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RESEARCH ARTICLE

“TO ASSESS THE EFFECTIVENESS OF APPLICATION OF ALOE VERA GEL ON PRESSURE ULCERS AMONG PATIENTS ADMITTED IN SELECTED HOSPITALS”

Mr. Aditya Diwakar Kamble

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Abstract

A Quasi experimental study was conducted to assess the effectiveness of application of aloe vera gel on pressure ulcers among patients admitted in selected hospitals. Research approach was, quantitative evaluative approach. The research design selected for this study was Quasi Experimental, Two group Pre-test Post- test design. Setting of the study was selected hospitals. Sample size was 40. The samples were 20 in control and 20 in experimental group with pressure ulcer and who are admitted in the selected hospital and purposive sampling technique was adopted to select the samples. Interventions done in control group was regular measures for healing of pressure ulcer and in experimental group Aloe Vera Gel was applied. Tools used in this study were Socio Demographic profile and Modified Pressure Ulcer Scale for Healing (PUSH). The results were in control group the pre-test mean score was 10.350 and post-test mean score was 10.100. And pre-test value of standard deviation was 1.137 and post-test value was 0.8990. In experimental group the pre-test mean score was 10.950 and post-test mean score was 8.883. And pre-test value of standard deviation was 1.191 and post-test value was 1.078. The test statistics value of the paired t test was 8.479 with p value 0.0001. The study concluded that there was significant difference in effect of aloe vera gel application on pressure ulcers among patients in experimental group, admitted in selected hospitals.

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Introduction:-

Objectives Of The Study:-

- 1] To assess the existing condition of pressure ulcers among patients in control and experimental group, admitted in selected hospitals.
- 2] To evaluate the effectiveness of aloe vera gel application on pressure ulcers among

Hypotheses

H₀:- There will be no significant difference in effect of aloe vera gel application on pressure ulcers among patients in experimental group, admitted in selected hospitals.

H₁ :- There will be significant difference in effect of aloe vera gel application on pressure ulcers among patients in experimental group, admitted in selected hospitals.

Assumption

Aloe vera gel application may heal the pressure ulcer.

Research Approach And Design

In this study the research approach was, quantitative evaluative approach. The research design selected for this study was Quasi Experimental , Two group Pre-test Post- test design.

Setting Of The Study

The study was conducted in selected hospitals.

Variables

Independent Variable:

In this study effectiveness of application of aloe vera gel was independent variable. patients in experimental group, admitted in selected hospitals.

Dependent Variable:

In this study , pressure ulcer was dependent variable.

Population

1. Target population-

In this study, the target population comprised of patients with pressure ulcers.

2. Accessible population-

In this study, the accessible population comprised of 40 patients with grade-1 pressure ulcer and who are admitted in selected hospitals.

Sample Size And Sampling Technique

In this study sample size was 40. The samples were 20 in control and 20 in experimental group with pressure ulcer and who are admitted in the selected hospital.

In this study, purposive sampling technique was adopted to select the samples.

Criteria For Selection Of Sample

Inclusion Criteria

- a) Age between 18 to 75 years. b) Admitted for at least 5 days.
- c) Patients who are willing to participate in the study.

Exclusion Criteria

- a) Patients with 2nd , 3rd and 4th grade pressure ulcers.
- b) Patients with skin diseases.
- c) Patients who are at end stage of illnesses.

Review Of Literature:-

In this study the Review of Literature is divided into:-

- 1] Studies related to interventions for prevention and treatment of pressure ulcers.**
- 2] Studies related to effect of Aloe Vera Gel on wound healing.**
- 3] Studies related to effect of aloe Vera gel on pressure ulcers.**

Tools

Section I- Socio Demographic profile

It describes age, gender, nourishment, dietary pattern and site of pressure ulcer.

Section 2 :- Modified Pressure Ulcer Scale for Healing(PUSH)**Major Findings Of The Study**

Section I :- Frequency and percentage distribution of socio demographic variables of control and experimental group.

Table No 1:- Frequency and percentage distribution of socio demographic variables of control and experimental group. n=40

Demographic variables	Control group (n= 20)		Experimental group (n=20)	
	Frequency (f)	Percentage (%)	Frequency (f)	Percentage(%)
Age				
18-28	3	15%	0	-
29-38	2	10%	2	10%
39-48	1	5 %	3	15%
Above 49	14	70 %	15	75 %
Gender				
Male	16	80 %	16	80 %
Female	4	20 %	4	20 %
Nourishment				
Nourished	14	70 %	16	80 %
Malnourished	6	30 %	4	20 %
Dietary pattern				
Veg	4	20 %	3	15 %
Mixed	16	80 %	17	85 %
Site				
Scapular	6	30 %	8	40 %
Sacral	14	70 %	10	50%
Heel	0	-	0	-
Occipital	0	-	1	5%
Elbow	0	-	1	5 %

Section II :- Assessment of pressure ulcer by modified Pressure Ulcer Scale for Healing PUSH) before intervention in control and experimental group.

Table No 2:- Assessment of Grade-1 pressure ulcer by modified PUSH Scale before routine care in control group. n=20

Control group	Mean	SD
Pre test	10.350	1.137

Table No 3:- Assessment of Grade-1 pressure ulcer by modified PUSH Scale before intervention in experimental group. n=20

Experimental group	Mean	SD
Pre-test	10.950	1.191

Section III :- Assessment of pressure ulcer in control group.

Table No 4:- Assessment of pressure ulcer by modified Pressure Ulcer Scale for Healing in control group n=20

Modified PUSH Score		Mean	SD	t- value	p-value	Table t value at 19 df
Control group	Pre-test	10.350	1.137	1.658	0.1137	2.09
	Post-test	10.100	0.8990			

Section IV:- Assessment of effectiveness of aloe Vera gel application on pressure ulcer by modified Pressure Ulcer Scale for Healing (PUSH) in experimental group.

Table No 5:- Assessment of pressure ulcer by modified Pressure Ulcer Scale for Healing (PUSH) in experimental group. **n=20**

Modified PUSH Score		Mean	SD	t- value	p-value	Table t value at 19 df
Experimental Group	Pre-test	10.950	1.191	8.479	0.0001	2.09
	Post-test	8.883	1.078			

2] Findings Related To Assessment Of The Pressure Ulcer Among Control And Experimental Group

Assessment for healing of pressure ulcer in control and experimental group was done by using mean and standard deviation of pre-test and post-test.

Control Group

The pre-test mean score was 10.350 and post-test mean score was 10.100 which means there was decrease in mean score. And pre-test value of standard deviation was 1.137 and post-test value was 0.8990.

Experimental Group:-

The pre-test mean score was 10.950 and post-test mean score was 8.883 which means there was decrease in mean. And pre-test value of standard deviation was 1.191 and post-test value was 1.078, which indicates decrease in standard deviation.

The test statistics value of the paired t test was 8.479 with p value 0.0001

Hence p value was less than 0.05, which shows that there was significant difference in effect of aloe vera gel application on pressure ulcers among patients in experimental group, admitted in selected hospitals.

H0 hypotheses is rejected and H1 hypotheses is accepted.

This concludes that aloe vera gel is effective in healing of pressure ulcer among patients admitted in selected hospitals.

Conclusion:-

The study concluded that the alternative treatment for healing of pressure ulcer is to use non pharmacological treatment Aloe Vera Gel and Aloe vera is natural medicinal plant which has many healing and therapeutic effects and has properties like anti-inflammatory, antiseptic and many more. It is cost effective, easy, simple and palliative.