KNOWLEDGE OF STAFF NURSES REGARDING FIVE S's APPROACH IN THE DISTRICT HOSPITAL IN CHHATARPUR M.P. INDIA

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ABSTRACT

The Five S's Techniques appear to be viable non-pharmacological analgesic effects and probably work as a distraction technique in reducing the intensity of behavioural and psychological pain responses' after vaccination of an infant.

The objective of the study was to assess the knowledge of the staff nurses regarding the five S's approach and to find out the association between knowledge of staff nurses and their selected demographic variables.

The data collection procedure was carried out and samples were selected at the paediatric ward of the Chhatarpur district hospital. A sample of 100 staff nurses was taken and variables for age, sex, marital status, type of family, religion, income, years of experience, job responsibility, qualification, in-service education and previous source of knowledge were matched.

The gathered data were analysed by calculating mean percentage and standard deviation. Pie chart and table were used to present the findings of the study. Findings depict that 62% of nurses had a moderate level of knowledge and 38% of nurses had a poor level of knowledge and none of them were found having an adequate level of knowledge on the five S's approach.

There was no association found between knowledge scores when compared to demographic variables of staff nurses. It reveals that most of the demographic variables of staff nurses do not affect the level of their knowledge.

Key words: Knowledge, five S's (Swaddle, Side lying (or) Stomach, Shush, Swing, and Suck)

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INTRODUCTION

Vaccines are prepared to trigger a child's immune system response so that the infant's body can fight off and remember specific germs if these germs ever invade again.

Vaccination is the most common painful procedure for infants. Pain during vaccination will have long-term effects on behavioural and psychological reactions to vaccination. While baby shots are proven to protect children against diseases, there are also confirmed ways to soothe infants such as pharmacological and non-pharmacological Interventions that have been practised to reduce vaccination pain.

Here, these Five S's soothing techniques appear to be a viable and more effective non-pharmacological interventions to smoothening, lessening pain and lessening crying.

The different infants will respond to different methods of comforting if we practise all the five S's correctly, is likely that one of these will work, and will help infants soothe, frown, reduce grimacing, and their crying will fade sooner.

The five S's approach has been significantly effective in reducing the intensity of pain response of undergoing vaccination; child may stop crying within 45 seconds.

NEED FOR THE STUDY

Paediatric nurses function multi-dimensionally. To respond to the varied needs of the child in the paediatric department, nurse practitioners can effectively use non-pharmacological methods to alleviate the pain of infants undergoing routine vaccination.

The new research exploded many of the myths that were thought to constrain appropriate pain management.

Health care providers especially paediatric nurses need to develop both depth and breadth of knowledge and skill on 5 Ss approaches to quickly soothe babies after a round of shots.

That way nurses will learn some extra tools like 5 Ss approaches for pain management intervention at any time not just after a needle is pricked.

PROBLEM STATEMENT

'A descriptive study to assess the knowledge of staff nurses regarding the five S's approach at the paediatric ward of a hospital in the central part of India'

OBJECTIVE OF STUDY

1. To assess the knowledge of staff nurses regarding the five S's approach.
2. To find out the association of nurses' knowledge with their selected demographic variables.

RESEARCH METHODOLOGY

Research approach: Quantitative approach method was used in this study

Research design: Non-experimental research design such as descriptive study was used in this study.

The setting of the study: The study was conducted at the district hospital in Chhatarpur, M.P.

Population: Staff nurses, who all were present at the time of data collection.

Sample and sampling technique —

Sample size: The sample size for the study comprised 100 staff nurses.

Sample technique: Purposive sampling technique was used in this study.

Development of tool: Based on the objective, a self-structured questionnaire was used to collect the data.

The following steps were selected for preparing the tool —

1. Review of related literature
2. Preparation of the blueprint
3. Consultation with the guide
4. Preparation of final draft
5. Translation of the tool

FINDINGS

The majority of nurses (78%) were in the age category of 20-40 years, 100% of nurses were females and 85% of nurses had ages to be qualified with GNM. 62% of nurses had a moderate level of knowledge and 38% of nurses had a poor level of knowledge.

Table – 1: Mean knowledge score regarding five S's approach among staff nurses

N=100

	Mean	Median	SD	Range
Knowledge	10.77	11	4	9-13

Table - 1 revealed that the mean knowledge score and standard deviation among staff nurses regarding Five Ss approach was 10.77 and 4.00 respectively. The knowledge score of subjects ranged between 9 and 13.

Percentage Distribution of knowledge showed that 38% of nurses had a poor level of knowledge and 62% of nurses had a moderate level of knowledge and none were having an adequate level of knowledge.

CONCLUSION

The Study revealed that the level of knowledge for staff nurses regarding the Five S's Technique was inadequate and that training was needed especially for paediatric nurses. The Five S's Approach would help to improve the knowledge and skill of the nurses which would further help in applying this technique during the time of vaccination pain as well after minor invasive procedures. It is important that nurses use these techniques correctly or they will not be effective.

RECOMMENDATIONS

- A comparative study can be done with the five S's technique with sucrose in normal neonates who are undergoing a painful procedure.
- The same study can be repeated with an experimental research approach.
- A similar study can be conducted with large samples to generalise findings.

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