementary therapy for management of psychological problems of chronically ill patients. The present study shows that majority of staff nurses i.e. 44 (88%) are aware of complementary therapies but none of them are practicing these therapies in their daily nursing care. and Majority of the subjects i.e. 96% have positive attitude, only 4% have neutral attitude towards complementary therapy for management of psychological problems of chronically ill patients.

INTRODUCTION

A chronic illness isn't the name of just one illness. It's a word used to describe a group of health conditions that last a long time. In fact, the root word of chronic is "chronos," which refers to time. Chronic

diseases are communicable as well as non-communicable and tend to be age related. It has been reported that 90% of seniors have at least one chronic disease, and 77% of them have two or more chronic diseases. The leading chronic diseases in developed countries include arthritis, cardiovascular disease such as heart attacks and stroke, cancer such as breast and colon cancer, diabetes, epilepsy and seizures, obesity, and oral health problems. The

Corresponding Author

Jaishri

Email:- jaishree.bagg@gmail.com

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prolonged course of illness and disability from such chronic diseases as diabetes and arthritis results in extended pain and suffering and decreased quality of life for millions of people. Chronic, disabling conditions causes major limitations in activity for more than in one of every 10, or 25 million people. Physical pain, psychological distress and the deleterious affects of medical procedures also exposes the chronically ill to suffer more with the experiencing illnesses. As a result of their illnesses, these individuals suffer from psychological problems like restricted lives, experiencing social isolation, being discredited and burdening others [1-3].

To treat psychological problem some of the complementary therapies can be used. Complementary therapies are those kinds of treatments which are used in combination with conventional Western medicine (also known as allopathic medicine), in an "integrated" approach to health care. Mind-body practices focus on the interactions among the brain, mind, body, and behavior, with the intent to use the mind to affect physical functioning and promote health. Main streaming complementary therapies with medical care will help to render integrated and holistic approach which support psychoneuroimmunological responses and releases negativity. Many Complementary practices embody this concept in different ways that is Pet and plant therapies, aroma therapy, Reiki therapy, Gem therapy. Recent research indicates that individuals rely on complementary not only for treatment of physical health problems but also for treatment of psychiatric and psychological problems. Moreover, these studies indicate that individuals may turn to complementary therapies more often than the Western conventional medical or mental health services to treat their psychiatric and psychological problems [4].

This study focuses on the attitude of staff nurses towards the use of complementary therapies for managing and treating psychological problems of chronically ill patients because chronic illness can lead to many of the psychological problems in patients [5].

Problem Statement:

A descriptive study to assess the attitude of staff nurses towards the use of complementary therapies for the management of psychological problems of chronically ill patients in selected hospitals at Bangalore.

Method and Measures:

A descriptive cross-sectional study was conducted using non-probability convenient sampling technique to select the staff nurses working in selected hospital of Bangalore, Karnataka. Total sample size was 50 staff nurses working in selected hospital of Bangalore, Karnataka. The main objectives of the study were: (a) To

determine the level of attitude regarding the complementary therapies among staff nurses. (b) To find out the association between selected socio demographical variables and level of attitude regarding complementary therapies among staff nurses. (c) To find the correlation between attitudes score of staff nurses with selected socio demographical variables and complementary therapies [6].

Description of the tool

A self-structured questionnaire was used to collect the data from the study subjects. The tool was divided in two sections, 1st section comprising of Socio Demographic profile of subjects and 2nd section focused on questions to assess attitude towards complementary therapy scale. It contained ten positive and ten negative items. For the items the responses given were agree, undecided and disagree which was scored as 3, 2 and 1 respectively for the positive items whereas reverse scoring was done for the negative items. Total score ranges from 20-60 and is categorized into positive, neutral and negative attitude in the range of 41-60, 21-40, and 0-20 respectively. The tool was constructed by the investigators after intensive review of literature, and consulting experts in the field of psychology and nursing, and was validated by various experts.

Pilot study

The pilot study was done to find out the reliability of the tool, practicability and feasibility of the study. Five staff nurses were selected as samples that fulfilled the inclusion criteria. The data was analysed to find out the reliability of the tool used.

Data collection Procedures

After obtaining the permission from the ethical committee of the hospital, 50 subjects were selected by using convenient sampling technique based on pre-defined inclusion-exclusion criteria. Written consent was taken from the staff nurses after explaining them need and process of the study. Data was collected through self-administered questionnaire. Collected data were analysed by using descriptive and inferential statistics.

RESULTS

Fig. 1 reveals that majority of the subjects i.e. 96% have positive attitude, only 4% have neutral attitude where as none of them have negative attitude towards complementary therapy for management of psychological problems of chronically ill patients.

- Result shows that majority of staff nurses i.e. 44 (88%) are aware of complementary therapies but none of them are using these therapies in their daily nursing care.
- Chi square test shows that there is no statistically

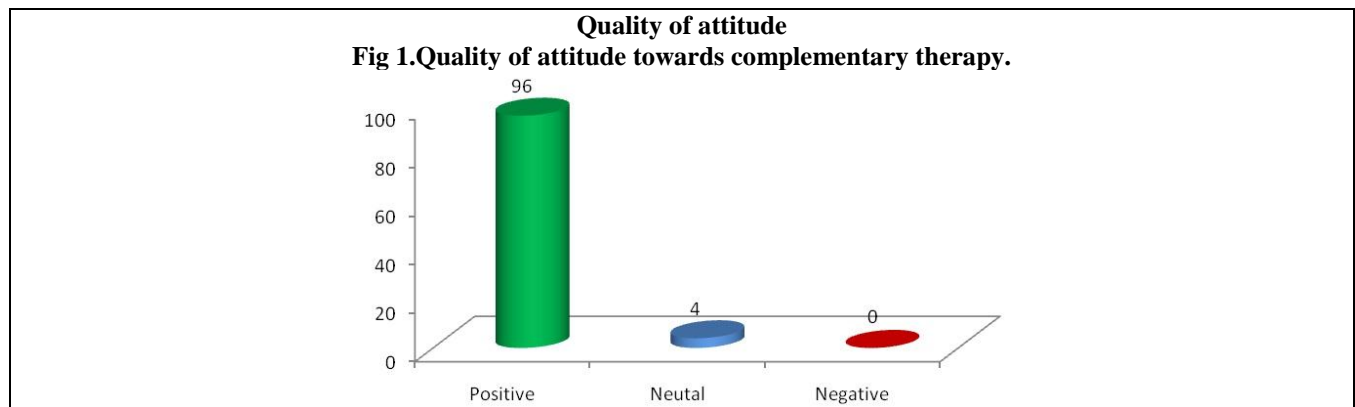


significant association between socio demographic variables quality of attitude.

Pearson's correlation co efficient test reveals that there is no statistically significant relationship between age, experience & monthly income and attitude.

Table 1. Frequency and percentage distribution of socio-demographic variables of Staff nurses=50

| Sl. No | Socio-demographic Data | | f | % |
|--------|-----------------------------|-------------|----|-----|
| 1 | Gender | Male | 05 | 10 |
| | | Female | 45 | 90 |
| 2 | Qualification | GNM | 35 | 70 |
| | | BSc Nursing | 15 | 30 |
| 3 | Religion | Hindu | 43 | 96 |
| | | Christian | 07 | 14 |
| 4 | Marital status | Single | 39 | 78 |
| | | Married | 11 | 22 |
| 5 | Type of family | Nuclear | 38 | 76 |
| | | Joint | 12 | 24 |
| 6 | Place of residence | Urban | 32 | 64 |
| | | Rural | 14 | 28 |
| | | Semi urban | 04 | 08 |
| 7 | Awareness | Yes | 44 | 88 |
| | | No | 06 | 12 |
| 8 | Using complementary therapy | Yes | 00 | 100 |
| | | No | 50 | 100 |



DISCUSSION

The present study shows that majority of staff nurses i.e. 44 (88%) are aware of complementary therapies but none of them are practicing these therapies in their daily nursing care. Majority of the subjects i.e. 96% have positive attitude, only 4% have neutral attitude towards complementary therapy for management of psychological problems of chronically ill patients.

The training of staff nurses working in general setting in complementary therapies helps to meet the psychological needs of chronically ill patients which intern help to prevent psychiatric illnesses.

Present study was supported by: A Survey of Hospices Use of Complementary Therapy. As people live longer with chronic illnesses, the need for hospice

services will increase. Complementary therapies have been shown to increase ease, relieve pain, and improve quality of life; all relevant for people with chronic illness at the end of their lives. The first aim of this study was to identify complementary therapy services available to, and provided for, clients receiving hospice care in Nevada and Montana. The second aim was to identify differences in those therapies for urban and rural hospice clients. Using a descriptive survey design, data were collected from surveys sent to all hospice administrators in Nevada and Montana (N=54). A 50% (n=27) response rate was obtained. Most (70.4%, n=19) of the participating hospices offered complementary therapy; slightly more than half (52.9%, n=9) provided the services for less than 25% of their clients. No significant differences were



found between rural and urban hospices.

IMPLICATIONS

Nursing education

- Nurse educators can motivate the students to take up experimental studies on various non-pharmacological treatment modalities. .
- The students need to be taught evidence based practices and keep their knowledge up-to-date.
- Nurse educators can periodically organize special training programmers on complementary therapies among staff nurses in order to educate the patients.

Nursing Practice

- Nurses should be trained to practice different non-pharmacological measures and other complimentary therapies for various common diseases.
- Nurses should teach the patient about the advantages of the alternative therapies so that the patient can practice them even in the home settings.
- Different types of in-service educational programmes and orientation courses have to be conducted for the staff nurses from time to time.

Nursing Administration

- Nurse administrators should take initiative in motivating the nurses to take up interventional studies to

promote the non-pharmacological measures for various ailments.

- Policies and protocol need to be formulated for the practice of alternative therapies in the community and hospital settings.

Nursing Research

- The nurse researcher should conduct workshops, seminars, and poster sessions and should publish research findings in journals to communicate findings to nursing professionals.

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CONFLICT OF INTEREST

No interest

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