EVALUATING THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON EXPERTISE CONCERNING SELECTED ALTERNATIVE AND CURRENT MODALITIES OF PAIN RELIEF DURING FIRST STAGE OF LABOUR AMONG 4TH YEAR B.SC NURSING STUDENTS

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ABSTRACT

The objectives of the study is to evaluate the existing expertise and compare the effectiveness of structured teaching programme on developing expertise concerning selected alternative and current modalities of pain remedy during first stage of labour, among some of the nursing college students and assess the pre-test expertise rankings regarding selected alternative and present day modalities of pain remedy with the chosen demographic variables of the nursing students. A pre-experimental one group pre-test post-test design was used. Information was collected with the aid of convenient sampling technique from 48 (forty eight) 4th year BSc Nursing college students from a selected nursing college of Kanyakumari district. The tool comprised 5 demographic variables and 20 dependent expertise questionnaires regarding knowledge about selected alternative and current modalities of pain alleviation during first stage of labour. The pre-test was conducted using a dependent interview questionnaire. Statistics was analysed using inferential and descriptive statistics. The observer found out that 8% of students had adequate expertise, 21% of students had slight expertise and 71% had inadequate expertise in pre-test and after STP, 42% had desirable/ adequate know-how and 50% acquired mild understanding. A look at the computed ' t' test value implied that post-test knowledge rating concerning expertise in selected alternative and present day modalities of pain remedy, was 27.88 which was substantially higher than pre-test knowledge rating 14.92 at p<0.05 level. The 't' value became significant (t= 30.91) at p<0.05 level indicating the structured coaching programme on understanding regarding selected alternative and modern modalities of pain alleviation, all through first stage of labour was effective. The observed findings revealed that STP become highly effective in improving understanding among 4th year nursing college students, of alternative and up-to-date modalities of pain alleviation in course of first stage of labour

Keywords: *Structured teaching programme, Alternative and Current modalities, Nursing students.*

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INTRODUCTION

Child birth is a momentous occasion for the mother that goes on to mean much beyond the actual physiological method that it apparently is. Regular labour can be defined as a chain of activities that take place within the genital organs with a view to expel the baby out of the womb through the vagina into the outer world. Normal labour takes place between thirty-seven and forty-two weeks of gestation.

The reasons of labour pain may be felt both bodily or mentally. Bodily elements of the pain encompass uterine contractions, cervical dilatations, cervical effacements etc. Mental elements consist of fear and anxiety concerning previous experiences, inadequate help, insufficient knowledge etc. Pain perceived through these exertions can be distinctively different for each female.

Pain alleviation is the way wherein mothers experience that they have been able to cope with pain at some stage of labour. It is by far a vital component in desirable obstetric care. This involves usages of pharmacological and non-pharmacological or alternative methods of ensuring pain comfort. Due to their substantial popularity and proven effectiveness alternative and modern modalities need to be made available to every mother.

Alternative and up-to-date modalities are simple, secure and less expensive. It considers the human frame as the sum total of its physical, mental, social and religious dimensions. Remedies are based totally on herbal components, thereby advocating a drugless treatment. Alternative modalities are easy to exercise and clearly less costly. Preventive and promotive factors are accorded equal emphasis in alternative modalities.

Alternative modalities have to be adopted in line with the women's wants and allowing increased options to be recognised alongside primary maternity care. The primary intention should be to make available a secure and ideal alternative for pain alleviation to delivering women.In the present study four major modalities particularly aromatherapy, touch and massages, respiratory sporting events and hydrotherapy are selected. So they have to a look at it in the direction of evaluating the effectiveness of established teaching programme amongst nursing college students with a goal to improve their expertise. Contemporary modalities of ache relief at some point of first level of labour can be powerful in improving the requirements of maternal offerings.

OBJECTIVES

1. To assess the knowledge of 4th year BSc Nursing students regarding selected alternative and modern day modalities of comforting pain all through the first stage of labour before and after administering structured teaching programme.
2. To find out association between expertise and the selected demographic variables, such as, Age, Gender, Religion, Type of Family, Previous information and its source.

Methodology:

Research approach

An experimental approach was used to evaluate the effectiveness of structured teaching programme on selected alternative and modern day modalities of pain comforting all through first stage of labour.

Research design

The study utilised Pre- experimental one group pre-test and post-test design. Pre-test was done on selected samples by using tool I and tool II and then structured teaching programme was conducted. After 7 days of using tool II, re-expertise was reassessed. The schematic representation of the present study design is as follows:

O_1 X O_2

O_1→Expertise prior to administering structured teaching programme

X→ Structured teaching programme on selected alternative and present day modalities of pain relief during first stage of labour.

O_2→Expertise after structured teaching programme

Setting of the study

The study was conducted in Salvation Army Catherine Booth College of Nursing, Nagercoil in Tamilnadu, India.

Population

Target population: Nursing Students

Accessible population: Fourth year BSc nursing students in Salvation Army Catherine Booth College of Nursing, Nagercoil

Sample

Sample size consists of 48- Fourth year BSc nursing students in Salvation Army Catherine Booth College of Nursing, Nagercoil in Tamilnadu

Sampling technique

Non-Chance, handy sampling technique was used.

Inclusion Criteria:

- Nursing students who were in fourth year
- Nursing students who were willing to participate in the study.
- Nursing students who were available at the time of data collection.

Exclusion criteria

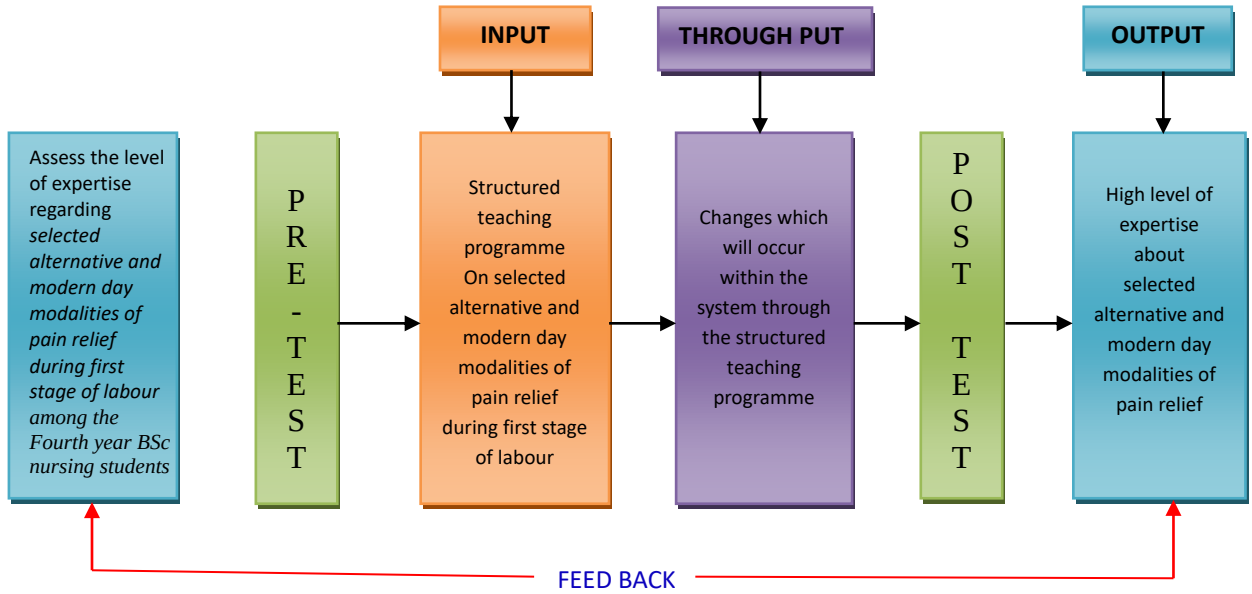
- Nursing college students who were unavailable or absent at the time of records series.
- Nursing college students who were not willing to take part in the study.

Description of the tool

- A closed ended structured questionnaire was prepared to collect the necessary data from the samples. The tool consisted of 2 elements.
- Component – 1: Evaluation of demographic variables
- Component – 2: Expertise regarding selected alternative and present day modalities of pain relief during first stage of labour.
- The structured questionnaire regarding selected alternative and current modalities of pain relief throughout the first stage of labour, which consisted of more than one multiple choice question under five factors including familiar information regarding Labour, labour pain, alternative options and up-to-date modalities, Aromatherapy, Massage, breathing exercises and Hydro therapy. Every query had four suggested responses with 1 accurate answer. Rating '1' was given for every appropriate response to a single question and rating 'zero' was assigned for wrong answer.

CONCEPTUAL FRAMEWORK

The conceptual framework turned into primarily based on Kenny's Open machine version. All the dwelling structures are open, in that there's non-stop trade of be counted, energy and records. Open system has changing diploma of interaction with the surroundings from which the device receives enter, and offers back output within the form of be counted energy and records. The main concepts of open gadget version are input, throughput, output and feedback.



Method of data collection

Step 1: Obtaining permission

Step 2: Pre-test assessment of expertise

Step 3: Structured teaching programme given

Step 4: Post-test assessment of expertise

Data analysis and interpretation:

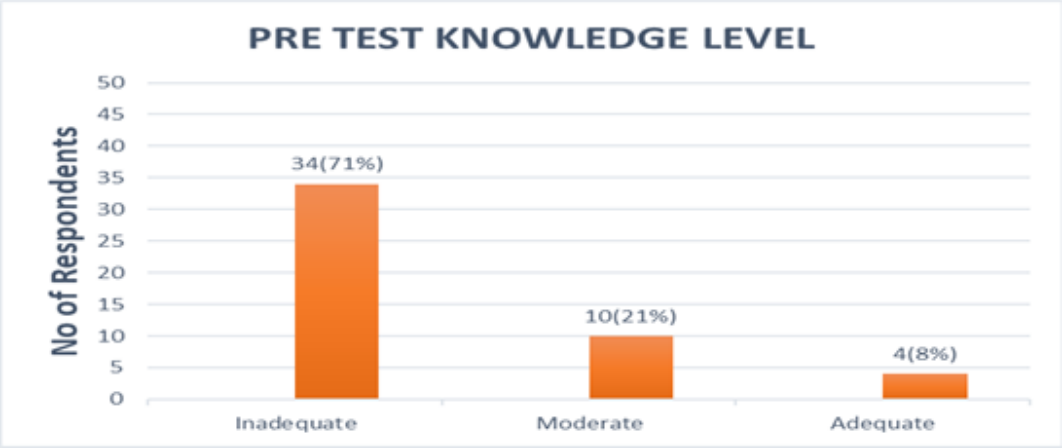
Assessment of the level of knowledge using structured questionnaire regarding selected alternative and current day modalities of pain relief during first stage of labour.

Distribution of Subjects based on Level of Knowledge

N = 48

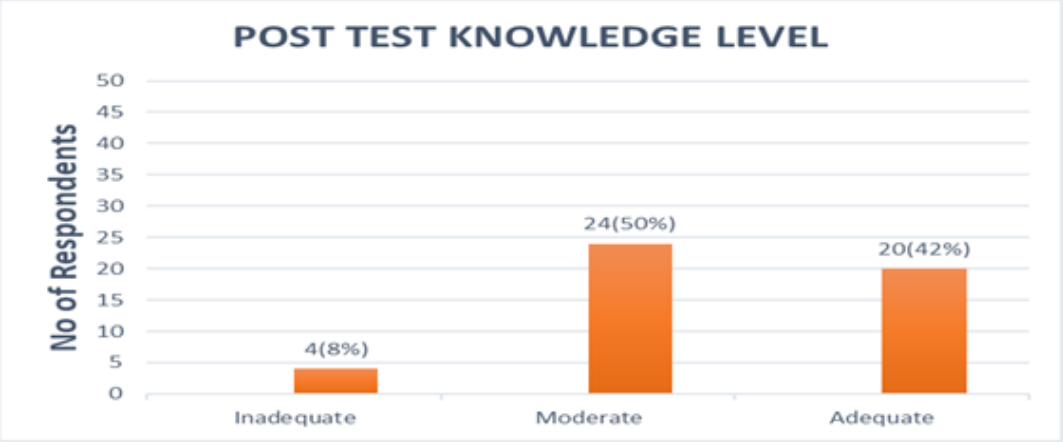
Degree of Expertise	Score Ranges	Before STP		After STP	
		Frequency	Percentage	Frequency	Percentage
Inadequate Expertise	0-9	34	71%	4	8%
Moderately Adequate Expertise	10-15	10	21%	24	50%
Adequate Expertise	16-20	4	8%	20	42%

Analysis of pre-test expertise level of fourth year BSc Nursing students on selected alternative and current modalities of pain relief during first stage of labour



The above Figure reveals that as regards pre-test expertise ratings of nursing students on selected alternative and present day modalities of pain relief during first stage of labour, 34 (71 percent) students had inadequate expertise and 10 (21 percent) students had moderately adequate expertise and 4 (8 percent) had adequate expertise.

Analysis of post-test expertise level of fourth year BSc Nursing students on selected alternative and current modalities of pain relief during first stage of labour



The above Figure shows that as regards post-test expertise ratings of nursing students on selected alternative and current modalities of pain relief during first stage of labour, 24 (50 percent) students had moderate expertise and 20 (42 percent) students had adequate expertise and 4 (8 percent) had inadequate expertise.

Difference in the Mean Degree of Expertise of Samples Before and After Structured Teaching Programme

N =48

Characteristics	Before Structured Teaching Programme		After Structured Teaching Programme		't' Value
	Mean	SD	Mean	SD	
Expertise rating	14.92	2.69	27.88	2.07	30.91*

*Significant at P < 0.05.

The above Table exhibits that the mean post-test expertise score (27.88) was higher than mean pre-test expertise score (14.92). The computed 't' value 30.91, (P< 0.05) confirmed that there was a significant difference between the Pre-test and Post-test mean expertise scores. Hence hypothesis H_1 was accepted. This indicates that the STP was effective in increasing the expertise on selected alternative and present day modalities of pain relief during first stage of labour, among 4th year BSc nursing students.

CONCLUSION

The following conclusions were drawn on the basis of findings of the study:

- The pre-take at findings confirmed that expertise of nursing students regarding alternative and contemporary modalities was inadequate.
- The administration of structured teaching programme helped the nursing students to recognise greater approximately alternative and current modalities.
- Maximum number of the nursing students had adequate level of knowledge after the teaching programme.
- The structured teaching programme was proved to be very effective method of remodelling records.

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