**Abstract**

**Title: Knowledge, attitudes and perceived barriers for prevention of pressure ulcers among nurses in National Hospital of Sri Lanka**

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**Key Words: Nurse, Pressure ulcers, Knowledge, Attitudes, Perceived barriers**

## I. Background:

Pressure ulcers are common conditions among hospitalized patients and impose substantial burden on patients, their relatives and caregivers. The incidence of pressure ulcers `has become a universally known quality indicator in the hospital setting that the patients' quality of life, increases hospital expenses and has adverse effect on achieving goals of care.

Pressure ulcer prevention is an important aspect in nursing in any health care setting. Nurses are responsible for prevention of pressure ulcer. They should have adequate knowledge and positive attitudes towards prevention of pressure ulcers. Previous studies have shown inadequate knowledge and poor attitudes among nurses. There is limited or no evidence on nurses' knowledge, attitudes and perceived barriers to prevent pressure ulcers in Sri Lanka. Awareness about the significance of the problem, positive attitudes towards pressure ulcer prevention, and adequate level of knowledge are cornerstones to effectively prevent pressure ulcers.

**Objectives:**

The aim of this study was to describe knowledge, attitudes and perceived barriers

**Methodology:**

This is a descriptive cross-sectional study using a pre-tested self -administered structured questionnaire adapted from previous studies and expert opinion. The participants were a convenience sample of 150 nurses who are working in general surgical wards, medical wards, orthopedic wards and neurology units in the National Hospital of Sri Lanka. Questionnaires were administered Data analysis was carried out using SPSS (version20.0).

Ethical approval was obtained from the Ethics Review Committee of University of Sri Jayewardenepura. Permission to conduct the study was obtained from Director of the National Hospital of Sri Lanka.

**Results:**

The findings showed that nurse in National Hospital of Sri Lanka have low level of knowledge (65.53%), Positive Attitudes 75 (50 %) towards priority to risk assessment and Negative attitudes 74 (49.4 %) towards feeling responsibility of caring for pressure ulcers. The most important barriers for expressed prevention of pressure ulcers were work load 85 (57 %), Lack of time 66(44%), Lack of resources 76(51%), Lack of pressure ulcer related guidelines 43(29%).

**Conclusions:**

According to study findings majority of participants had low level of knowledge regarding pressure ulcer prevention. Participants exhibits positive attitudes towards priority to risk assessment and majority of nurses have Negative attitudes towards feeling responsibility of caring for pressure ulcers. Nurses need further continuing education and training programs.regarding PU prevention to enhance their knowledge and improve positive attitudes.

The most reported barriers for expressed prevention of pressure ulcers were work load, Lack of time, Lack of resources, Lack of pressure ulcer related guidelines. Policy makers and health care authorities have great responsibility to control those barriers to improve quality nursing care for clients.

**II.** Images

**III.** References


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**IV.** Biography

Dinusha has completed her General Nursing Diploma in 2008 & joined ministry of Health, Sri Lanka as a Registered Nurse in 2009. She obtained B.Sc. Nursing Degree with second class upper division, from University of Sri Jayewardenepura, Sri Lanka in 2018. She works as an infection control nursing officer at District General Hospital, Hambantota, Sri Lanka. She has 12 years of working experience in clinical practice as a Nursing Officer, included Surgical Intensive care Unit, National Hospital of Sri Lanka, Operating Theater, Gynecology And Obstetrics Wards, Medical Ward in District General Hospital-Hambantota, Sri Lanka.

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