

Conclusions: Knowledge and attitudes of the nurses on work ergonomics can be significantly improved through predesigned educational programs. However, further investigation would be necessary to identify strategies to changes in practices related to work ergonomics

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ICU Nurses' knowledge regarding ventilator-associated pneumonia and its prevention

Muralitharan P¹, Seneviratne SMKS¹

¹Department of Allied Health Sciences, University of Sri Jayewardenepura

Objectives: To assess knowledge regarding Ventilator-Associated Pneumonia (VAP) and its preventive measures among ICU Nurses.

Methods: A descriptive cross-sectional study was conducted using a sample of 127 nurses from adult ICUs at Colombo South Teaching Hospital and Sri Jayewardenepura General Hospital. A self-administered pre-tested questionnaire was used. Data were analysed using SPSS version 20.0. Knowledge levels were categorized as "Good" = above 75%, "Average" = 50-75% and "Poor" = below 50%.

Results: Overall results showed that a majority of participants 79 (62.2%) had "Average" level of knowledge, 42 (33.1%) had "Good" level of knowledge and 6 (4.7%) had "Poor" knowledge. Mean knowledge score was 70.15±10.5. Most of the participants had "good" knowledge on what is VAP [87(68.5%)], functions of upper respiratory tract [107(84.3%)], causative microorganisms [72(56.7%)] and mode of transmission [100(78.7%)]. A majority had "average" knowledge on standard precautions [62(48.8%)] and "poor" knowledge on signs of VAP [66(52%)]. With regard to prevention of VAP, most participants had "good" knowledge on natural preventive mechanisms [117(92.1%)], measures such as use of suction catheters [123(96.9%)] and reducing microbial colonization in oropharynx [119(93.7%)]. In contrast "poor" knowledge was evident on minimum Endotracheal (ET) suction pressure [88(69.3%)], minimum ET cuff pressure [82(64.6%)], early weaning from ventilator [92(72.4%)] and disinfection of ventilator parts [68(53.5%)].

Conclusions: Overall knowledge of ICU nurses on VAP and its preventive measures were at "average" level. Knowledge deficiencies were identified on preventive strategies in maintaining airways and disinfection of ventilator parts. Continuous training on preventing VAP is important to address the deficiencies for better patient outcomes.

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Constraints and challenges face by the nurses in provision of care at Accident and Orthopedic Service (AOS), National Hospital of Sri Lanka (NHSL)

Wijayarathne GHPDS¹, Warnakulasuriya SSP²

¹National Hospital Sri Lanka, ²Department of Allied Health Sciences, Faculty of Medical Sciences, University of Sri Jayewardenepura

Objectives: To describe the constraints and challenges face by the nurses in provision of care at Accident and Orthopedic Service (AOS), National Hospital of Sri Lanka (NHSL).

Methods: Nurses currently working in AOS included for the sample (n=223). Pre-tested self-administered questionnaire was used to collect data related to personal characteristics and perceived challenges of nurses. Data analysis was done using SPSS statistical software and descriptive statistics were used to analyze data

Results: The response rate was 77.2% (n= 163), majority (90%) was female. High percentage (70%) of the nurses experience work related stress and majority (80%) has job satisfaction and positive level of autonomy (60%) in their nursing practice. However, majority (85%) of nurses experienced time pressure to complete tasks and high percentage (80%) of nurses felt that dealing with patients with substance abused, aggressive behavior, patients and family members with unrealistic expectations as challenges during their practice. Almost half (50%) of the nurses felt increased number of patients and dealing with patients with critical conditions as challenging conditions in their working area. And also most of them (75%) felt increased number of working hours, excessive number of night shifts and work over load as challenges during their clinical practice.

Conclusions: Nurses at AOS perceived many challenges during their practice. Most common factors that contributed were dealing with substance abused or aggressive patients and family members, unrealistic expectations