

**An Exploration of Burn Survivors'
Experiences of Pressure Garment
Therapy (PGT) at
a tertiary hospital in SA:
The impact on Service delivery**

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Introduction

- As part of MScMedSc (rehabilitation)
- Limited research on Pressure Garment Therapy (PGT), especially qualitative perspective from the patients

Research question

Is PGT, in the view of the patient, a valuable OT intervention at Tygerberg Academic Hospital (TAH)?

Aim

The aim of this study was to explore the experiences of adult burn survivors who participated in PGT during 2006-2010 at TAH

Research purpose

To use the findings to inform OT practice, policy development and promote interdisciplinary collaboration

Methodology and Research Design:

- A phenomenological, qualitative study design: lived experience from the perspective 8 burn survivors
- Purposive sampling of Burn survivors 18 years or older residing in the metro health district of the Western Cape who received PGT at the TAH OT department between 2006 and 2010.
- Health Research Ethics Committee at Stellenbosch University (Ethics Reference Number: N10/11/376)

Results

CONSEQUENCES OF THE BURN INJURY

- LOSS OF FUNCTION
- LOSS OF PARTICIPATION
- LOSS OF SELF-CONFIDENCE
- FINANCIAL DEPENDENCE
- EMOTIONAL IMPACT
- IMPACT ON RELATIONSHIPS

PERCEPTION & USAGE OF PGS

- PHYSICAL EFFECTS
 - Positive
 - Negative
- SOCIO-EMOTIONAL EFFECTS
- WEARING SCHEDULE
 - Maintenance & Effort
 - Adherence
 - Time

FACTORS AFFECTING PGT ADHERENCE

- FACTORS ENHANCING ADHERENCE
 - Support
 - Inner strengths
 - Knowledge
 - Seeing a difference
- Seeing others
 - Enablers to access the service
 - Satisfaction with the service
- FACTORS CONTRIBUTING TO NON-ADHERENCE
 - Lack of support
 - Emotional Turmoil
 - Not seeing a difference
 - Barriers to accessing the service

PARTICIPANTS' RECOMMENDATIONS

- STAFF ATTITUDE
- COLOUR OF PGS
- KNOWLEDGE & EDUCATION
- COUNSELLING
- OTHER

Discussion:

The findings of the study show that participants perceived PGT as beneficial, but several complex factors impacted adherence.

“so I suspect wearing these things was the one that was helping because now my skin is not like rough, like before...”

I couldn't go without it...like if I didn't wear my pressure suit for a day, my body would start paining...it would itch

there's a lot of effort involved to make the time to remove the pressure garment”

“the colour of the pressure suits, it's disgusting...it's so unfashionable!”

“I liked that brown one because it doesn't get dirty so quickly”

just but the colour, the colour of my skin is brown And then if you put it on...the beige, the people they ask you what's wrong?!

Impact on service Delivery

“it didn't cost me anything at the hospital”, “they give me that six-month temporary disability... it really helped me”

- “They really, really helped me. I was very impressed with the way they were helping me” “...they're very understanding, like they...they've been there.”*

“but I find it very difficult to get to the hospital and all that” “I want to come ne for my appointment but sometimes they gonna say the ambulance is full”

“They just need to be a bit more...instead of reprimanding being more supportive ... or sensitive...”

“they don't really hear how much power, um, knowledge is or emotional support can be...just preparing people mentally,

Recommendations

Regarding the Occupational Therapy Service

Dedicated provincial Tender: Colour of material

Ready made garments: lower class garments for burns, higher class for lymphoedema

Staff attitude: hear our patients