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4. LJN is published biannually in any area of nursing interest or relevant to needs of academics and practitioners.

In this volume, sixteen (16) papers scale through the eye of the needle of the Editor-in Chief. The title of the papers in this edition are: Knowledge and utilization of oral rehydration therapy in the treatment of diarrhoea among under-five mothers in Lagos, Nigeria; **Prevalence and risk factors of neonatal jaundice in special care baby unit of Ahmadu Bello University Teaching Hospital Zaria, Nigeria**; Factors influencing teamwork performance among health workers in University College Hospital, Ibadan; Perceived effects of Aphrodisiac on women of Kaura ward, in Zaria city of Kaduna State, Nigeria; Umbilical cord care practices and management outcome among mothers in selected primary health centres in Mushin Local Government Area, Lagos State, Nigeria; Assessment of knowledge of sickle cell anaemia among primary health care workers in Zaria city, Kaduna State, Nigeria; Utilisation of postnatal care services among women of childbearing age in Primary Health Care Centres in Niger State, Nigeria; School Health: an analysis of boarding school clinic facilities in Kano State, Nigeria; **Perception of women towards teaching of sexuality education in secondary schools in Ibadan, Oyo State, Nigeria**; Effect of two assessment strategies on physiotherapist students competence in Cardiff University United Kingdom; Family Health a “Sine Qua Non” to effective maternal and child health care; Application of trans-theoretical model of health promotion and approaches to health promotion in tackling alcohol abuse; Cervical cancer screening among women: a tool for prevention of Cancer; Effect of training programme for school health nurses on adolescents decision-making on reproductive health in Ijebu Ode Local Government Area of Ogun State, Nigeria and Knowledge of nursing process and attitude of undergraduate nursing students towards its utilization in a Tertiary Health Institution, Edo-State, Nigeria. Knowledge of Psychological Distress and Post Partum Bues among Pregnant Women in Wesley Guild Hospital, Ilesa Osun State, Nigeria.

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# KNOWLEDGE OF NURSING PROCESS AND ATTITUDE AMONG UNDERGRADUATE NURSING STUDENTS TOWARDS ITS UTILIZATION IN A TERTIARY HEALTH INSTITUTION, EDO-STATE, NIGERIA

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## ABSTRACT

*Nursing process is the scientific protocol that guides quality nursing care globally. To the best of our knowledge very little has been done in this direction in health literature thus motivating this study. The study therefore sets out to examine the knowledge and attitude among undergraduate nursing students towards the utilization of the nursing process in the provision of nursing care in tertiary teaching hospitals in Edo-State, Nigeria. The study design is descriptive cross-sectional approach. Simple random sampling technique was employed to select 147 undergraduate nursing students. The instrument of this study is a semi-structured questionnaire which was designed to elicit information on respondents' Knowledge of nursing process using a 10 point knowledge scale and assessment of attitude towards the utilization of the nursing process using 8 variables measured on a five point Likert scale. The reliability coefficient score of the instrument is 0.8. Data was analyzed using descriptive statistics. This findings of the socio-demographic characteristics of the respondents revealed that majority are within the 21-25years of ages. Majority of the respondents are in 200 and 400 level and are single. Lastly, the respondents are mostly Christians. Findings show that the respondents' knowledge about nursing process is average and their attitude is positive (mean=2.93). Further findings reveal that the stages of nursing process where students had difficulties are assessment and planning. Hypothesis was tested and it was observed that there is no significant relationship between the attitude of nursing*

*student and nursing process base on gender. It is recommended that nursing process should be used by undergraduate nurses at every level of undergraduate nursing education to enable students equip themselves with better skills and knowledge for practice.*

**Keywords:** Nursing Process; Knowledge; Attitude; Tertiary health institution; Undergraduate nursing students.

## INTRODUCTION

Nursing process remains a veritable tool in attaining and sustaining quality and individualized nursing care thus contributing greatly to the achievement of the Millennium Development Goal (MDG). According to Babbara, (2009) it is a global concept which has been used as a framework for nursing care by American nurses and its principle subsequently adapted to the United Kingdom culture and health care system by British nurses. It is an organized approach to the identification of the patient's nursing care problem and the utilization of nursing actions that effectively alleviate, minimize or prevent the problems being presented from developing. It is a widely accepted scientific method to guide procedures and quality nursing care (Pokorski, et al. 2009). The nursing process is dynamic and requires creativity for its application. The utilization and application is essential and is core in professional nursing practice (American Nurses Association, (ANA), 2012). According to Carlson (2010) the nursing process is a systematic problem-solving approach used to identify, prevent and treat actual or potential

health problems and promote wellness in individualized nursing care.

The concept of nursing process has been incorporated into the basic nursing education curriculum by the Nursing and Midwifery Council of Nigeria in the education of undergraduate nursing students in the Universities in Nigeria. The utilization of nursing process in the tertiary health institution is mandatory and requires knowledge, clinical problem solving skills and positive attitudes (Kodaira, 2015). The essence of nursing process for client care lies on the great benefits to the client, nurses and the nursing profession as a whole (Chudi, 2012).

There are indications that knowledge and attitude towards nursing process by (undergraduate nurse) goes a long way in determining how they apply it during the undergraduate period and later practice after graduation. However, only few studies have been conducted. In 2011 Dergham conducts a study in Kufain Iraq on the knowledge of students. Findings reveal that a large percentage of the students have knowledge of the nursing process. Also in another study carried out in Turkey by Ferida and Kaddriye (2015) on the opinion of nursing students about the nursing process, findings reveal that most of the students believe that the nursing process is important and also necessary. That proper knowledge of nursing process is geared towards preventing, protecting and improving the health status of the individuals in the community and the society at large. The knowledge is thus a panacea to effective and efficient nursing management system that will enhance adequate health provision and wellbeing of the general society. Undergraduate nursing students that are deficient in the nursing process protocol and its implementation in the health facility would result to a health system that is unable to provide adequate health care. Study to gauge the knowledge of nursing process among

undergraduate nursing students and level of their understanding of nursing students is of paramount importance as it is needed to improve the current level of implementation in different health facilities.

Therefore, this study seeks to investigate the knowledge and attitude of undergraduate nursing students in University of Benin towards the utilization of nursing process. Findings from this study may contribute and inform update in intervention for policy makers in the profession, curriculum developers and health care planners during application of nursing process which will have a positive outcome in quality of nursing care provided. This will provide information that will significantly benefit the recipients of nursing care as it will improve quality of health care received by them, promote positive patient outcome and increase patient's satisfaction with nursing care.

**The specific objectives of the study are to:**

1. determine the knowledge of nursing process undergraduate nursing students possess
2. assess the attitude of undergraduate nursing students towards the nursing process
3. identify undergraduate nursing students' aspects of difficulties in using the nursing process.

**METHODOLOGY**

**Design:** The design of this study is descriptive cross-sectional.

**Research Setting:** The study was conducted in the Department of Nursing, Faculty of Basic Medical Sciences, University of Benin from October 2015 to November 2015.

**Target Population:** this study consist of undergraduate nursing students (200 level 89, 300 level 74, 400 level 51 and 500 level 18).



### **Inclusion criteria**

Inclusion criteria are: must be an undergraduate studying nursing science at 200level to 500level in the department of Nursing.

### **Exclusion criteria**

100 level students were excluded from the study since they were not exclusively taking nursing courses in the department of nursing yet and unwillingness to participate.

**Sample size determination:** The minimum sample size required for this study was determined using the appropriate formula for sample size calculation descriptive study (Cochran formula (1963)  $n = Z^2q/d^2$ . was 147.

**Sampling technique:** Respondents were selected using simple random sampling technique through balloting. The sampling frame was constructed with the information obtained from the department. Proportional to size allocation was used to determine the number of respondents to be selected from each level.

**Instrument:** Thee instrument used for this study was semi-structured containing both open and close ended questions. The contents of the questionnaires were derived from relevant literatures on nursing process, both local and international. The questionnaires consisted of questions from different areas and was divided into four sections:

Section A: was information on socio-demographic profile of the participants.

Section B: their knowledge of nursing process, knowledge and components.

Section C: contained items on attitude towards the nursing process.

Section D: was on difficulties experienced in the use of stages of nursing process.

**Validity:** The content validity was ascertained through independent review by experts in the field.

**Reliability:** In order to examine its suitability for administration, it was tested for reliability using test-retest method and using twenty students who did not participate in the study. The intervals between the two tests spanned two weeks. The data collected were analyzed and the reliability coefficient was found to be 0.8 (Chronbach Alpha).

**Data collection:** Data was collected through questionnaires which was administered by the researcher. Each respondent was given a day to answer the questionnaire and were retrieved on the same day during their break periods with the help of two trained research assistants.

**Data analysis:** Following the completion of data collection, the data obtained were coded, cleaned, entered and analyzed using Statistical Package for the Social Science (SPSS) version 21 statistical software programme. Univariate analysis was conducted for all the variables to assess the distribution of all the variables. Frequency tables were generated and used to present results of respondents' socio-demographic profiles. Continuous variables were summarized using means and standard deviations while categorical variables were summarized using proportions. Bivariate analysis was done using Chi-square test for associations between knowledge and socio-demographic characteristics of respondents. T-test was used for other quantitative variables. Level of statistical significance was set at  $p < 0.05$  at a 95% confidence interval.

**Ethical considerations:** Permission to conduct this study was obtained from the University research committee. Ethical approval to conduct the research was sought and gotten from the University of Benin Teaching Hospital Ethical Committee. Informed verbal consent was obtained from each respondent after giving them detailed information on the objectives of the study. The respondents were assured confidentiality of the information provided.

Respondents were informed that they had the right to either participate or withdraw from the



study. The principle of anonymity was maintained throughout the study. Serial numbers rather than names were recorded on the questionnaires to identify respondents thus ensuring confidentiality.

**RESULTS**

A total of One hundred and forty-seven undergraduate studying nursing science participated in the study. Questionnaires were distributed to the respondents and all the questionnaires were duly filled and returned, giving 100% response rate.

Table 1 revealed the socio-Demographic characteristics of the respondents. The study revealed that 15.6% of the respondents are within the ages of 16-

20years, 68% are within the ages of 21-25years, 12.2% are within the ages of 26-30years while 4.1% are above 30 years. The study shows that 27.9% are male and 72.1% are female. Further findings reveals that 25.2% of the respondents are in 200 level, 31.3% are in 300 level; 31.3% are in 400 level and 12.2% are in 500 level. The result shows that 91.2% are single, 6.8% are married and 2% are divorced. The religious revealed that 93.9% are Christian, 6.1% are Muslims. This findings of the socio-demographic characteristics of the respondents thereby conclude that majority are within the 21-25years of ages. Majority of the respondents are in 200 and 400 level and are single. Lastly, the respondents are mostly Christians.

**Table 1: Socio-Demographic Characteristics of the Respondents**

<b>Demographic</b>	<b>Characteristics</b>	<b>Frequency</b>	<b>Percentage (%)</b>
<b>Age</b>	16-20years	23	15.6
	21-25years	100	68.0
	26-30years	18	12.2
	Above 30years	6	4.1
	<b>Total</b>	<b>147</b>	<b>100.0</b>
<b>Sex</b>	Male	41	27.9
	Female	106	72.1
	<b>Total</b>	<b>147</b>	<b>100.0</b>
<b>Level of Education</b>	200L	37	25.2
	300L	46	31.3
	400L	46	31.3
	500L	18	12.2
	<b>Total</b>	<b>147</b>	<b>100.0</b>
<b>Marital Status</b>	Single	134	91.2
	Married	10	6.8
	Divorced	3	2.0
	<b>Total</b>	<b>147</b>	<b>100.0</b>
<b>Religion</b>	Christian	138	93.9
	Islam	9	6.1
	ATR	-	-
	<b>Total</b>	<b>147</b>	<b>100.0</b>

Table 2 shows the knowledge of nursing process amongst undergraduate nurses. It shows that out of the listed items, respondents response are low for items 3, 4, 6, 8 and 10 while items 1, 2, 5, 7 and 9 are high. Findings

reveal that the knowledge of nursing process amongst undergraduate nurses was a little above average with an average percentage of correct response of 56.9%.

**Table 2 : Respondent by Knowledge of Nursing Process amongst Undergraduate Nurses (N = 147)**

S/N	Respondent's Opinion	Frequency	Percent
1.	Nursing process is a form of documentation		
	<b>Yes</b>	<b>113</b>	<b>76.9</b>
2.	It is an educational tool to help achieve patient centered nursing?		
	<b>No</b>	<b>34</b>	<b>23.1</b>
3.	Nursing process helps to attain professional status by offering alternative to the medical model		
	<b>Yes</b>	<b>89</b>	<b>60.5</b>
4.	Identification and decision making about client needs are difficulty using nursing process		
	<b>No</b>	<b>58</b>	<b>39.5</b>
5.	Nursing process is not scientifically based		
	<b>Yes</b>	<b>45</b>	<b>30.6</b>
6.	Nursing process does not require use of many cognitive and psychomotor skills		
	<b>No</b>	<b>102</b>	<b>69.4</b>
7.	There are six phases of nursing process		
	<b>Yes</b>	<b>110</b>	<b>75.5</b>
8.	NANDA means North American Nurses Diagnosis Association		
	<b>No</b>	<b>37</b>	<b>24.5</b>
9.	Nursing process is not related to critical thinking		
	<b>Yes</b>	<b>3</b>	<b>1.4</b>
10.	Patients have right to participate in the nursing process		
	<b>No</b>	<b>145</b>	<b>98.6</b>
	Yes	<b>132</b>	<b>89.8</b>
	<b>No</b>	<b>15</b>	<b>0.2</b>
	Yes	<b>57</b>	<b>38.8</b>
	<b>No</b>	<b>90</b>	<b>61.2</b>
	Yes	<b>86</b>	<b>58.8</b>
	<b>No</b>	<b>61</b>	<b>41.5</b>
	Yes	<b>60</b>	<b>40.8</b>
	<b>No</b>	<b>87</b>	<b>59.2</b>

Table 3 reveals that the responses on attitude towards the nursing process by undergraduate nursing students . Findings showed that 81% strongly agreed that the nursing process is necessary for client care while 16.3% agreed, 0% disagreed and 4% strongly disagreed with a mean score of 3.76. 40.8% of the respondents strongly agreed that they like the concept of the nursing process, 56.5% agreed, 2.7% disagreed and 0% strongly disagreed with a mean score of 3.38. This study also revealed that 44.9% of the respondents strongly agreed that identification of patients priority is easy using the nursing process. 3.4% of the respondents strongly agreed that the nursing process is tedious, 72.8% agreed, 15.6% disagreed and 8.2% strongly disagreed with a mean score of 2.7. Further findings observed that 4.1% of the respondents strongly agreed that the nursing

process is a waste of time, 6.1% agreed, 56.5% disagreed and 33.3% strongly disagreed with a mean score of 1.8. 88.4% of the respondents strongly agreed that the nursing process improves awareness of patients’ needs, 10.2% agreed, 1.4% disagreed and 0% strongly disagreed with a mean score of 3.87. 4.8% of the respondents strongly agreed that they are fed up with hearing about the nursing process, 4.8% agreed, 57.8% disagreed and 32.7% strongly disagreed with a mean score of 1.82. 9.5% of the respondents strongly agreed that the nursing process involves too much paper work, 61.2% agreed, 17% disagreed and 12.2% strongly disagreed with a mean score of 2.68. This study implies that attitude of respondents towards the nursing process is positive (aggregate mean score of 2.93).

**Table 3: Responses on attitude towards the nursing process by Undergraduate nursing students (N = 147)**

Items	Strongly Agree (%)	Agree (%)	Disagree (%)	Strongly Disagree (%)	Mean	Decision
The nursing process is necessary for client care	119(81.0)	24(16.3)	- (-)	4(2.7)	3.76	Agree
I like the concept of the nursing process	60(40.8)	83(56.5)	4(2.7)	- (-)	3.38	Agree
Identification of patients priority is easy using the nursing process	66(44.9)	80(54.4)	1(0.7)	- (-)	3.44	Agree
The nursing process is tedious	5(3.4)	107(72.8)	23(15.6)	12(8.2)	2.71	Agree
The nursing process is a waste of time	6(4.1)	9(6.1)	83(56.5)	49(33.3)	1.81	Disagree
The nursing process improves awareness of patients’ needs	130(88.4)	15(10.2)	2(1.4)	- (-)	3.87	Agree
I am fed up with hearing about the nursing process	7(4.8)	7(4.8)	85 (57.8)	48 (32.7)	1.82	Disagree
The nursing process involves too much paper work	14(9.5)	90 (61.2)	25 (17.0)	18(12.2)	2.68	Agree

**Criterion Mean = 2.50 Aggregate Mean = 2.93 (High) The number in parenthesis are percentages (%)**

Table 4 shows the stages of nursing process in which undergraduate nurses had difficulties. Findings showed that in the assessment stage, 56.5% of the respondents answered yes while 43.5% answered no. In the Diagnosis stage, 20% of the respondents answered yes while 79.5% answered no. In the planning stage,

61% of the respondents answered yes while 38.7% ed no. In the implementation stage, 25.8% answered yes while 74% answered no and lastly, in the evaluation stage, 1.4% answered yes while 98.6% answered no. So, this study conclude that the stages of nursing process where students had difficulties are assessment (56.5%) and planning (61%).

**Table 4: Stages of nursing process in which undergraduate nurses had difficulties N=147**

S/N	Stages in nursing process	Responses	
		Yes (%) Frequency	No (%) Frequency
1.	Assessment	83 (56.5)	64 (43.5)
2.	Diagnosis	30 (20.0)	117 (79.5)
3.	Planning	90 (61.0)	57 (38.7)
4.	Implementation	38 (25.8)	109 (74.0)
5.	Evaluation	2 ( 1.4)	145 (98.6)

**Table 5 Research Hypothesis H<sub>0</sub>1:** There is no significant relationship between the attitude of nursing student and nursing process base on gender.

0.89 and Chi-square test shows that there is no significant statistical relationship (  $p > 0.05$ ). This study implies that there is no significant relationship between the attitude of nursing student and nursing process base on gender.

The study revealed that the df is 145, calculated t-test is -0.14, 0.05 and level of significance

**Table 5: t-test Analysis of difference in the attitude towards the nursing process by undergraduate Nurses based on Gender**

Gender	N	Mean	Std.Dev	Df	Cal-t	Alpha	Sig. (2-tailed)	Decision
Male	41	23.44	1.96	145	-0.14	0.05	0.89	Not Significant
Female	106	23.48	1.49					
Total	147							

## DISCUSSION

This study assesses the knowledge and attitude of undergraduate nursing students towards its utilization in a Tertiary health institution in Edo State. This study revealed the socio-demographic characteristics of the respondents. Findings showed that majority of respondents are within the age of 21-25years. The writers believed that age is an important

factor in the acquisition of relevant knowledge required for the practice and delivering of quality nursing care to clients which is in compliance with the standard set by the Nursing and Midwifery council of Nigeria. The Findings of this study observed that majority of the respondents are in 300 and 400 level and are single. The writers perceived that this is typical and expected in the University

educational system in the department of Nursing Science which may explain their advancement in their professional education. Lastly, the respondents are mostly singles and Christians.

The knowledge of nursing process amongst undergraduate nurses, in this study, is only a little above fifty percent (56.9%). It implies that the knowledge of undergraduate nurses increases as they move from one level to another. Finding is also in tandem with Dergham (2011) who notes that the knowledge of the students increases with long study of the nursing process. The students' level in the University is very important in determining the knowledge of the nursing process. He notes that the knowledge of the students increase with long study of the nursing process. This suggests that teaching of the nursing process to the students is an efficient way of achieving quality nursing care to clients and this has very important nursing implications. Hasson and Ametz, (2009) also add that correct education on application of the nursing process helps in developing nursing science and increases nurses participation in promoting quality care given to the patient.

Our study shows that attitude of respondents towards the nursing process is positive. This finding also agrees with Martin et al., (2009) submission that participants are knowledgeable of the nursing process and held a relatively positive attitude towards the use of nursing process and nursing diagnosis. Findings from the study also reveal that the undergraduate nursing students experienced difficulties at assessment and planning stages. This is unique and the finding disagrees with the studies of Ferida et al., (2015), Hakverdiogiu et al., (2009) and Keski et al., (2010) observation that students have the most difficulties in data collection and diagnosing stages and the least difficulty in the planning stage. It is likely that undergraduate nurses have the perception that if the patients did not give appropriate answers to the questions

during data collection, or if the caregiver have difficulty in asking relevant questions to elicit information from the patient or possess lack of knowledge during the diagnosing process, such could lead to difficulties that will be experienced concerning the use of nursing process in other stages.

Our study observed that the stages of nursing process undergraduate nursing students experienced difficulties are assessment and planning stages. This is unique and this finding disagrees with the studies of Ferida et al., (2015), Hakverdiogiu et al., (2009) and Keski et al., (2010) who reported that students had the most difficulties in the data collection and diagnosing stages and the least difficulty in the planning stage. It is likely that undergraduate nurses have the perception that if the patients did not give appropriate answers to the questions during data collection, or if the caregiver have difficulty in asking relevant questions to elicit information from the patient or possess lack of knowledge during the diagnosing process, such could lead to difficulties that will be experienced concerning the use of nursing process in other stages.

This study observed that there is no significant relationship between the attitude of nursing student and nursing process base on gender using Chi-square test ( $p > 0.05$ ). This means that there is no difference between the female undergraduate nurses and the male involvement in the use of nursing process based on gender. This finding disagrees with Granelo-Molina et al., (2012) who concluded that female students had a more positive attitudes than male students regarding the ability to use the nursing process in providing high-quality caring. The importance of professional nursing education cannot be over emphasized. This study also indicated that adapting nursing process to professional practice is not possible without adequate knowledge.

## CONCLUSION

In conclusion, the importance of professional nursing education cannot be over emphasized. Undergraduate nursing students have poor knowledge of nursing process and the majorities have difficulties at early stages of the nursing process. Also significant difference exists in the knowledge of nursing process based on level of education while nurses are indifferent in their attitude based on gender. Therefore the reality of acquiring professional knowledge required for nursing professionals education which has changed radically in recent decades, in terms of maintaining the rhythm of current clinical practice cannot be toiled with. Undergraduate nursing students should have adequate knowledge of the nursing process which is the scientific working tool in meeting the population's health and social need.

This study observes that the relationship between attitude towards the nursing process by undergraduate nurses based on gender using Chi-square test which shows no significant statistical relationship ( $p > 0.05$ ). This means that there is no difference between the female undergraduate nurses and the male involvement in the use of nursing process based on gender. This finding disagrees with Granelo-Molina et al., (2012) conclusion that female students have more positive attitudes than male students regarding the ability to use the nursing process in providing high-quality caring. The importance of professional nursing education cannot be over emphasized. This study also indicates that adapting nursing process to professional practice is not possible without adequate knowledge.

## RECOMMENDATIONS

We recommend the need to improve nursing practice, through the supervision of undergraduate nursing students in their clinical placement in terms of the application of

knowledge acquired. There is the need to continue to receive updates so that they keep abreast of new developments. Being aware of training demands for nurses and training needs could be seen as the initial step of a cyclical process that contributes to global education and education strategies. Further research could probe into this aspect of intervention in nursing to improve client satisfaction.

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