

Athletes' Knowledge on The Nurses' Role in Sports Injury Treatment

Upik Rahmi, Septian Andriyani and Budi Somantri

Faculty of Sports and Physical Education, Universitas Pendidikan Indonesia, Jl. Setiabudhi No. 299 Bandung, Indonesia
upikrahmi@upi.edu

Keywords: Athlete, Nurse, Sport Injury, Sport Medicine.

Abstract: Sports injuries are injuries that occur during sports activities and injuries can occur in sports athletes of all ages and sports. (Rolf C, 2007). Nurses play a role in care and should have the ability to assist the recovery of injured athletes, Piebes et al (2009). The objective of the study was to find out the Athlete's Knowledge of the nurse's role in the emergency injuries of sports injuries, treatment and recovery of sports injuries, health education of sports injuries Role of Nurses in the Treatment of Sports Injuries. Descriptive research methodology with quantitative approach to find out the athletes' knowledge on the nurses' role in handling the emergency of sports injury, treatment and recovery, health education in every sports. The population is 102 student athletes. Out of which, 81 students were selected purposively. The result of the research stated that from 81 respondents, most of them (61,7%) have enough knowledge (50 athletes), less knowledge (29,6%) 24 people and few have good knowledge (8,64%) 7 people about the role of nurses in the handling of sports injuries. Nurses are part of a health professional who has knowledge and skills in nursing and injury management. As part of the health team in handling sports injuries, the nurse needs more knowledge about sports injuries that can be obtained from collaboration with other health teams.

1 INTRODUCTION

Sports injuries are injuries that occur during sports activities and injuries can occur in sports athletes of all ages and sports. (Rolf C, 2007). In Ontario, Canada, the death toll from sports injuries reaches 87% for all ages and competitive sport and leisure, such as walking and cycling (Tator and Edmonds, 1988). Severe sports injury if injury causes no training or matches for more than 7 days. (Junge A et al (2008) and according to (Anderson et al., 2013) Excessive muscle spasms and an impact on athlete activity hence are called sports injuries.

According to 2007 Australian Institute of Health and Welfare (AIHW) data reporting from sports research, one third of the most common injury cases occurred in soccer, 2,962, bike sports (2,917), motor sport (2,737) people, and basketball (1,322) people. (Radioaustralia, 2014). So also the United States data shows the incidence of sports injuries In adults reaching 1.5 million times per year, and half are seriously injured, in children and adolescents the number is higher i.e. 3-4, 3 million times per year, spinal cord injury is relatively small all sports matches (2-10%) Lystad RP (2015), Zetaruk et al,

(2008). Data from emergency and accident care provided information that 4-16% of cases were caused by sports injuries (Pelletier, Anderson, and Stark, (1991); Pickard, Tullett, and Patel, (1988); Sahlin, Stene, Lereim, and amp; Balstad, (1990) this was also supported by Uitenbroek Research, Daan G (1996), in 335 interviews (5.1%) of 6,596 sports injuries in males 46% of 14% women.

Nurses play a role in care and should have the ability to assist the recovery of injured athletes, Piebes et al (2009). The importance of the nurse's role and first aid in the handling of sports injuries because first aid influences the recovery of any type of injury and ideally when the athlete competes must have a nurse (medical team) to handle the risk of injury (Thygerson A, 2015). The purpose of this study was to determine the Athlete's Knowledge of the Role of Nurses in the Treatment of Sports Injuries.

2 METHODS

This study was descriptive research methodology with quantitative approach to find out the athletes' knowledge on the nurses' role in handling the emergency of sports injury, treatment and recovery, health education in every sports. The population is 102 student athletes. Out of which, 81 students were selected purposively. They consist of 60 male and 21 female athletes at 18-24 years old.

3 RESULTS AND DISCUSSION

3.1 Result

The results of the study revealed that most (61.7%) of 50 athletes have sufficient knowledge about the role of nurses in the emergency of sports injuries, treatment and recovery of sports injuries, sports injury health education, 24 (29.6%) lack of knowledge about emergency of sports injuries, treatment and recovery of sports injuries, health training for sports injuries, and a small number have good knowledge (8.64%) 7 people.

3.2 Discussion

In the study results, it was seen only a small portion of athletes who have good knowledge about handling sports injuries. This can be interpreted that the role of nurse is still not known in detail by athlete because of the overlap of athlete perception to doctor and nurse, lack of involvement of health worker (nurse) to accentuate its role, hence from that athletes often make image of nurse as a doctor aide. This is in line with Nurrachmah's expression, (2012) that the image of nurses in the community during this time is only a medical assistant who has no independence. This is also evident from the system of rewards and compensation that are financially from the facilities / opportunities, awards the general public profession to nursing has not been adequate. The nurse is one part of the health team on the handling of sports injuries, incorporated in a modern multidisciplinary approach to the treatment of sports injuries as cited by the National Health Service (NHS) UK (2005).

Therefore, the knowledge, skills and attitude of the nurse must be supportive so as to be able to play a role in the handling of sports injuries. This is because nursing is a profession that has a broad knowledge of health and nursing, but to support the knowledge prevention, handling and assessment of

injury so nurses need to get additional knowledge through training through collaboration with other health workers (Faria, 2012). According to the Essentials of Baccalaureate Education for Professional Nursing Practice published by the American Association of College Nurses (1998) the core knowledge of a nurse should include health promotion, risk reduction, disease prevention, disease management, health care. Technology, ethics, global health care, and health care systems and policies. Assessment and management of sports injuries can be added to this curriculum. It is also aligned by the National Association of School Nurses, (2003) nursing is a specialty. Nurses are expected to understand the necessary diagnostic procedures in required practice and skills, Wilson et al (2008) such as assessing, preventing, and treating sports-related wounds.

4 CONCLUSIONS

Nurses are part of a health professional who has knowledge and skills in nursing and injury management. As part of the health team in handling sports injuries, the nurse needs more knowledge about sports injuries that can be obtained from collaboration with other health teams.

REFERENCES

- American Association of Colleges of Nursing, 1998. *The Essentials of Baccalaureate Education for Professional Nursing Practice*. Washington, DC: American Association of Colleges of Nursing
- Anderson, J. K Davis, I. Kickbush, D. V. McQueen, J. Turner (Eds.) 2013. *Health behavior research and health promotion* (pp. 111-124). Oxford: Oxford University Press.
- Christel Rolf, 2007. *The sport injuries handbook*, Published by A and C Black Publishers Ltd 38 Soho Square, London W1D 3HB
- Council of American Survey Research Organizations. 1982. *Report of the CASRO completion rates task force*. Unpublished report.
- Junge A, Engebretsen L, Alonso J M, Renström P, Mountjoy M, Aubry M, et al, 2008. Injury surveillance in multi-sport events: the International Olympic Committee approach. *Brit J Sport Med*.
- Lystad R P, 2015. *Epidemiology of injuries in full-contact combat sports*. Australas Epidemiol
- Pelletier, R. L., Anderson, G., Stark, R. M. 1991. Profile of sport/leisure injuries treated at emergency rooms of an urban hospital. *Canadian Journal of Sport Sciences*, 16, 99102.

- Piebes et al, 2009. Caring for Student-Athletes Following a Concussion. *Journal of School Nursing; Thousand Oaks* 25 (4).
- Tator, C. H., Edmonds, V. E. 1988. Catastrophic sports and recreational injuries in Ontario: Causes and prevention. *Journal of Trauma*, 28, 151.
- Uitenbroek, D. G., McQueen, D. V. 1991. Leisure time physical activity behavior in three British cities. *Social and Preventive Medicine*, 36.
- Wilson S, 2002. *Reciprocal rewards: school nurses can be a valuable resource, sounding board, and ally for athletic trainers-if you know how to nurture that relationship.* Training Conditioning.
- Zetaruk M, Violan M, Zurakowski D, Micheli L, 2005. Injuries in martial arts: a comparison of five styles. *Brit J Sport Med*.

