

# EFFECTIVENESS OF SELECTED INTERVENTION ON INTRA MUSCULAR INJECTION AMONG CLIENTS IN SELECTED HOSPITAL IN LUCKNOW.

**Dr. Sherin P.K,Principal, Shri K. L. Shastri Smarak Nursing College, Mubarakpur, Mutkkipur, Uttar Pradesh .**

---

## Introduction

The current study was carried out to assess the efficacy of the Heifer skin tap technique on pain associated with intramuscular injection in hospitalised adults in a selected hospital in Lucknow. The Heifer skin tap technique was evaluated on pain associated with intramuscular injection in hospitalised adults using a pre experimental one group pre test post test design. The MCAFFERY 0-10 numerical pain scale was used to collect data on the level of pain associated with intramuscular injection in hospitalised adults.

## Methodology

To select the sample with inclusion criteria, a non-probability convenient sampling technique was used. The sample size was 200 people. Part I: demographic variables, Part II: standardised MCAFFERY 0-10 numerical pain scale to assess the level of pain associated with intramuscular injection in hospitalised adults A self-administered questionnaire was used to collect data. On Day 1, a pre-test was performed in the morning without using the heifer skin tap technique. The heifer skin tap technique was used to assess post-test results on the second day. The collected data were analysed using descriptive statistics (mean, frequency, percentage, and standard deviation) as well as inferential statistics (paired 't' test and chi square test), and conclusions were drawn.

## Results

In terms of demographic variables, the majority of the 200 hospitalised adults were 30-40 years old, females, Hindu, had primary education, were moderate workers, had no habit of practising muscle exercise, received aqueous form of drug, had no history of any allergic reaction due to previous intramuscular injection, had 2ml volume of substance injected, and had previous exposure to intramuscular injection.

In terms of the effectiveness of the Heifer skin tap technique on pain associated with intramuscular injection in hospitalised adults, the mean post-test score was lower than the mean pretest score. At the p0.05 level, the obtained 't' value of 12.87 was significant.

There was a significant association between the level of pain associated with intramuscular injection and their selected demographic variables, including age, gender, educational status, and family history. There is no significant relationship between pain level and selected demographic variables such as religion, resident, type of drug and allergic reaction .

## Conclusion

The main finding of the current study was that the majority of hospitalised adults had moderate to severe pain in the pre-test and mild to no pain in the post-test. This demonstrates that the Heifer skin tap technique reduced pain associated with intramuscular injection in hospitalised adults.

## Reference

- 1) Nursing and heifer skin tap technique research. Retrieved on (May 10, 2021) from <http://www.ncbi.nlm.nih.gov/pubmed?>  
⊞
- 2) Park Svensson., (2010). Intensity of pain experienced by intramuscular injection with Heifer skin tap technique. Retrieved on (July 1, 2021) from <http://www.ncbi.gov/pubmed/23181226>.
- 3) Peter HS., ( 2004). Effects of Heifer skin tap technique on intramuscular injection. Retrieved on (August 5,2021) from <http://www.ncbi.gov/pubmed/15502439>
- 4) Porkaipandian R.T. (2007). Director of national institute of health analysis. Retrieved on (July 23,2007) from <http://www.thehindu.com/>
- 5) Sartorius.,et.al.,(2006). Experimental study on factors influencing pain after intramuscular injection. Retrieved on (August 1, 2021) from [www.ncbi.nlm.nih.gov/pubmed/16520560](http://www.ncbi.nlm.nih.gov/pubmed/16520560)
- 6) Simonsen. L., (2011). The prevalence of intramuscular injection. Retrieved on (May 11, 2021) from <http://www.ncbi.gov/pubmed/10660924>.
- 7) Subburam R. (2007). Prevalence of pain associated with intramuscular injection in Tamil Nadu. Retrieved on (May 5, 2021) from <http://www.ncbi.gov/pubmed/19806828>

