

Facilitators, Barriers and Knowledge of Self-Management Practices to Prevent Pressure Injury among Spinal-Cord Injury Patients in Rehabilitation Phase in South-West Nigeria



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Abstract

Evidence indicate that over 80% of patients with spinal cord injury (SCI) will develop pressure injuries (PI) at one point in a lifetime. Consequently, clinical recommendations for PI prevention includes structured education at appropriate levels to persons with SCI and their care givers. In Nigeria, PI is a common secondary medical complication associated with SCI and accounts for 1/4th of the total cost. Several studies a have targeted knowledge and practice of care providers. We found a dearth of studies on self-management strategies of patients with SCI in rehabilitative phase of the disease.

Aim of Study: To evaluate the facilitators, barriers and knowledge of self-management practices to prevent PI among community dwellers with SCI.

Methodology: A Survey of sixty (61) purposively selected patients with SCI. Patients were met at neurological and physiotherapy clinics in two selected tertiary hospitals in south west Nigeria. Data were collected using a validated structured questionnaire (Correlation Coefficient 0.73) to examine knowledge of risk factors and the self –management practices (repositioning and skin care practices). SPSS version 22 was used for data analysis and hypotheses were tested at 5% level of significance.

Results: Respondents' mean age was 40years and were more males (67.2%) than females (32.8%). There were 53(87.0%) paraplegics and 8(13.0%) quadriplegics. Of this 21(34.4%) have had pressure injury following discharge from hospital and 11(18.0%) still had PI at time of study. Findings also showed that 35(57.4%) possess good knowledge of risk factors for PI and 31(50.8%) had poor knowledge of the self-management strategies (repositioning and skin care) to prevent PIs. However, practice was suboptimal, as 11(26.2%) never palpated skin for changes; 33 (54.1%) have never inspected skin over bony prominences. Association between knowledge of self-management strategies and actual practice was not statistically significant, as respondents with low knowledge also demonstrated poor practice (54.8%; $\chi^2 = 2.89$, $p = 0.09$). Knowledge of risk factors and self-management practices were not significant ($\chi^2 = 3.31$; $p = 0.07$). Respondents with poor knowledge of risk factors also exhibited poor practice (15; 57.7%). Multivariate analysis revealed that lack of motivation to perform self-care interventions was the only significant predictor of the practice of self-management. Respondents who were motivated were twice more likely to have good self-management practice compared to those who were not motivated (OR = 2.17, 95% CI = 1.08 – 3.25, $p = 0.03$). Lack of knowledge about self-care preventive measures (67.2%), and inadequate support from family caregivers (67.2%) hindered practice of self –management interventions.

Conclusion: There is need for a targeted individualized education and support to SCI patients prior to discharge to enhance patients' self-efficacy. The family caregivers should also be involved in this empowerment to ensure continual support of the patients at home. Periodic evaluation at outpatients to strengthen patients' self-management abilities is recommended.

Biography

Rose Ekama Ilesanmi, as a Clinical Nurse Specialist in Medical Surgical Nursing (Adult Health) and a certified Interdisciplinary wound-care Nurse. As a University lecturer, I teach Adult Health Nursing at Bachelors level and Advanced Health Assessment to graduate level students. As a researcher, my research activities to date has focused on maintaining safety of hospitalized patients, care and prevention of chronic wounds, health and professional education, pressure injury prevention through knowledge translation researches. I have also worked on risk factors for Non-Communicable Diseases (NCDs) particularly cancer prevention. I have successfully pioneered behavioral change studies in pressure injury prevention among nurses and also collaborated with other researchers. Both individually and collaboratively, my research activities has produced several peer-reviewed publications. I am well positioned to contribute positively to relevant projects as a Nurse Leader, Clinician and Health Educator.



Publications

- DecuBICUs Project: National Coordinator and Country Representative (Nigeria) a multicenter International one-day prevalence study on pressure injury in ICUs; jointly supported by the European Society of Intensive Care Medicine (ESICM) and the Flemish Society for Critical Care Nurses (FSCCN).

- Tailoring International Pressure Injury prevention guidelines to develop Pressure injury prevention care bundle for Nigeria

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