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"Patient feces" was about as much as it was..."44% of nurses' work"

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[Seoul=Newsis] A study found that the proportion of 'excretory care' duties that help nurses defecate and urinate in patients with limited mobility or lying down is up to 43.8%. It is pointed out that it is necessary to prepare efficient measures such as the introduction of smart excretory care devices. (Photo = NewsisDB) 2023.10.18. photo@newsis.com.

[Seoul = Newsis] Paik Young-mi = A study found that the proportion of 'excretory care' duties of nurses who help defecate and urinate in patients with limited mobility or lying down is up to 43.8%. It is pointed out that it is necessary to prepare efficient measures such as the introduction of smart excretory care devices.

A research team led by Professor Jung Se-young of the Department of Family Medicine at Bundang Seoul National University Hospital and Professor Jung Hye-sil of the Department of Nursing at Inha University conducted questionnaires and focus group interviews with 59 nurses working at higher general hospitals and analyzed the burden of excretory care due to excretory care, and revealed on the 18th that there was a significant difference in the burden of excretory care depending on the type of ward and the patient's condition.

Dealing with a patient's bowel movements is one of the biggest challenges in nursing work. A large number of hospitalized patients have difficulty with bowel movements, such as incontinence and urinary retention, and if they wear diapers or have catheterization, they may develop complications such as pressure ulcers, dermatitis, and urinary tract infections, which require long-term management several times a day.

Defecation care causes considerable mental and physical burden on both nursing staff and patients, and nurses, especially nurses who are responsible for the care of patients' fecal defecation, suffer from delays and increased workload along with the burden of defecation care itself.

The research team conducted a study to find out what factors should be considered in order to come up with a more effective excretory care plan. As a result, there was no significant difference in the time it took to excretize the defecation care process in all wards, but it was found that there was a significant difference depending on the type of ward and the patient's condition.

The proportion of excretory care during working hours reached ▲29.3%, ▲36.2%, and ▲43.8% in general wards, intensive care units, and integrated nursing and nursing wards, respectively. In particular, the number of delays due to excretory care was found to be greater than that of general wards (average 3.6 times), with an average of 4.8 delays in the intensive care unit and 2.3 times in the integrated nursing and nursing ward.

The study subjects cited ▲physical and psychological burden, ▲frequent need for nursing care, ▲delay in other tasks, and complications as factors that increase the burden of excretory care. Among them, the factor that nurses felt the greatest burden was the "need for frequent nursing care", which increased the burden due to the large number of irregular or unexpected situations in the excretory care process and the need for frequent management. In addition, musculoskeletal pain, discomfort caused by the smell and form of feces, and psychological stress were reported as one of the burdens caused by excretory care.

Professor Chung said, "Defecation care is a key nursing field that protects the dignity of patients, but there have not been many studies on the burden on nursing and nursing staff."

He added, "Based on the results of this study, if research and development on smart devices with technologies such as efficient excretory care protocols, urination time prediction, and fecal recognition are continuously carried out, it will be of great help in reducing the burden of excretory care."

The results of the study were recently published in the International Journal of General Medicine.

Youngmi Paik (positive100@newsis.com)