Effect of Training Counselling Program on Psychological Stress Among Amputees in Gaza Governorates, Palestine During Gaza WAR

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Abstract

Wounded amputees are faced with myriad issues involving mutilation, pain, multiple surgeries, body image issues, and a long period of rehabilitation. The care of the patient with an amputation carries its own unique set of psychosocial issues. Body image is altered, as well as previous function. Depression, anxiety, and post traumatic stress disorder symptoms are common and must be addressed rapidly with ongoing counseling and pharmacologic management. The aim of the study was to investigate the effect of designed training - counseling program on reducing psychological stress among amputees in Gaza Governorates during Gaza war. Quasi-experimental design (pre-test/post-test) was used in this study; all the accessible population (100 subjects) was included in the assessment phase to assess the level of stress among Gaza war amputees. For applying the counseling-training program, 24 subjects were chosen who have the highest scores on the stress scale. Data were obtained through three main tools; Sociodemographic and historical data, psychological stress scale: to assess the level of stress among amputees and session evaluation form. The training counseling program was designed on Albert Ellis theory for rational emotive behavior therapy. The program was divided into 23 sessions; each session duration was 60 minutes, given in an average of three sessions per week for two months. The main results revealed that designed training counseling program had an effective impact on reducing psychological stress among the amputees in Gaza Governorates during Gaza war.

The psychological stress scale was refilled by the same subjects after 2 months of the program application to assess the level of stress among amputees to examine the stability and reliability of the applied program to ensure continued effectiveness and impact of treatment program used in the study. There was no statistical significant difference at sig. level (0.05) between post and follow-up effect tests, that's mean the effect of training counseling program in reducing the psychological stress among the subjects was stable in all the stress scopes. The study concluded that the training counseling program had a positive effect on reducing psychological stress among amputees in Gaza governorates during Gaza war. The study recommended that nurses should see their patient from a holistic perspective and should effectively utilize their roles as educators and counselors to contribute in resolving public health problems like stress among amputees in Gaza Strip, and to conduct further similar study on larger, probability and representative sample of amputees in Gaza strip.

Keywords: Training counseling program; Wounded amputees; Psychological stress; Gaza war.