

ABSTRACT

A STUDY TO ASSESS THE EFFECT OF HOT FOMENTATION ON THROMBOPHLEBITIS AMONG PATIENTS UNDERGOING INTRAVENOUS THERAPY ADMITTED IN THE SELECTED HOSPITALS OF GUWAHATI, ASSAM.

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Introduction: Thrombophlebitis is contemplated as an adverse event resulting from iv therapy. Thrombophlebitis can occur due to mechanical, chemical and infective causes which lead to pain, inflammation, infiltration, injuring a nerve as well as extravasation, ecchymosis, hematoma, thrombosis and embolism are also common. Local complication of IV therapy includes infiltration and extravasation, phlebitis, thrombophlebitis, hematoma. Infiltration is the unintended administration of a non-vesicant solution or medication into surrounding tissue. This can occur when the IV cannula dislodges or perforates the wall of the vein. Infiltration is manifested by edema around the insertion site. **Objective:** To assess the effect of hot fomentation on thrombophlebitis among patients undergoing intravenous therapy. **Methods:** For this study quantitative research approach was adapted and using true experimental pre-test - post-test control group design the study was conducted. Total sample 60 (30 for experimental and 30 samples for control group) were selected by simple random sampling technique was used and among patients with thrombophlebitis getting IV therapy in Medical Ward at GMCH, Assam. Modified visual infusion phlebitis scale was used to assess pre-test level of thrombophlebitis and post-test level of thrombophlebitis. Intervention was given over the site of thrombophlebitis and evaluated on the 4th day. **Result:** Findings showed that in experimental group mean pre-test thrombophlebitis score was 11.07 ± 3.062 and in post-test mean thrombophlebitis score was 6.47 ± 1.871 with mean difference was 4.60. in control group mean post-test thrombophlebitis score was 10.70 ± 2.693 and in experimental group mean post-test thrombophlebitis score was 6.47 ± 1.871 with mean difference was 4.23. The comparison

was tested using unpaired t test with obtained ($t=7.072$) was statistically significant at $p<0.05$ level. Result revealed that hot fomentation was effective on level of thrombophlebitis among patients received intravenous therapy in experimental group as compared to control group.

Conclusion: Hot fomentation is effective to reduce thrombophlebitis caused due to intravenous therapy.

Key words: Thrombophlebitis, Hot fomentation, Intravenous therapy, Infusion therapy.