

Effectiveness of an Instructional Program on Activity of Daily Living for Patients undergo Proximal Femoral Nailing

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ABSTRACT

Background: Among the primary causes of mortality and morbidity among the elderly is intertrochanteric femur fractures, and early surgical repair is recommended to minimize the risk of pneumonia, pressure ulcers from prolonged bed rest. This study aims to evaluate the effectiveness of an instructional program on the activity of daily living for patients with proximal femoral nailing regarding intertrochanteric fracture.

Methods and Material: A quasi-experimental design is using in the present study by carry out of a pre and post-test approach for both study and control group at Mosul teaching hospital between 3rd of April 2024 until 16th of November 2024. The researcher's created and produced program and tools (questionnaires) for measuring the study's goal. 60 patients were non-probability (purposive) sample, and they were separated into two groups: 30 study group were presented with the instructional program, and 30 control group were not exposure to instructional program. Statistical analysis used (SPSS) version 26, in which descriptive and inferential statistical Fisher Exact Probability test and descriptive statistics (frequency, percentages, mean of score, Mann-Whitney U Test) were applied to the data analysis

Result: Of the study group participants were strongly improvement for patient's information with highly statistically significant at ($P \leq 0.001$). while the control group remain at same level for pretest as a non-significant at ($P > 0.05$).

Conclusion: The study concludes that the effectiveness of an instructional program there was a high significant improvement on patients' information for study group compare with control group at post-test after instructional program.

Keywords: proximal femoral nailing, activities of daily living, Instructional Program.

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