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“A Study To Assess The Effectiveness Of Planned Teaching Programme Regarding Knowledge Of Braden Scale On Pressure Sore Among B. Sc Nursing 1st Year Students Of Selected Nursing College In Jabalpur (M. P.)”

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Abstract: Pressure ulcers are a notable apprehension in clinical settings commonly among long term ill patients. The Braden scale is vital & evidence based tool for nursing students to assess patient's risk of developing pressure injuries or ulcers. However effectiveness of this scale highly depends on the knowledge and skilled application of nursing students. The study aimed to assess the knowledge of Braden scale on prevention of pressure sores among nursing students. A pre experimental one group pretest posttest study was adopted for the study. 60 B.Sc.Nursing I year students were selected by non probability purposive sampling technique. As compared to pretest, knowledge level of students increased in the post test after implementation of Planned teaching program (PTP). Hence it indicates PTP is effective in increasing knowledge of students regarding Braden scale on prevention of pressure sore.

Keywords: Assess, Effectiveness, Planned teaching program, Knowledge, Braden scale, Pressure sore.

INTRODUCTION AND NEED OF THE STUDY

A pressure sore is localized tissue necrosis that develops when soft tissue is compressed between a prominent bone and the external surface for a long time. Factors include age, dehydration, medication, malnutrition, incontinence, friction and shear which is common in long term critically ill patients. A high incidence of pressure ulcers have been considered to be a negative outcome that markedly affects patient's quality of life, mortality and morbidity.

The development of pressure ulcers in the critically ill patients is a preventable complication with pressure ulcer risk assessment tools such as Braden scale. It is standardized tool commonly used in health care to assess and document a client's risk of developing pressure injuries. It evaluates six subscales sensory perception, moisture, activity, mobility, nutrition and friction. A lower score range indicates higher risk allowing students to implement early, targeted and preventive care. Clinical efficacy of Braden Scale highly depends on the knowledge training and consistence use by nursing students. This study, therefore seeks to evaluate the knowledge of nursing students regarding Braden Scale in prevention of pressure sores in selected college of nursing Jabalpur.

OBJECTIVES

- ☐ To assess pre-test knowledge of the B.Sc.Nursing I Year students regarding Braden scale on pressure sore in selected nursing college Jabalpur.

- ☐ To assess post-test knowledge of the B.Sc.Nursing I Year students regarding Braden scale on pressure sore in selected nursing college Jabalpur.
- ☐ To assess the effectiveness of planned teaching programme regarding knowledge of Braden scale on pressure sore.
- ☐ To find out association between pre-test knowledge score with their selected demographic variable of B.Sc.Nursing I Year students in selected nursing college Jabalpur.

HYPOTHESES

- ☐ H1-The mean post- test knowledge score of BSc.Nursing I year students regarding Braden scale on pressure sore will be significant higher than the mean pre-test knowledge score at 0.05 level of significance.
- ☐ H2- There will be significant association between pre test knowledge score of BSc.Nursing I year students regarding Braden scale on pressure sore and their selected demographic variables at 0.05 level of significance.

OPERATIONAL DEFINITION

Effectiveness:-It refers the extent to which of the planned teaching Program has achieved the desire effect as measured by again in knowledge score.



Planned Teaching Program:-It refers to information providing pressure ulcer which include definition, causes, sign and symptoms, treatment, prevention, complication and nurses responsibility.

Braden Scale:-It is a tool used for predicting the development of pressure ulcer.

Pressure Sore:- Damage to an area of the skin caused by constant pressure on the area for a long time.

REVIEW OF LITERATURE

Literature review related to the present study was related to the significance, knowledge and effectiveness of teaching program in enhancing knowledge level of nurses regarding of Braden scale in prevention of bed sores.

MATERIALS AND METHODS

The present study adopted a quantitative and evaluative approach with one group pre test post test research design. The study was conducted at Indian institute of nursing and research centre Jabalpur. The target population selected was Bsc.Nursing students who met the inclusion criteria with sample size 60. A non probability purposive random technique was used for the selection of participants. Socio demographic variables and structured knowledge questionnaire were implemented for data collection. Analysis and interpretation of data were done according to the objectives of the study.

DATA ANALYSIS PLAN - Data analysis was carried out under following sections

SECTION I –Analysis of Socio Demographic Data

Maximum number of students was in the age group of 18-20 year (86%) Majority of students were female (80%) Most of the students have done clinical practice in medicine ward (66%) and only (25%) students have previous knowledge from health worker.

SECTION II - Pre Test Score of BSc. Nursing I Year Students Regarding Knowledge of Braden Scale on Pressure Score

Frequency, mean, standard deviation and percentage distribution of pre-test knowledge score of the students regarding Braden scale on pressure sore.

N=60

Category	Range	Frequency	Mean	Standard deviation	Percentage
Good	21-30	1			1.6%
Average	11-20	19	11.9	9.85	31.6%
Poor	1-10	40			61.6%

Data represented in the table depicts that 1.6 % students were having good knowledge, 31.6 % where having average knowledge and rest 61.6 % where poor knowledge regarding Braden scale on pressure sore.

SECTION III - Post Test Score of BSc. Nursing I Year Students Regarding Knowledge of Braden Scale on Pressure Score

Frequency, Mean, Standard Deviation and Percentage Distribution of Post-Test Knowledge Score

Category	Range	Frequency	Mean	Standard deviation	Percentage
Good	21-30	43			71.6%
Average	11-20	15	24.6	5.34	25%
Poor	1-10	2			3.33%

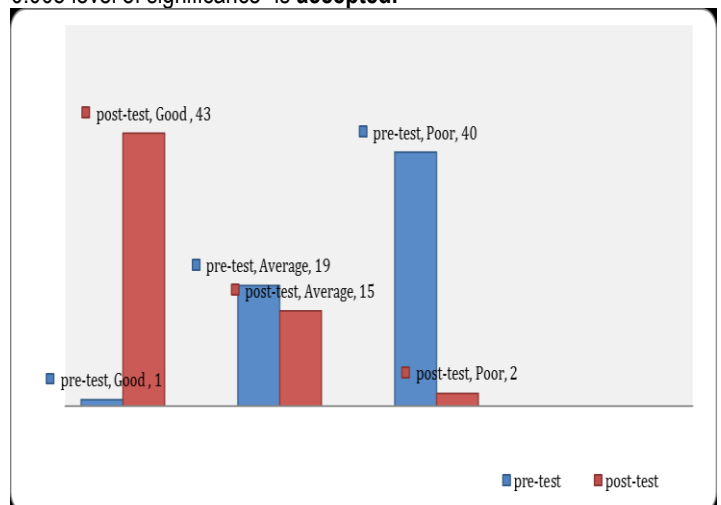
Data represented in the table depicts that 71.6% students were having good knowledge, 25% where having average knowledge and 3.33% where having poor knowledge.

SECTION IV- Effectiveness of planned teaching program regarding Braden scale on pressure sore among students

N=60

DESCRIPTION	MEAN	MEAN DIFF.	SD	SED	df	t-value
PRE TEST	11.9		9.85			
POST TEST	24.6	12.7	5.34	1.446	118	8.77

Data presented in the table shows pre-test mean knowledge score is 11.9 and post-test mean knowledge score is 24.6. Mean difference of pre test and post test is 12.7 with standard deviation of pre test is 9.85 and standard deviation of post test is 5.34. Calculated 't' value is 8.77 which is much higher than the table value at 2.00 level of significance. Therefore result is highly significant. Hence H1-“The mean post- test knowledge score of BSc.Nursing I year students regarding Braden scale on pressure sore will be significant higher than the mean pre-test knowledge score at 0.005 level of significance” is **accepted**.



Column diagram showing the comparison between pre-test and post-test knowledge score of students.

SECTION V-Association of pre-test knowledge score of BSc.Nursing I year students with selected demographic variables



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Association of pre-test knowledge score of BSc.Nursing I year students regarding Braden scale on pressure sore with selected demographic variables was statically tested by applying chi square test. Demographic variables such as age, gender, religion, clinical experience, and practice area was found not significant and only one demographic variable Previous information was found significant at 0.005 level of significance. Hence H2-There will be significant association between pre test knowledge score of BSc.Nursing I year students regarding Braden scale on pressure sore and their selected demographic variables at 0.005 level of significance is **rejected**.

ETHICAL GUIDELINESS

- Permission was taken from Principal of selected nursing college Jabalpur.
- Proper explanation and written consent was taken from the nursing students to participate in the study.
- Anonymity and confidentiality was maintained during data collection.

IMPLICATION -The finding of the study have implications in the field of nursing practice, nursing education, nursing administration and nursing research.

RECOMMENDATION-On the basis of the findings of the study, it is recommended that the following study can be undertaken to strengthen quality of nursing care;

- Similar study can be replicated on a large scale.
- A comparative study can be conducted among the nursing students of different wards with same setting.
- A similar study can be replicated on a sample with different demographic characteristics

LIMITATION

- The study was confined to a specific geographical area which imposes limits on generalization
- Long term effect of the intervention was not assessed due to lack of time.

CONCLUSION

The study was aimed to assess the current understanding of BSc.Nursing students regarding pressure ulcer risk assessment through Braden scale. To evaluate the effectiveness of planned teaching program on improving knowledge scores. Quantitative and evaluative research methodology was adopted to assess the knowledge of Braden scale on pressure sore among students.Earlier a significant number of student possess only average to poor knowledge of Braden scale on pressure sore but knowledge score significantly improves following planned teaching program .It recommends integration of detailed workshops and training programs early in the nursing curriculum is significant to boost competence in the students and to enhance patient safety.

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