

A Study to Assess the Nursing Care of Children with Respiratory Tract Infection in Govt. Hospital, Gonda, Uttar Pradesh

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Abstract: This paper presents a study to assess the nursing care of children with respiratory tract infection in govt. hospital, Gonda, Uttar Pradesh.

Keywords: nursing care of children, respiratory tract infection

1. Introduction

Respiratory tract infections are the commonest illnesses encountered in children worldwide. Though there have been some important advances in developing strategies to control respiratory tract infections, this group of illnesses remain the most common cause of under-five mortality in developing countries, including India. However, a few brief simple steps will help in the proper therapy of children thus decreasing the morbidity and mortality. Respiratory infections often spread from one structure to another because of contiguous nature of the mucus membrane lining the entire tract. Nursing care of children with respiratory tract infections is primarily symptomatic and supportive but necessitates thorough respiratory assessment, administration of oxygen and antibiotics. Because complications are greater in younger age groups close observation of progress is necessary.

Every year cute respiratory infection in young children is responsible for an estimated 4.1 million deaths worldwide. Such infections are highest cause of infant mortality and morbidity in developing countries. About 90 percent of acute respiratory tract infection are due to pneumonia which is bacterial in origin. On an average child below five years of age suffer from five episodes of respiratory tract infection per child per year, thus accounting for about 238 million attacks. Respiratory tract infections are responsible for about 30 to 50 percent of visits to health facilities and for about 20 to 40 percent admissions to hospitals. It is also leading cause of disabilities including deafness as a sequel of otitis media. (K. Park 2012).

The main Objective were,

- Assessment of the condition of children with respiratory tract infection.
- Nursing care of children with respiratory tract infection.
- Reassessment of the condition of children at the time of discharge

2. Materials and methods

The present study was designed to provide nursing care to children with Respiratory tract infection who are admitted to the pediatric ward of GOVT hospital, Gonda, Uttar Pradesh from July 2018 to August 2018. Assessment was done at the time of admission and nursing care was provided to all children based on problems identified and reassessment was done on the condition of children at the time of discharge.

Descriptive Case study design helps to acquire more information about characteristics within a particular field of study. This method was adopted to evaluate the effectiveness of nursing care by assessing the condition of children with respiratory tract infections at the time of admission and during the time of discharge from the hospital. The setting selected for this study was the Pediatric ward of Govt. hospital, Gonda, Uttar Pradesh.

A. Population and sampling

The total number of children below 15 years of age with respiratory tract infections admitted to the pediatric ward of Govt. hospital, Gonda, Uttar Pradesh from July 2018 to August 2018 is considered as the population. Sample free technique was adopted for the study. Census enumeration also called non sampling technique is adopted for selection of subjects

B. Instruments and tools for data collection

An assessment tool was designed which includes the baseline data, family history, birth History, Socio Economic Data, Nutritional Status, Immunization status, Past and present medical history the identification of symptoms of respiratory infection and laboratory investigations. To provide nursing care to children with respiratory tract infection, individualized nursing care plan was prepared. This included positioning the child, suctioning, nebulization, oxygen administration, chest physiotherapy, tepid sponging, maintaining hydration, warm saline gargles, provision of comfortable environment, administration of medications, prevention of infection and improving the knowledge of parents regarding prevention of repeated hospitalization and care.

3. Data analysis and interpretation

Nursing Care was provided to eleven children who were admitted with respiratory tract infections in the pediatric ward of Govt. hospital, Gonda, Uttar Pradesh. The period of study was from July 2018 to August 2018. History collection was done at the time of admission which focused on family history, birth history, immunization status, nutritional status, past medical history and present medical history. Nursing assessment was done on identification of signs and symptoms of respiratory tract infection and physical condition associated with respiratory tract infection. Based on the nursing assessment, nursing care was planned, rendered and the condition of children were assessed at the time of discharge. During the stipulated period of study eleven children were diagnosed as having respiratory tract infections.

Assessment data focused on baseline data, family history, birth history, immunization status, nutritional status, past and present medical history, identification of signs and symptoms of respiratory tract infection, identification of associated symptoms and investigations. Ongoing assessment was done with emphasize on vital signs respiratory status. Monitored the hydrational status, nutritional status, activity, physical discomfort, type of cough and sputum production continuously.

Ongoing assessment helped to identify the condition of the children and prevented children from developing complications. Nursing care helped to prevent complications due to secondary bacterial invasion. Parents were also explained regarding nutritious high caloric and high protein rich diet, prevention of risk factors, home management and about influenza vaccines. Demonstration of chest physiotherapy also helped to improve the parent's knowledge. Parents were informed about practicing hygienic practices and importance of keeping the environment clean.

This study has clearly highlighted that continuous assessment and nursing interventions can prevent complications due to respiratory tract infections like emphysema, at lectasis, pleural effusion and respiratory failure. Hence individualized nursing care was given and none of the children developed complications rather all of them got discharged on the fourth day with better health status.

4. Major findings of the study

1. Children below 5 years of age the group commonly affected with respiratory tract infections.
2. Children residing in urban area are the common victims of respiratory infections than rural children.
3. Malnutrition is a major cause for the occurrence of respiratory tract infections.

5. Conclusion

This paper presented a study to assess the nursing care of children with respiratory tract infection in govt. hospital, Gonda, Uttar Pradesh.

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