

EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE AND PRACTICES REGARDING PREVENTION OF ANTEPARTUM HAEMORRHAGE AMONG PRIMIGRAVIDA MOTHERS IN SELECTED HOSPITAL SIRSA, HARYANA, INDIA

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ABSTRACT:

Antepartum haemorrhage is such as a common condition which adversely affects the mother and baby. A healthy mother and a healthy baby are valued hopes and dreams of families of all cultural heritages. While we have made great progress in ensuring healthier pregnancies and babies over the past several decades, we still have much to do. Antepartum haemorrhage is a common condition which adversely affects the mother and baby. Mothers should be able to act appropriately and manage the condition. During the clinical experience the investigator has observed that the mothers lack in knowledge regarding the proper management of antepartum haemorrhage. APH demands timely and co-ordinated management in case of massive obstetric haemorrhage. Every nurse must have the capability to develop comprehensive plans & preventions to tackle the situations such as antepartum haemorrhage. Nurses should update their knowledge by getting and knowing the latest information on this disease conditions and its management. The methodology of research shows the general pattern of organizing the procedure for gathering valid and reliable data for the purpose of investigation. Convenient sampling technique was considered appropriate for this study. Findings about the comparison of level of pre-test & post test majority 60% of the respondents had inadequate knowledge and 40% moderate knowledge regarding causes and prevention of APH in the pretest. After administration of structured teaching program 30% of respondents had moderate knowledge and 70% of them had adequate knowledge regarding causes and prevention of APH.

Key Words: *Antepartum, knowledge, structured teaching programme.*

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INTRODUCTION:

A healthy mother and a healthy toddler are valued hopes and dreams of families of all cultural heritages. While we have made great progress in making sure healthier pregnancies and babies over the past several decades, we nevertheless have much to do. Despite major advances in medical care, poor birth outcomes continue to be a problem. 31% of women giving birth suffer from pregnancy complications. Antepartum haemorrhage is a common event in pregnancy and an essential reason of maternal and fetal morbidity and mortality.

Neilson, Jim. (2003). did a studies on placental abruption is an important cause of maternal and fetal mortality and morbidity. Comprehensive electronic search of the Cochrane Pregnancy and Childbirth trials register. If eligible trials were to be identified, data will be extracted, un blinded, by the reviewer from all studies. No studies that met the inclusion criteria were identified. The clinical management of placental abruption has to rely on knowledge other than that obtained through randomized clinical trials.

Antepartum haemorrhage is a grave obstetric emergency and is a leading cause of maternal and perinatal mortality and morbidity. It affects 2-5% of pregnancies. It should be considered a medical emergency (regardless of whether there is pain) and medical attention should be sought immediately as if it is left untreated or undiagnosed it can lead to death of the mother and /or fetus. It can be associated with fetal morbidity

Antepartum haemorrhage is such as a common condition which adversely affects the mother and baby. Mothers should be able to act appropriately and manage the condition. During the clinical experience the investigator has observed that the mothers lack in knowledge regarding the proper management of antepartum haemorrhage. In view of the need, the investigator felt to assess the knowledge of Primigravida mothers regarding management of Antepartum Haemorrhage. Investigator concludes that if the mothers have adequate knowledge regarding management of antepartum haemorrhage, they can manage the critical situations that may arise in their home and working environment .They save their babies and help themselves to attain optimum health. There by it helps to reduce maternal and fetal morbidity and mortality.

Antepartum haemorrhage (APH) defined as (Giordano, Rosalba et al., 2010) bleeding from the genital tract in the second half of pregnancy, remains a major cause of perinatal mortality and maternal morbidity in the developed world. In approximately half of all women presenting with APH, a diagnosis of placental abruption or placenta praevia will be made; no firm diagnosis will be made in the other half even after investigations. In instances presenting with APH, the evaluation consists of history, clinical signs and symptoms and once the mother is stabilized, a speculum examination and an ultrasound scan. A revision of the literature was made only larger prospective trials or case-control study was taken into account.

RESEARCH METHODOLOGY

The setting was selected based on acquaintance of the investigator with the hospital, feasibility of conducting the study, availability of the sample, permission and proximity of the setting to investigation. The study was conducted in selected Hospital, of District Sirsa (Hararyana). In this study sample size will be 100 primigravida mothers present in selected Hospital, of District Sirsa. Keeping in mind, the time available for data collection and familiarity to the area, the investigator has chosen this setting.

The study was conducted in selected Hospital, of District Sirsa (Hararyana). Population for the study will be all Primigravida mothers.

In this study sample size will be 100 primigravida mothers present in selected hospital Sirsa.

The tool consisted of a self-report structured questionnaire to assess the knowledge of primigravida mothers. The tool was developed by reviewing the literature from books, journals, articles, published and unpublished theses and electronic media, discussion with guide and experts and reviewing related tools developed by others.

Method of Data Collection

Prior to data collection permission was obtained from hospital authority concerned for conducting study. Subjects will be selected according to the selection criteria of the study. Firstly the pre-test knowledge of the primigravida mothers was measured by the structured knowledge questionnaire. Structured teaching program was administered to the primigravida mothers. After 7 days of structured teaching program administration, post-test knowledge was measured to evaluate the effectiveness.

The knowledge on practices regarding prevention of antepartum haemorrhage among Primigravida Mothers in selected Hospital Sirsa, Haryana, India. was analyzed in terms of frequencies, percentage, mean, mean%, standard deviation, correlation coefficient and 't' test and would be presented in the form of bar diagram.

DATA ANALYSIS AND INTERPRETATION

Conveniently large samples of 100 primigravida mothers were chosen by simple random sampling technique. The data were carefully elicited knowledge and practices regarding prevention of Antepartum Haemorrhage among primigravida mothers in selected hospital Sirsa, Haryana, India.. The data were recorded and processed in view applying suitable statistical techniques. The data analysis contains three major sections. The section includes the descriptive analysis, which will describe the knowledge and perception of primigravida mothers.

The data were collected through structured interview schedule and were analyzed by using descriptive and inferential statistics, which are necessary to explicate the knowledge and to determine the association between the knowledge with selected demographic variables. The substantive summary of the analysis presented in the following sections in accordance with the outlined objectives.

KNOWLEDGE OF RESPONDENTS REGARDING CAUSES AND PREVENTION OF APH IN PRE TEST

Table .1: Pretest and post test knowledge level of respondents. N: 100

Knowledge level	Pretest		Posttest	
	Frequency	Percent	Frequency	Percent
a. Inadequate knowledge	60	60	0	0.0
b. Moderate knowledge	40	40	30	30.0
c. Adequate knowledge	0	0.0	70	70.0
Total	100	100	100	100

Table .1 depicts that majority 60% of the respondents had inadequate knowledge and 40% moderate knowledge regarding causes and prevention of APH in the pretest. After administration of structured teaching program 30% of respondents had moderate knowledge and 70% of them had adequate knowledge regarding causes and prevention of APH.

TABLE--2: Mean, Mean percentage and standard deviation for the pre-test knowledge of respondents. N=100

Sl. No.	Knowledge aspects	No. of Items	MaxS core	Mean	Mean %	Median	SD
1	Definition & incidence	6	6	3.32	50.33	3	0.586
2	Etiology, Pre disposing factors & types	9	9	4.58	50.90	4.5	1.020
3	Clinical manifestation & complication	6	6	2.4	40	2	0.550
4	Diagnosis & management	15	15	6	40	7.5	1.247
Overall		36	36	16.96	47.1	14	2.173

The table .2 shows that the maximum mean percentage obtained by the sample is found in the aspect of Etiology, Predisposing factors & types (50.90%), followed by Definition & incidence (50.33%) and least mean percentage (40%) obtained in the aspect of Clinical manifestation & complication and Diagnosis & management. The overall mean percentage obtained in the pretest was 47.1%.

**TABLE--3: Mean, Mean percentage and standard deviation for the post test knowledge of respondents
N=100**

Sl. No.	Knowledge aspects	No. of Items	Max Score	Mean	Mean %	Median	SD
1	Definition & incidence	6	6	5.23	87.11	5	0.763
2	Etiology, Predisposing factors & types	9	9	7.75	86.09	8	0.662
3	Clinical manifestation & complication	6	6	5.27	87.8	5	0.777
4	Diagnosis & management	15	15	13.14	87.6	13	1.329
Overall		36	36	31.29	86.93	26	2.549

The table .3 shows that the maximum mean percentage obtained by the sample is found in the aspect of Definition & incidence (87.11%), followed by Clinical manifestation & complication (87.8%), Diagnosis & management (87.6%), and least mean percentage obtained in the aspect of Etiology, Predisposing factors & types (86.09%). The overall mean percentage obtained in the post test was 86.93%.

**TABLE .4: Comparison of pretest and posttest knowledge scores among respondents regarding causes and prevention of APH
N=100**

S. No.	Knowledge aspects	Pretest		Posttest		Mean difference	T Value	Df	Inference
		Mean	S D	Mean	S D				
1	Definition & incidence	3.32	0.586	5.23	0.763	1.91	21.685	99	S
2	Etiology, Predisposing factors & types	4.58	1.020	7.75	0.662	3.17	23.805	99	S
3	Clinical manifestation and complication	2.4	0.550	5.27	0.777	2.87	23.733	99	S
4	Diagnosis and management	6	1.247	13.14	1.329	7.14	27.128	99	
Overall		16.96	2.173	31.29	2.549	14.33	35.142	99	S

From the table it is evident that the obtained "t" value 35.142 is greater than the table value both at 0.05 level of significance. Therefore, "t" value is found to be significant. It means there is gain in knowledge level of respondents regarding causes and prevention of APH. This supports that structured teaching program on causes and prevention of APH is effective in increasing the knowledge level of respondents.

FINDINGS, DISCUSSION

Comparison of levels of knowledge at pretest and posttest by chi-square test

Findings about the comparison of level of pre-test & post test majority 60% of the respondents had inadequate knowledge and 40% moderate knowledge regarding causes and prevention of APH in the pretest. After administration of structured teaching program 30% of respondents had moderate knowledge and 70% of them had adequate knowledge regarding causes and prevention of APH.

The maximum mean percentage obtained by the sample is found in the aspect of Etiology, Predisposing factors & types (50.90%), followed by Definition & incidence (50.33%) and least mean percentage (40%) obtained in the aspect of Clinical manifestation & complication and Diagnosis & management. The overall mean percentage obtained in the pretest was 47.1%.

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χ^2 value computed between the post test knowledge level of respondents on causes and prevention of APH and selected demographic variables. Variables such as age, sex and religion as area of work, experience in maternity wards, in-service education and source of information were significant at 0.05 level. Therefore the hypothesis stated there will be significant association between posttest knowledge of respondents regarding causes and prevention of APH and selected demographic variables is accepted.

The findings were in correlation with Ann Maria Thomas 2017, descriptive evaluator approach to assess the knowledge and practices of mothers before and after planned teaching. The association was checked using chi square, it can be inferred there is association of pretest knowledge with selected demographic characteristic type of the family and duration of marriage and there is no association between pretest knowledge and selected demographic characteristic age of among selected high risk antenatal mother's therefore null hypotheses can be rejected.

The study revealed that planned teaching programme regarding prevention of complications among selected high risk antenatal mothers was effective as it improved the knowledge and practice level significantly.

The another findings were supported by the study conducted by Mulugeta, A.K., Giru, B.W., Berhanu, B. *et al* (2020) regarding knowledge of primigravida women for birth preparedness and its complication readiness was low. Information given about danger sign and birth preparedness during ANC follow up was not comprehensive. Therefore, family health care providers, health facility, other partners, program level managers and policy makers take their responsibility and work together to improve the health education service and increase knowledge on birth preparedness and complication readiness through easily accessible health education strategies.

The overall experience of conducting this study was satisfying one, as there was good co-operation from Primigravida mothers and higher authority. The study was a new learning experience for the investigator. The result of the present study showed that Primigravida mothers lack adequate knowledge regarding antepartum haemorrhage its prevention.

CONCLUSIONS

This chapter deals with Conclusion, implications for nursing practice, nursing education, nursing administration and nursing research, limitations of the study, suggestions and recommendations.

The following conclusions had been drawn on the basis of the findings:

Findings about the comparison of level of pre-test & post test knowledge and attitude based on knowledge and practices regarding prevention of antepartum haemorrhage among Primigravida Mothers in selected Hospital Sirsa, Haryana, India. shows that, in pre-test the majority of Primigravida Mothers had Inadequate level of knowledge and in post-test, the most of Primigravida Mothers had moderate level of knowledge.

The overall experience of conducting this study was satisfying one, as there was good co-operation from Primigravida Mothers and higher authority. The study was a new learning experience for the investigator. The result of the present study showed that girls lack adequate knowledge regarding prevention of antepartum haemorrhage among Primigravida Mothers in selected Hospital Sirsa, Haryana.

Primigravida Mothers of experimental group had experienced gain in knowledge in post Intervention assessment compared to control group. Thus knowledge regarding prevention of antepartum haemorrhage was successful in increasing the level of knowledge regarding antepartum haemorrhage among Primigravida Mothers.

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