

A Study on Rehabilitation Nursing Intervention on Improving the Comprehensive Health Status of Patients with Hand Burns

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Abstract

In this research study, the rehabilitation nursing interventions process for enhancing the comprehensive health status of patients with hand burn has been properly discussed. The overall effect of the rehabilitation intervention procedure has further been fluently elaborated. The main objective of this research article is observing the overall effect and impact of rehabilitation within the patients with hand burn. The three crucial phases of the intervention have been divided into three parts that is acute phase, patients-centered therapy, and convalescence phase or rational emotive therapy. Furthermore, in this study, the general secondary research procedure has been adopted for collecting of relevant data. The major findings of this study paper are crucial role of the nurses, different kinds of vital components such as physical and mental changes of the patients during rehabilitation. Thus, the major discussion and conclusion of this study paper is that, patients severely suffer in both physical and psychological due to hand burn and the rehabilitation program massively help to recover them in various ways.

Keywords: BSHS-A, social function, psychological factors, and rehabilitation approaches.

1. Introduction

Hand burn is a common incident among any individual. Even the whole surface area of each hand is much less than 3 percent within the total surface of the body. Besides burns on the hand are generally not life-threatening, yet deep burns could be a severe case that could lead to extreme scar contracture deformities mainly owing to the hand's anatomical structure. These types of deformities sometimes lead to a devastating impact on the patients and their overall quality of life. In this study, the rehabilitation nursing interventions for improving the comprehensive health status of the burning patients would be properly discussed and elaborated. The main objective of this study is to observe and scrutinize the overall effects of rehabilitation interventions on the comprehensive health progress of patients with hand burns. Various kinds of studies and reports of rehabilitation on burn patients have been organized in different kinds of both developed and developing counties. However, the procedure primarily involves basic resource materials for rehabilitating the burn survivors. Major of the studies and report mainly aims for a general functional recovery of hand-burn patients in the context of a somatic function. This paper mainly focuses on several kinds of rehabilitation approaches such as early posture maintenance through the patients, mechanism of scar generations, and operative treatment besides the utilization of various kinds of rehabilitation tools and devices. Apart from this, the major of the rehabilitation process is not systematic and it could be altered towards suiting each and every particular case. However, in terms of psychological factors, patients with the hand are prone to depression, anxiety, and other kind of psychological reactions. However, there is still a relationship exists between the psychological challenges faced through patients with hand burns alongside

the possibility of fluently returning to society. In this case, in research study majorly focus on the both social and psychological rehabilitation of patients with a hand burn.

2. Literature Review

In recent times, the promotion of health and the quality of people's health is a most integral part of socio-economic development. Besides achieving this particular development, it requires lots of self-care enhancement as well as nursing rehabilitation care. Therefore, the health and nursing team mostly focuses on the various kinds of health aspects and factors related to their hand injury. The rehabilitation intervention procedures would be divided into three major parts that include both physical and psychological recovery for patients with hand burns. Patients were mainly given conventional nursing besides rehabilitation [1]. The conventional treatment majorly involves preoperative nursing, wound nursing, infection nursing, and rehydration nursing in the period of shock stage. However, it further includes psychological nursing, which primarily involves accomplishing a better patient-nurse relationship, enlightening and listening alongside rehabilitation nursing, pain care, and health education. On the other hand, within conventional rehabilitation, the health team and nurses mainly instruct and enjoin the patients for performing somatic movements through health education.

The acute phase

This particular phase primarily occurred and begins before the general wound healing, which approximately starts 1 to 3 days after the patient's admission. First, the nurses start to work for obtaining the trust of patients besides accomplishing a good relationship among them and the patients [2]. The relationship could be established through become sociable with the patients and a self-introduction. The nurse has to further observe and inquire about the overall mental health condition of the caregiver in face to face and measure the appraisal outcome. The appraisal outcome is through utilizing the BSHS-A for accomplishing the influence of aspects on the patient and their socio-psychological and functional rehabilitations [3]. In this phase, the nurses primarily give social support to the patients with hand burns. Social support has been massively strengthened the whole period of the hospital time by following some of the crucial factors and aspects related to the patients. The following approaches are examining and analyzing information lever receptivity, education level and age, and the family characteristics of the patient's family. Therefore, after analyzing all the above-mentioned factors, nurses assist the patient's family members in developing knowledge of their role in rehabilitation. Besides they encourage and influence enhancing communication and understanding of patient's health conditions.

Patients centered therapy

The patient's centered therapy was primarily used for establishing a particular targeted psychological intervention. In this rehabilitation phase, there are two major psychological consult sessions would be conducted. Besides in this phase, each and every psychological session would be conducted for approximately 40 to 60 minutes [4]. Each and every conducted session would develop an atmosphere, in which the selected therapist would be sought to enhance the patient's understanding and mental state by considering the patient's overall perspectives. Furthermore, the patients could open up to comfortably communicating with others; the therapist majorly tries to understand their perspective by showing their positive and unconditional concern. By analyzing their perspective, the health workers massively help to cope and understand their present situation, which allows patients for expressing their emotions and thoughts in person [5]. Thus, this procedure majorly helps the patients and further assists to reduce the conflict between the patient's self-concept and their suffering or concept. Therefore, the main objective of this rehabilitation session is to address all psychological reactions to the stress of the patient for the hand burn. The psychological factor could be various kinds of factors and major mental states such as anxiety and depressive moods that include feelings of emotional loneliness, uselessness as well as a suicidal tendency.

Convalescence phase or rational emotive therapy

This specific convalescence phase mainly begins at the onset of the general wound healing procedure after the grafting of the skin. Besides this phase only lasted approximately 4 to 5 weeks alongside it include the training of the patients in the rehabilitation room. Apart from this, the "BSHS-A" would be finished for assessing the level of mid-stage comprehensive health besides adjusting the overall interventions examining and scrutinizing properly for increasing the system of social support and the improvement of patients' overall psychological state [6]. Those

psychological states were mainly examined through communication and observation. It would further measure the patient's health condition and their overall outcome of BSHS-A.

On the other hand, rational emotive therapy would be utilized as a similar procedure as a psychological intervention. In this phase, two major session portions could be conducted, which could be lasted approximately 40 to 50 minutes per session [7]. However, this rational emotive therapy would involve guiding and encouraging the patients to tolerance, examining the overall particular changes among their interactions, Assisting the patients in stopping over thinking, and eliciting a strong mental reaction besides monitoring their whole mental state and perspective. In this particular phase, much more attention has to give to a few abnormal psychological issues such as low self-esteem, self-image disorder, and delayed anxiety, which might arise when the patients face intolerable pain for continued training of recovery besides changes in the body image.

3. Methodology

Research methodology is an individual section of the research that mainly helps to define and elaborate an appropriate approach that needs to adopt in this research study. Put in simple words, research methodology assists to get a better and deeper knowledge and analysis of the study paper. However, there are two types of research methods that are being procedure used for gathering and collecting the required data. The two vital categories of the research methods are quantitative research procedure and qualitative research procedure [8]. Quantitative research procedures primarily include utilizing numbers and surveys for collecting the relevant data regarding the research paper. This particular method could further utilize statistical analysis for finding out the adequate meaning and connection of the data for the research paper.

On the other hand, the secondary qualitative research procedure involves collecting non-numerical data collection such as the utilization of qualitative data and information gathered through someone else. Therefore, the secondary qualitative data collection procedure is a particular method, which would include gathering information from already existing data. Apart from this, in this research study, the secondary qualitative research procedure will be utilized for successfully completing the paper. However, in the period of data collection, it has been ensured that all the relevant data has been collected through authentic journals and research articles.

4. Findings and Discussion

Role of the Nurse in burns rehabilitation

In the period of burn rehabilitation, sometimes the patients only pay attention to the surgical and physical treatment. While on the other hand, the rehabilitation procedure, in which the overall health workers and especially nurses are generally ignored. However, in the rehabilitation time, the health worker and the nurse personnel are those individuals, who continuously communicate and interact with the patients most systematically and frequently [9]. They mostly prevent secondary diseases alongside a strong focus on sustaining life function. Besides nurses, play a positive key role in functional rehabilitation training. Due to the high increment of severe hand-burn deformities incidents, the patient's social functions, psychological and physiological aspects are often badly influenced. For this reason, the nurses of the rehabilitation team face various kinds of major challenges and issues.

However, in the procedure of burn rehabilitation, both the nurses and health workers play a crucial role in assisting the patients in adapting their new body image and various kinds of changing life factors due to the burning accident. This study points mainly emphasizes the overall coordination of the multidisciplinary role of the nurses and their significant role in the rehabilitation program of patients with hand-burning injuries. Therefore, it can be summarized that nurses have much more responsibility and involvement. Alongside the role of nurses, the health worker team further plays a vital role in helping the patients with recovery both physically and mentally. Both the nurses and the health team play a major role in assisting the patients in their overall rehabilitation phase. Thus, it can be summarized that rehabilitation operations need a multidisciplinary role and high involvement of responsibilities. Thus, the nursing and health workers of the burn department need to be highly knowledgeable and professional with multiple skills.

Key components for caring for clients with burns

A hand being a grasping organ leads in the function of the human body and effective therapy in rehabilitation is needed for hand burn patients. Burn injuries are examined as the most disturbing and devastating type of injury. Hand burn affects the surface body area of less than 3% of the body as severe injuries [11]. Hand burns are not fatal however; the patients can lead to disabilities limiting physical functions. It affects the ability of the patients in their regular lives routine and creates numerous mental and physical issues and problems, and also reduces the quality of their lives. Nursing interventions are essential for patients, and maintaining proper support and cooperation can help the patients get well quickly. Rehabilitation needs to incorporate several things that are important for the patients such as *pressure sores prevention, extremities elevation that reduces swelling*, and elevating the legs above the heart helps fluid drain quickly as that helps blood to pool in the legs' veins and increases pressure on the veins [12]. Splinting, *positioning of anti-contracture*. Moreover, the patients should be at the normal body temperature that helps to recover the condition. Burn injury may take many weeks to heal completely, and it requires dressing regular basis, which can change the condition of the patients. The burnt area should be cool always and need to pour out with water until the pain subsides. The highest priority of nursing intervention is fluid status and respiratory and close observation of inking fluid, and the output and also the cardiac rhythm and blood pressure should be reported to understand the condition of the patients. Close observation is the most important thing that helps patients to recover and also motivate them to be in the normal life. Hand burns make it difficult and do not allow the patients to do their normal daily work, and these difficulties cause discouragement and make people low in confidence.

During the period of the rehabilitation process with the process, there are lots of key components that could be monitored and examined. Among those crucial components, one of the vital components is a social function, psychological function, and physical function. Various kinds of reports and studies have claimed that during the period of rehabilitation time, there is a significant impact on the physical function of patients. Selective utilization of the passive and active joint movement besides pressure compression in the hand motor function recovery systematically becomes one of the best and standard procedures for the medical rehabilitation of the hand burn. On the contrary, the psychological function is a further significant component during the period of rehabilitation [10]. Some reports and research papers has been showed that patients with the hand burn are massively tend to have several kinds of mental illnesses such as depression and anxiety and other kinds of psychological reactions. These particular changes both psychological and physical might be due to the changes within the body and the overall function of the hand, besides social support mainly refers to connection with family, friends, and groups. Due to the changes in the patient's mental health, it has been observed that they tend to less interact with their family and decrease their overall socialization.

Rehabilitation phase for the patient burn management

The phases of rehabilitation are the continuum of active therapy that should be started from the day of admission. The rehabilitation stage should have no differences between the rehabilitation and acute phases. Improving the condition of the patients is the responsibility of nursing intervention and the patient's responsibility.

Pre-Intervention Phase

In the phase of preparation, the patient training contents of self-care have been produced and that is based on the condition of the patients and also with the guideline of the medical surgical. The application includes the care of skin grafts and wounds, massage therapy, hand burn physiotherapy, non-surgical management and pain control [13]. The management should maintain proper guidelines and observe the condition of the patients. All the steps of treatment and recovery process depend on the patient's stability and the condition of the patient. Nursing intervention should be cooperative with the patients and make them understand the medical details, providing the required medical professionals and daily assessment that helps patients feel comfortable and motivated. The patients are under the observation of the responsible nurse and the guidelines and serving the patients has an impact on the patients. The duty of nursing intervention makes the disaster condition into a healthy condition for the patients. Nurses' deep observation and close serving improves the stages of recovery of the patients.

Intervention Phase

The usual care that is necessary for the patients during admission and when patients can also communicate with nurses and doctors. Recovering guidelines and motivational training have been provided to the patients. Hand burns are causing problems with physical wealth, and these advantages are affecting mental health conditions [14]. Training and making them motivated is the focal point of the nursing intervention. After completing the sessions of training the nursing intervention provides some necessary process even after discharging the patients. Digital applications and software have been used to connect with patients when the patients are in their homes and still require training or guidelines. The section on daily evaluation has been included in the applications or has been provided to the patients. Nurses are involving the patients in these methods and training to make them busy and change their minds to get rid of the condition. The contribution of nursing intervention is truly effective in the progress of the patients.

5. Discussion

In this project, the discussion of the progress of comprehensive health status and the intervention of nursing care for hand-burn patients has been notified. The human body is made of organs and veins, as all are important and valuable. It will be difficult to live with an affected organ in normal life. People will be frustrated in these conditions as they are not worthy of living with self-dependency [16]. The project has recognised the problems and difficulties of hand burns in patients and the effective intervention of nursing care for recovering the patients [18]. The phase of the patients from the day of the accident to a stable condition has been discussed as they have to fight with their bodies. The project has analysed the role of nurses and the importance of their providing care. In different ways, nurses try to give their guidelines, and they always follow the instructions of the medical reports and the suggestion of doctors. Nurses are providing the necessary medicine and the process of treatment that requires the patients [15]. The results of recovering patients indicate the intervention model is feasible and effective for hand burn patients, such as the benefits that were apparent in the later phases.

6. Conclusion

The project analyzed the importance of nursing intervention and providing care to the patients that have been recognized in recovering patients of hand burns. The result of the project has shown that the model of intervention rehabilitation improves the comprehensive health status and the patient's physical and psychological function. The rehabilitation model motivates the patients not only to hand burns patients motivate burn patients to be stable in their lives. The project provides a research-based model of intervention for the entire healthcare service providers. Hand-burn patients truly benefit from the nursing intervention and also proper guidance and cooperation to get well from the worst condition. The phase of the intervention management has an impact on the patients[17] and their confidence. The applications regarding the guideline and training play a crucial role and are significant for burn patients in the long-term rehabilitation stages.

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