

# Prevention of Post-Operative Complications among Orthopaedic Patients with External Fixators

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## ABSTRACT

External fixation is a surgical treatment used to bone fractures in which a plaster cast would not permit suitable alignment of the fracture. This type of reduction, holes is drilled into uninjured region of bones around the fracture and special bolts or wires are screwed into the holes. Outside the body, a rod or a curved piece of metal with special ball-and-socket joints the bolts to make a rigid support. External fixation offers several advantages over other fixation methods but has its complications, the most common being pin site infection Hence the researcher had taken up a pre-experimental one group pre test post test research study to evaluate the effectiveness of structured teaching programme on knowledge regarding prevention of post-operative complications among orthopedic patients with external fixators in J.K. Hospitals at Bhopal.

**KEYWORDS:** Orthopaedic Patient, Prevention of Post-Operative Complication with External Fixators, Knowledge

## STATEMENT OF THE PROBLEM

“A Study to Evaluate the Effectiveness of Structured Teaching Programme on Knowledge Regarding Prevention of Post-Operative Complications among Orthopaedic Patients with External Fixators in J.K. Hospital at Bhopal”

## OBJECTIVES

1. To assess the pre-test knowledge regarding prevention of post-operative complications among orthopedic patients with external fixators.
2. To develop and administer structured teaching programme regarding prevention of post-operative complications among orthopedic patients with external fixators.
3. To evaluate the effectiveness of structured teaching programme by comparing the pre-test and post-test knowledge scores.
4. To determine the association between pre-test level of knowledge regarding prevention of post-operative complications among orthopedic patients with external fixators with selected socio demographic variables.

## METHODS

The pre-experimental design of one group pre test post test design was used for the study. The study was conducted at J.K hospital Bhopal. Sample of 40 patients with external fixation based on inclusion criteria were chosen by means of purposive sampling technique. The data tool were validated by experts, the reliability and feasibility were determined by the pilot study. The data for the study was collected by structured interview schedule following which samples were

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subjected to Structured Teaching Programme on prevention of post-operative complications among orthopedic patients with external fixators for duration of 45 minutes. Post test was done on 7<sup>th</sup> day following intervention. The same tool used to conduct the post test. The data was analyzed by using descriptive and inferential statistics

## RESULTS

The result of the study showed that the mean post test knowledge score (20.7) was significantly higher than the mean pre test score (11.3) and the 't' value computed between the pre test and post test score was statistically significant at 0.05 level ( $t = 34.18$ ). Hence the structured teaching programme was effective. The result of Chi-square analysis indicated that there was significant association between pre test knowledge score with source of information of orthopaedic patient with external fixation.

## CONCLUSION:-

Study shows that the patients with external fixator have inadequate knowledge regarding prevention of post-operative complication of external fixator. Teaching programmes like this can improve the knowledge.

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