

“Effectiveness of planned teaching programme on knowledge and practices regarding postnatal care among primipara mothers.”

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Abstract: Postnatal care covers matters related to mother and baby from birth to 6 weeks. The goal of early postnatal care is to promote the physical well-being of both mother and baby and to support the developing relationship between the baby and its parents and family.

Methodology: used was quantitative approach. Quasi-experimental Research Design(Two Group Pre-test Post-test Design) was chosen for the study. The population were primipara mothers' groups (200 samples) and Mother who will be in the puerperium period of both FTNVD and LSCS. belongs age group from 18-35 years of age The non-probability convenient sampling technique was used.

Results: The study aimed to evaluate postnatal care knowledge and practices among first-time mothers in selected hospitals. Results showed a significant increase in knowledge among the experimental group after a teaching program compared to the control group. Post-test scores also showed improved knowledge and practice, with statistical significance ($p < 0.05$) indicating a positive impact.

Conclusion: Considerable gaps in knowledge and practice regarding postnatal care among postpartum mothers were evident. The finding of the study revealed that there is as improvement in the post test knowledge and practice scores and there is statistical difference seen were the p value is less then 0.05.

Keywords: Postnatal care, knowledge, practice, planned teaching programme, primipara mothers

Introduction:

The world health organization(WHO) estimates that 150 million deliveries occur annually. World wide, every minute of every day, one women dies off pregnancy related complications, nearly 6 lakhs women dies each year, of these 99 percentage of death occurs in developing countries. In India, every 5 minutes, one women dies from complications related to the pregnancy and child birth. This adds up to a total of 1,21,000 women per year. 15% of the women develop life threatening complications.65% of deliveries are conducted at home.41% of the women have skilled attendants to assist in childbirth. Maternal mortality is higher in women living in rural areas and among poorer communities. As early marriage of the women is the most common trend seen in India nowadays so adults face a higher risk of complications and death as a result of pregnancy than other women. Skilled care before, during and after childbirth can save the lives of women and new born babies. Only a small proportion of women in developing countries- less than 30% receive

adequate postpartum care. In very poor countries and regions as few as 5% of who receive such care. In January 2018 WHO organized GLOOS(GLOBAL MATERNAL SEPSIS STUDY AND AWARENESS CAMPAIGN) in which 53 countries participated including India. Results showed that 77% of postnatal primigravida mothers were vulnerable for sepsis due to lack of wound care, less nutritional intake, unaware of contraceptive methods, breast tumours.(3)

Rising maternal mortality in Mumbai metropolitan region was a study conducted by Sushil Kumar And Nimisha Srivastava which stated that in may 2015 the maternal deaths in Mumbai have increased 40% over the past 5 years. Mumbai maternal mortality has reached an alarming 158. This is almost 2 times the mortality ratio of Maharashtra. 319 was the total maternal death rate given by BMC in the year 2015 A study conducted by Suhbanathul Missiriya on knowledge and practices of postnatal mothers regarding personal hygiene during puerperium period in Thandalam, India. Total 60 postnatal mothers were taken and out of which 42(70%) of mothers were having inadequate knowledge and 22(36%) were having satisfactory practices.

A study conducted by Tejinder Kaur Sunita more in Haryana India. The study was conducted in civil Hospital Pallava in the year 2016 which stated the predisposing factors and microbial flora in puerperal sepsis. This was a retrospective study which included all postnatal patient which were admitted in the abstracted world of their hospital during the study period there were a total of 472 deliveries Out of which 68 patients had puerperal pyrexia And 41 cases had puerperal sepsis.

A cross-sectional study done by Akter S, Tasmin s, Hasan a in the year 2015. Stated a study on postpartum breast problems of mothers attending at lactation management centre a total 114 samples were taken. All lactating mothers who give their concerns are to be included in the study The study revealed the common problems were 46.14 in person mother suffered from not enough milk followed by 20.17% for poor attachment, 17.54% suffered from breast engorgement and 7.18% suffered from cracked nipples and nipple infection. Among them hundred percent mothers were counsel about breastfeeding 78.95% mothers were taught about proper positioning and attachment, hot or cold compression given to 35.09% mothers. The study concluded that there are many post-partum problems related to breast and lactation so proper management should be done.

In this present study, central purpose is to gain knowledge about post-natal care and acquire best practices in day to day life by the primipara mothers. Identification. The nurse researcher assesses the knowledge and practices of the primipara mothers. In this study, a pre-test is conducted by the researcher to assess the knowledge level and practices was performed The Main objective was to assess the knowledge and practice regarding post-natal care before planned teaching programme among the primipara mothers. To develop and evaluate the effect of planned teaching programme To determine the association between the selected demographic variables and the knowledge level and the practices level.

Methodology used was quantitative approach. Quasi-experimental Research Design(Two Group Pre-test Post-test Design) was chosen for the study. The population were primipara mothers groups (200 samples) and Mother who will be in the puerperium period of both FTNVD and LSCS. belongs age group from 18-35 years of age The non-probability convenient sampling technique was used. Tool used were: demographic questionnaire seeking information on the demographic background of the samples. Self structured questionnaire to assess the knowledge depending upon the following components;(General post-natal care, breast-feeding, breast-care,wound care, Post-natal exercises, birth spacing and family planning) and Self-Reported Practices questions.The conceptual framework of the present study is based on Ernestine Wiedenbachs Helping art Of clinical nursing theory The reliability was done using test-retest method, Calculated by using Cronbachs Alpha co-efficient, the 'r' value was 0.799. The ethical consideration was done by ethical approval from the institutional ethical committee. Formal permission was taken from hospital authority. Informed consent from participant.

RESULTS:

Majority of the primi-mothers' were in the age group of 23-27 years. Majority of the primi- mothers were educated till HSC only. Majority of the primi-mothers' were Hindu in religion. Majority of the primi-mothers'

were housewife's in the occupation. Majority of the monthly family income of the primi-mothers' as between 10,001 to 20,000 rupees. Findings related to knowledge and practices regarding post-natal care: Majority of the primi-mothers' i.e 69% had good level of knowledge regarding post-natal care after the intervention While 31% of primi-mothers' had average knowledge regarding post-natal care As compared to the control group had 76% The self reported practices score was highly significant as p-value was >0.002. Findings reveals that there is association between the pre-test knowledge with related to selected demographic variables: There was a significant relationship between the educational status and the level of pre-test knowledge scores. Finding related association between self-reported practices and with selected demographic variables: There was no association with the selected demographic variable.

Discussion:

Maternal mortality is a significant issue, particularly among women in rural areas and poorer communities. Young adolescents face a higher risk of complications during pregnancy and childbirth. Skilled care before, during, and after childbirth is crucial for saving lives of both mothers and newborns. However, in developing countries, less than 30% of women receive adequate postpartum care, with as few as 5% in the poorest regions.

A similar study was conducted to assess the knowledge was conducted by Ms Pournima Polak 2016 – Coimbatore. One group pre-test post-test was the design used with the sample size of 35. the following were the components used in the study; personal hygiene, PNC diet, breast feeding which showed significant difference in the knowledge level after health education as the p value was less than 0.05 by using paired t-test. There is no association seen between the demographic variables and the pre-test knowledge scores, but association was seen in the post-test of education with knowledge scores.

A similar 2015 study by Meeral Kalariya International Journal of Nursing Education and Research Postpartum exercise offers various benefits to mothers that reduce postpartum complications and help the mother return to her pre-pregnancy state. Knowledge and practice of postpartum exercises are essential to reduce postpartum complications. The purpose of this study is to assess the level of knowledge and practice related to postpartum exercise. The proposed study was a pre-experimental onegroup post-test design. The conceptual framework of this study was based on Orem's model of self-care. The study was conducted by L.G. Haria Hospital; Vapi and Srimad Rajchandra Hospital; Dharmpur in Valsad District. A total of 60 postpartum mothers were selected using a convenience sampling method. The collected data were analyzed using both descriptive and inferential statistical methods. In the pretest, 58 (96%) had inadequate knowledge and 44 (74%) had inadequate practice, while 02 (4%) had moderate knowledge and 14 (24%) moderate. After STP, 42 (70%) reported adequate knowledge and 51 (84%) reported adequate practice regarding postpartum exercise. The resulting Z-test values (48.86 and 46.10 for knowledge and practice) were significant at 5%. A chi-square test was used to test for associations and a significant association was found with the following demographic variables, such as age, religion, family type with knowledge, and home exercise lifestyle.

A study conducted at Banashankari Referral Hospital in Bangalore assessed the knowledge and practices of postnatal care among mothers. The results showed that only a small percentage of mothers had adequate knowledge and practices regarding postnatal care. Educational instructions were recommended to improve their understanding and behaviors. Overall, these findings highlight the importance of timely and skilled medical care in reducing maternal mortality and improving outcomes for patients with perforation peritonitis. Early intervention and proper postnatal care are essential for saving lives and reducing complications in these vulnerable populations.

Conclusion:

The main focus of the study was to assess the knowledge and practice of postnatal care among primipara mothers at selected hospitals regarding postnatal care. 69% of the mothers have good knowledge in experimental group as compared to the control group had 24% of knowledge after the planned teaching

programme. 31% had average knowledge in the experimental group as compared to the control group has 76% after the post-test was done. The finding of the study revealed that there is an improvement in the post test knowledge and practice scores and there is statistical difference seen where the p value is less than 0.05.

Study implications are Nursing practice:

1. The nurse can regularly practice and apply the PTP in their hospital settings.
2. To assess the alarming symptoms and take preventive actions.
3. Health education can be imparted through mass media that is radio, television, pamphlets etc.

Nursing administration:

1. The administration departments should keep the records of all the maternal morbidity and mortality rates.
2. They should form different policies which will help the mothers to initiate in self-care.

Nursing education:

1. The nurse should be equipped with the up-to-date knowledge about self-care practices done by the mother in the puerperium period.
2. Emphasis on ill-effects of unhealthy post-natal practices should be taught to the student nurse.

Nursing research-

Wide scope of conducting research in depth using other tool in order to assess the knowledge and identify the practices of post-natal care and make the needed policies and can bring change in the patient care.

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