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EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME REGARDING POSTNATAL COMPLICATIONS AMONG HIGH RISK ANTENATAL MOTHERS

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ABSTRACT

Pregnancy is a normal physiological process and not a disease. High risk pregnancy is condition that may be present before and in pregnancy. Specific factors that might contribute to high risk pregnancy include advanced maternal age, anemia, life style choices, gestational diabetes, antepartum hemorrhage and hypertension that leads to postnatal complications - hemorrhage puerperal sepsis, perineal injuries and eclampsia. The main aim of the study is to enhance the knowledge regarding postnatal complications among high risk antenatal mothers by providing structured teaching programme in order to improve the maternal health. For this study quasi experimental design was used. The study was conducted among 30 high risk antenatal mothers attending antenatal outpatient department at Pollachi. The sample was selected by purposive sampling. Data was collected by sociodemographic variables and structured knowledge-based interview module. The result shows that the mean post-test knowledge of control and experimental group is 16.53 and 23.17 respectively, it is higher than the pretest knowledge score. The calculated post test score was 5.8433 it is significant at $p < 0.05$ level. Thus, the structured teaching programme regarding postnatal complications is effective in increasing knowledge.

KEYWORDS

High risk antenatal mother, Structured teaching programme and Postnatal complications.

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INTRODUCTION

Mother and child health is one of the major concerns of public health throughout the world, health education increase knowledge of mother in relation to their health is an important strategy in improving maternal health. Even with the best possible antenatal screening any delivery can become a complicated one, requiring emergency intervention therefore skilled assistance is essential to deliver

Care in the absence of midwives and nurses. They should be trained to identify complications, to provide immediate first aid and know when and where to refer mother for additional care.

Jacobson (2008)¹ conducted a year control study regarding antenatal and post-natal risk factors of venous thrombosis in pregnancy. Totally 559 cases were selected in this case of 268 antenatal and 291 postnatal cases were identified. The result shows that the venous thrombosis was caused due to antepartum immobilization, cigarette smoking, pre-eclampsia, infection. So more attention should be paid to pregnant women of high BMI who are immobilized.

Sj. Knowles (2014)² executed a post-operative study among the maternal repair associated with pregnancy data collected in the community. The result shows that 17% of sepsis episodes occurred antenatally 36% intra partum. Some of infection was the genital tract in 61% and some are urinary tract (25%) sepsis was associated with preterm delivery (95%). Many antenatal mothers who were diagnosed high risk at antenatal period showed poor outcome. The antenatal mothers have less knowledge regarding regulation of diet avoiding stress, adjustment in life style early detection requires about specific postnatal complication by health education.

STATEMENT OF THE PROBLEM

A study to evaluate the effectiveness of structured teaching programme regarding the knowledge of postnatal complication among high risk antenatal mothers in a selected hospital at Pollachi.

Objectives of the study

To assess the pre-test knowledge regarding postnatal complications among high risk antenatal mothers.

To assess the post-test knowledge regarding postnatal complications among high risk antenatal mothers.

To assess the effectiveness of structured teaching programme regarding postnatal complications among high risk antenatal mothers.

To find out the association between knowledge regarding postnatal complications among high risk antenatal mothers with their selected demographic variables.

Hypothesis

H₁

The mean posttest knowledge level of high-risk antenatal mother regarding postnatal complication is more than the pretest knowledge.

H₂

There will be a significant difference between pre and post knowledge after structured teaching programme regarding postnatal complications among high risk antenatal mothers.

H₃

There will be a significant association between association between knowledge regarding postnatal complications among high risk antenatal mothers with their selected demographic variables.

MATERIAL AND METHODS

A quasi experimental one group pre and posttest design was used. 30 antenatal mothers with high risk diagnosed conditions were selected by purposive sampling method. The pretest was conducted by structured interview method, followed by this structured teaching programme was given with flash cards. After 9 days post test was conducted with the help of same interview questionnaire.

RESULTS AND DISCUSSION

Table No.1 reveals that frequency and percentage distribution of pretest knowledge regarding postnatal complication among antenatal mothers. Among 30 mothers 5(16.6%) mothers had inadequate knowledge, 24(80%) mothers had moderately adequate knowledge, 3.3%(1) mother had adequate knowledge in pretest. In posttest 15(50%) mothers had adequate knowledge, 15(50%) mothers had moderately adequate knowledge, none of the mother had inadequate knowledge.

Table No.2 reveals that t' value of pre and post-test knowledge. The pre-test mean score was 116.5 and standard deviation is 1.6, the posttest mean score was 132.3 and standard deviation is 3.54 the mean difference is 16.3. The obtained 't' value is 33.1. It was significant a p<0.05 level. Thus, stated hypothesis is accepted.

Table No.3 reveals that association between the knowledge score regarding postnatal complications

among antenatal mothers with their demographic variables. It shows that there was a significant association between knowledge score and demographic variables such as age religion, education status, occupation monthly income nativity, number of deliveries, previous delivery method at $p < 0.05$ level.

Discussion

The main aim of the study is to assess the effectiveness structured teaching programme on knowledge regarding postnatal complication among high risk antenatal mothers. The study was conducted among 0 samples. Pre-test and post-test were conducted by structured interview method. The response was analyzed through mean, standard deviation, paired t test and chi square. The results were arranged based on objectives of the study.

The first objective is to assess the pretest knowledge regarding postnatal complications among high risk antenatal mothers. Among 30 mothers 5(16.6%) mothers had inadequate knowledge, 24(80%) mothers had moderately adequate knowledge, 3.3%(1) mother had adequate knowledge in pre-test.

The second objective is to assess the posttest knowledge regarding postnatal complications among high risk antenatal mothers.

In post-test 15(50%) mothers had adequate knowledge, 15(50%) mothers had moderately adequate knowledge, none of the mother had inadequate knowledge.

The third objective is to assess the effectiveness of structured teaching programme regarding postnatal complications among high risk antenatal mothers. The pre-test mean score was 116.5 and standard deviation is 1.6, the posttest mean score was 132.3 and standard deviation is 3.54 the mean difference is 16.3. The obtained ‘t’ value is 33.1. It was significant a $p < 0.05$ level. Thus, stated hypothesis is accepted.

The fourth objective is to find out the association between knowledge regarding postnatal complications among high risk antenatal mothers with their selected demographic variables. It shows that there was a significant association between knowledge score and demographic variables such as age religion, education status, occupation monthly income nativity, number of deliveries, previous delivery method at $p < 0.05$ level.

Table No.1: Distribution of pre-test and post-test knowledge regarding postnatal complication among antenatal mothers N=30

S.No	Level of knowledge	Pre-test		Post-test	
		N	%	N	%
1	Adequate knowledge	1	3.3 %	15	50%
2	Moderately adequate knowledge	24	80%	15	50%
3	Inadequate knowledge	5	16.6	-	-

Table No.2: Distribution of mean, standard deviation, mean difference and t’ value of pre-test and post-test knowledge regarding postnatal complications among high risk antenatal mothers N=30

S.No	Variables	Mean	Standard deviation	Mean difference	‘t’ Value
1	Pre-test knowledge score	116.5	1.6	16.3	33.1
2	Post-test knowledge score	132.3	3.54		

Significant * $p < 0.05$ level

Table No.3: Frequency distribution of knowledge regarding postnatal complication among antenatal mothers and their demographic variables N=30

S.No	Demographic Variables	The Level of Knowledge						Inference
		Adequate Knowledge		Moderately Adequate Knowledge		Inadequate Knowledge		
		F	%	F	%	F	%	
Age								
1	19-24 years	4	13.3%	8	26.6%	1	3.3%	31.87 (NS) Df = 6
2	25-29 years	6	20%	11	36.6%	-	-	
3	30-35 years	-	-	-	-	-	-	
4	More than 36 years	-	-	-	-	-	-	
Religion								
5	Hindu	11	36.6%	13	43.3%	-	-	41.44 (NS) df = 4
6	Christian	-	-	2	6.6%	-	-	
7	Muslim	3	10%	1	3.3%	-	-	
Education								
8	Primary	2	6.6%	2	6.6%	-	-	4.71 (NS) df = 4
9	Secondary	9	30%	11	36.6%	-	-	
10	Graduate	4	13.3%	2	6.6%	-	-	
Occupation								
11	Daily wages	11	36.6%	8	26.6%	-	-	4.9 (NS) df = 4
12	Private	4	13.3%	5	16.6%	-	-	
13	Government	-	-	2	6.6%	-	-	
Monthly Income								
14	Rs 3000 – 5000	1	33%	4	13.3%	-	-	6.02 (NS) df = 6
15	Rs 5000 – 8000	6	20%	6		-	-	
16	Rs 8000 – 10000	6	20%	3	20%	-	-	
17	More than 10000	2	6.6%	2	10% 6.6%	-	-	
Nativity								
18	Rural	11	36.6%	10	33.3%	-	-	0.87 (NS) df = 4
19	Urban	5	16.6%	4	13.3%	-	-	
No. of delivery								
20	First Baby	7	23.3%	10	33.3%	-	-	13.05 (NS) df = 4
21	Second Baby	8	26.5%	5	16.6%	-	-	
22	More than 2 babies	-	-	-	-	-	-	
Previous delivery								
23	method	2	6.6%	2	6.6%	-	-	0.95 (NS) df = 6
24	Normal delivery	5	16.6%	4	13.3%	-	-	
25	LSCS	-	-	-	-	-	-	
Forceps delivery								
26	Primigravida	8	26.6%	9	30%	-	-	

P<0.05 level

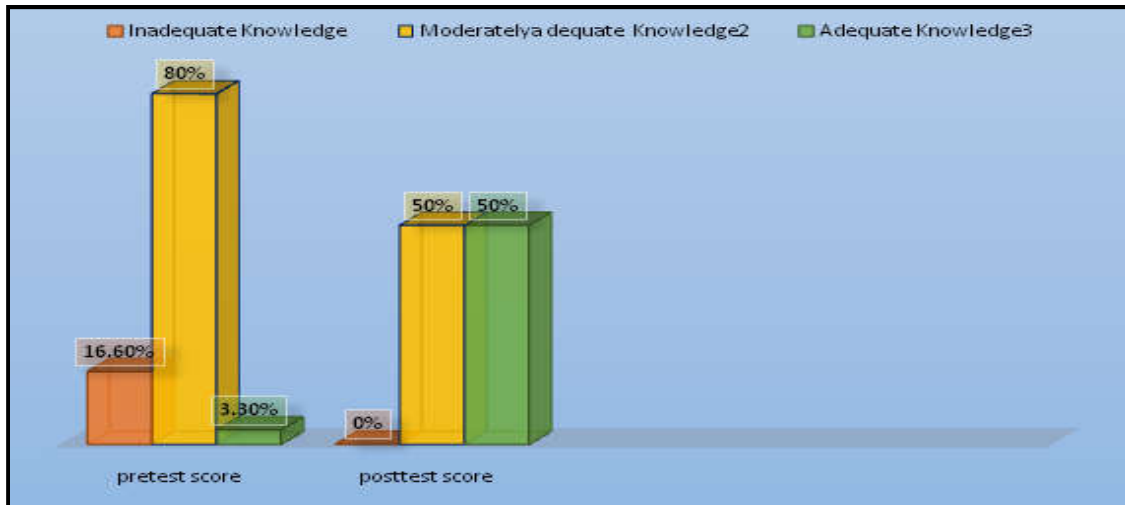


Figure No.1: level of knowledge regarding postnatal complications

CONCLUSION

The findings of this study clearly point out that structured teaching programme is effective in improving knowledge regarding postnatal complication among antenatal mothers. The postnatal complications can be controlled by managing the high risk antenatal cases.

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CONFLICT OF INTEREST

We declare that we have no conflict of interest.

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