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**NURSES' MANAGEMENT OF PATIENTS WITH PRESSURE ULCERS IN  
SELECTED HEALTH FACILITIES IN MURANG'A COUNTY, KENYA**

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**DECLARATION**


This thesis is my original work and has not been presented for a degree in any other University.

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## ABSTRACT

Pressure ulcers are a prevalent health issues in admitted patients, particularly amongst people suffering from chronic diseases and those with limited movement. The commonness of pressure ulcers differ with hospital settings with a prevalence of 15-20% amongst critical ill patients. Recurrence and complicated pressure ulcers are the result of inadequate preventative efforts and failure to actively manage pressure ulcers in the early stages. The study objective was to determine the management of patients with pressure ulcers in selected health centres in Murang'a County, Kenya. Descriptive cross sectional study design was used with a study populace of 124 nurses deployed in medical and surgical wards in the selected health facilities. Questionnaires, focus group discussions and observation checklists were used to collect data. SPSS version 20 was used to analyse data from questionnaires while that from focus group discussions and checklists was examined in themes. Multiple regressions and Pearson correlation analysis were used to examine the relationship between the independent and dependent variables. Majority of the nurses were aged 37 years, 112 (90.3%) were diploma holders, and 63 (50.9%) worked in medical wards. The majority of nurses (93.6%) believed that pressure ulcers can be prevented, and 58.1% chose a pressure ulcer risk assessment tool over clinical judgment in the management of PUs, compared to 27.5% who favoured clinical judgment. Immobility and bedridden patients, spinal injuries, stroke, urine and stool incontinence were all cited as key factors to pressure ulcers by the majority of nurses (87.5%). In terms of pressure ulcer risk assessment, 62.9% of respondents used clinical judgment to assess patients for pressure ulcers. Regarding institutional factors, 61.3% of nurses said health-care facilities lacked pressure-relieving items, while those that did have pillows and a few ripple mattresses. When it came to pressure ulcer management guidelines, 75.8% of nurses said they weren't available in the hospital. The study discovered a relationship between age and knowledge, with the latter improving the chances of efficient management. Age (AOR 6.83,  $p$  0.001), experience (AOR 4.08,  $p=0.01$ ), and education (AOR 22.9,  $p=0.000$ ) were all found to be significant factors. Nurses' positive attitude toward pressure ulcer prevention (AOR 2.3,  $p = 0.040$ ) and nurse usage of the pressure ulcer risk assessment tool (AOR 4.3,  $p = 0.010$ ) are two nurses-oriented factors that increase the probability of effective pressure ulcer care. On the basis of institutional characteristics, nurses who had been trained in the management of pressure ulcers were 4.47 times more likely to successfully manage pressure ulcer patients as compares to those who did not receive any in-service training (AOR 0.11,  $p$  0.000).