

Assess the Effectiveness of Cabbage Leaves Application for Reduction of Joint Pain among Elderly People in Attayampatti Village, Salem

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Abstract: Pre-experimental design with one group pre and post test and quantitative approach was used to assess the effectiveness of cabbage application for reduction of joint pain among elderly people in Attayampatti village, Salem from 13/10/14 to 25/10/14. The data were collected from 50 elderly people with joint pain through purposive sampling technique to assess the effectiveness of cabbage application for reduction of joint pain among elderly people by using structured interview schedule method. The collected data were analyzed by using descriptive and inferential statistics.

Findings revealed that the highest percentage of the elderly people were in the age group of 60 - 65 years (44%), females (70%), had no formal education (48%) and daily wagers (48%). Higher percentage of the elderly people were married (56%) and 76% of the elderly people were Hindus. Most of the elderly people had mixed diet (78%), from nuclear family (44%) and 34% of elderly people had no bad habits.

Overall pre test mean score was 3.58 ± 0.70 which is 72% and the overall post test mean score was 0.18 ± 0.38 which is 4% with an overall difference of 68% revealing mild pain. It shows that the reduction in joint pain among elderly people after implementation of cabbage leaves application. Highly significant difference was found between pre and post test scores regarding cabbage leaves application for reduction of joint pain among elderly people ($p < 0.001$). No significant association was found between level of joint pain and their demographic variables except educational status.

Introduction

Ageing is a normal, universal and inevitable change which takes place even with the best of nutrition and health care. It is a normal process of time related change that occurs throughout the life, it includes the skin begins to wrinkle due to decreased body's elastic and collagen, the hair roots lose their capacity to produce enough melanin leading to whitening of

hair, hearing loss happens as the walls of the auditory canals of the ear thin out, with the ear drums becoming thicker. The brain slows as one ages, due to the reduction in neurons or messenger cells. The high levels of cholesterol, a fatty deposit on the walls of the arteries, thinned out blood vessels contributes too many cardiovascular problems among elderly people (Doris .L. Carnevali, 2011).

Joint pain is discomfort that arises from any joint, the point where two or more bones meet. It is sometimes called arthritis. It can be mild, causing some soreness each time when we move our joint. It is rarely an emergency. Most cases of mild joint pain can be successfully managed at home (Wold .G.H, 2013).

Cabbage is one of the oldest known vegetables. Cabbage is not just for salad and juice. Cabbage leaves also have proven a history as a treatment for wounds and swelling. Ancient armies carried cabbage for use not only as a food, but as a wound dressing that fought infection (Fran Berkoff .R.D, 2010).

Statement of the Problem

"A study to assess the effectiveness of cabbage leaves application for reduction of joint pain among elderly people in a selected community at Salem".

Objectives

- To assess the level of joint pain among elderly people before applying cabbage leaves
- To assess the effectiveness of cabbage leaves application on joint pain among elderly people.
- To compare the post test score with their selected demographic variables of elderly people.

Research Design and Approach

Pre experimental with one group pre-test post test design and quantitative approach was used.

Setting of the Study

The study was conducted in Attayampatti, Salem.

Population

The population for the present study was all the elderly people with joint pain in the age group between 60-75 years who are living in Attayampatti, Salem.

Sample

Sample of the study was elderly people with joint pain in the age group between 60-75 years

Sample size

Sample size for this study was approximately 50 elderly people

Sampling technique

Purposive sampling technique was used to select the samples for the present study.

Tool

Tool used for the study were
 Structured interview schedule,
 standardized Verbal Descriptor Scale and
 application of cabbage leaves to assess

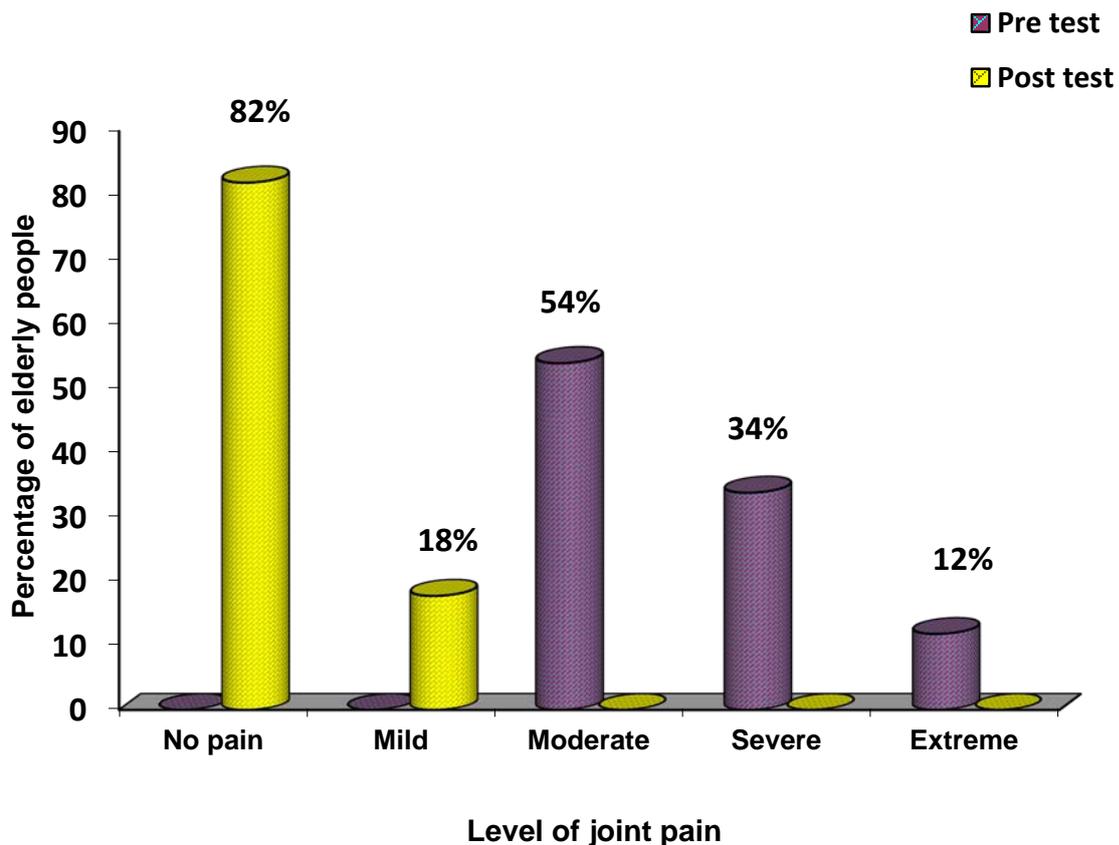
the level of joint pain among elderly people

Results and discussion

Findings revealed that the highest percentage of the elderly people were in the age group of 60 - 65 years (44%), females (70%), had no formal education (48%) and daily wagers (48%). Higher percentage of the elderly people were married (56%) and 76% of the elderly people were Hindus. Most of the elderly people had mixed diet (78%), from nuclear family (44%) and 34% of elderly people had no bad habits.

Overall pre test mean score was 3.58 ± 0.70 which is 72% and the overall post test mean score was 0.18 ± 0.38 which is 4% with an overall difference of 68% revealing mild pain. It shows that the reduction in joint pain among elderly people after implementation of cabbage leaves application.

Fig No. 4.3.1 : Comparison of percentage wise distribution of level of joint pain among elderly people before and after application of cabbage leaves.



Comparison of percentage wise distribution of level of joint pain among elderly people before and after application of cabbage leaves shows that 54% had moderate joint pain, 34% had severe joint pain and 12% had extreme

joint pain during pre test, whereas in post test, 82% had no joint pain, 18% had mild joint pain. Thus, the post test values show a reduction in the level of joint pain after application of cabbage leaves.

CONCLUSION

The present study concluded that the elderly people reported that joint was reduced by the application of cabbage leaves. Hence the study interpreted that the investigator need to conduct a study in large group to reduce joint pain among elderly people.

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